

"PASS IT ON"

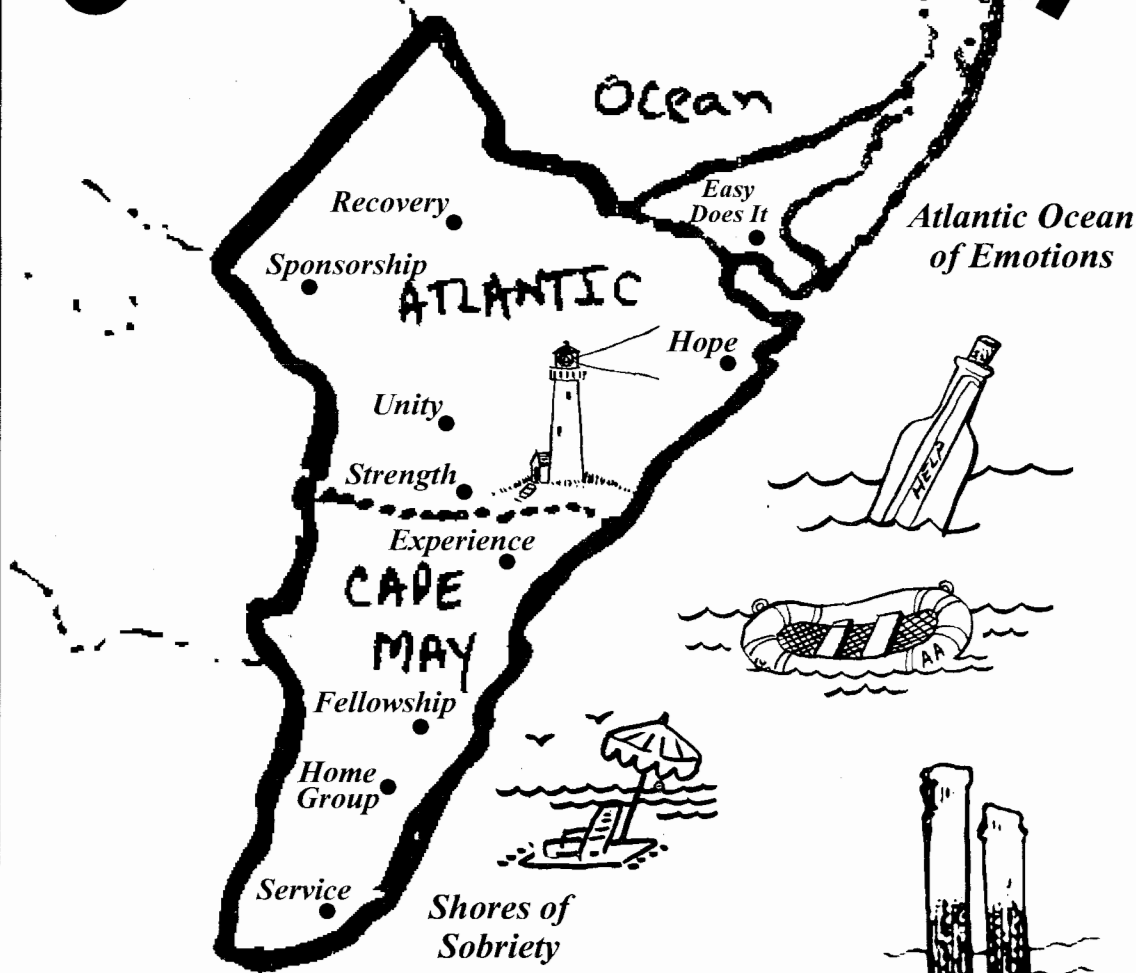
THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

Fall Edition

November 2007

Waves of Sobriety Roundup

CAPE OF RECOVERY



24 HOUR HOTLINE

609-641-8855 • 800-604-HELP (4357)

Note: 800 # does not work from some cell phones

Pass it on winter deadline is December 31, 2007
Theme: Slogans—Submit something! Be part of the solution! Do some service!

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Pass It On is a "we" publication... a word from "YOUR" editor...

Greetings,

Wow! What a great response from so many AAs. On behalf of CAIG, thank you. This issue is a real group effort. AAs submitted their own material AND interesting material they collected over the years. The Newsletter Committee used some here and saved some for future issues. Here are some ideas for you to participate. Let's see...

Our resident/newsletter artist and committee member, Chuck L, came up with a few surprises we hope will add to your reading and recovery pleasure. Are there any artists out there who would like to submit some of their AA humor for inclusion in upcoming newsletters?

Our AA who mailed in "The Event that Changed My Life" illustrated how powerful one event in our story can be when we take the time to write it down. Is there a particular event, amends, awakening in your story you would be willing to share with us? See, you don't need to concern yourself with "can I fill up a WHOLE page to submit?" Send in what you have and we'll worry about the rest. It's what you pay us for...oh, that's right, this is volunteer work and we aren't paid. By the way, we can't do our volunteer work unless you do yours. PLEASE?

A definition of poetry from the internet tells us, 'writing that formulates a concentrated imaginative awareness of experience in language chosen and arranged to create a specific emotional response through its meaning, sound, and rhythm. It may be distinguished from prose by its compression, frequent use of conventions of meter and rhyme, use of the line as a formal unit, heightened vocabulary, and freedom of syntax. Its emotional content is expressed through a variety of techniques, from direct description to symbolism, including the use of metaphor and simile.' The poetry on pages 7 and 9 seems to meet that definition—what do you think? Are you inspired? Send in a poem.



Atlantic City Young People's Group (ACYP) THANKSGIVING, CHRISTMAS & NEW YEAR'S DAY MARATHON MEETINGS

8 a.m. with a break from 2-4 p.m. and ending at 7 p.m.

Location: St. Monica's Church, 108 N. Pennsylvania Ave., Atlantic City.

ACYP & Leader Groups dropped a dime (I'm dating myself) on the committee as soon as their business meeting ended. They got their news to us, Marathon meeting above and new meeting location page 8, as we were going to press. They were thinking.

Does your group have something coming up that they would like to share in the newsletter? Drop a quarter or an email or whatever!

There is an important piece of housekeeping business that needs mentioning. On pages 13 and 14, you will find a Group Registration Form. Please fill this out and return it to the Intergroup office at the address listed on top of the form. Our goal is to update our Group information and mailing list. Group information and history are important for the Archives. Groups are not always able to send Intergroup Reps to our monthly business meetings. The meeting mailing list allows us to share business meeting minutes and other important information in an effort to keep ALL Groups informed concerning what is happening at "your" Intergroup.

Thank you for your cooperation and participation in making CIAG an important 12th Step tool in this life and death venture we call sobriety.

Yours in unity, recovery and service,
Mary Ellen



Welcome to Cape Atlantic Intergroup's Inaugural Waves of Sobriety A.A. Roundup!



Schedule of Events!

Friday November 9th, 2007 On behalf of CAIG and our Roundup Committee, welcome to "The Waves of Sobriety" Roundup! The "program-oriented" agenda begins at 4:30 PM Friday when Al B. blows the lifeguard whistle in the main ballroom and officially starts the Waves of Sobriety Roundup. Join us at this "Kick-Off" meeting and share what you hope to get out of the weekend.

Friday keynote speaker, Angie P., from Cincinnati, Ohio is in the main ballroom at 8:00 PM. Angie "fired up the coliseum in at the International AA convention in Toronto. We are in for a special treat.

Dancing begins at 10 PM. DJ Jack spins the hits until midnight. Or, attend an AA Marathon Meeting in Room 2.

The Spiritual Candlelight AA Speaker Meeting at midnight will cap off our first night of AA festivities. Join us in Meeting Room 2 and hear South Jersey AA Member, Elizabeth Mc. share her spiritual message. This meeting will include discussion as well.

Saturday November 10th, 2007, put on your sweats and meet us on the beach at 7:30 AM for a "God, as I Understand Him" meeting. Fred E. will share his experience, strength, and hope on this topic

Immediately following the Beach Meeting, "Judy P." from Ewing, New Jersey will share in the Main Ballroom.

Pastor Ed M. leads the "Forgiveness Workshop," 10 AM, ballroom. Ed presents this workshop across the US at Conventions and Roundups. Ed does an anonymous ask-it-basket AND leaves time for audience questions.

Our ALANON Speaker begins at 11:30 AM in the ballroom. From Northern NJ, Kathy B. has a great message.

Bobby C., an international speaker from Philadelphia, speaks at 2 PM in the main ballroom. His message illustrates how a violent "tough guy" can get sober and live happy, joyous, and free.

Area 45 performs an AA Skit at 3:30 PM in the Ballroom called "Don't Break the Chain."

Gratitude Dinner Dance doors open at 5 PM. If are not attending, spend some time in our Hospitality Suite. AA literature, Roundup t-shirts and hooded sweatshirts are on sale. Check out the interesting exhibits.

Please purchase a raffle ticket for a chance to win a "sobriety basket" donated by local AA groups. The raffle is held during the Big Meeting in the Main Ballroom, beginning promptly at 8 PM. As usual, a "rather raucous and rowdy" Sobriety Countdown is involved. Always a highlight of any AA event, something special happens when the oldest sober member hands off a Big Book to our newest member. Then, Pastor Ed M. shares his experience, strength, and hope. Pastor Ed speaks internationally almost every weekend of the year. We hope he creates a lasting memory and enhances your spirituality.

DJ Jack is back for an encore performance.

At midnight, speaker for the Spiritual Candlelight Meeting is Paul T. He and five friends drove from Myrtle Beach, South Carolina to be with us.

Sunday November 9th, 2007--Sunrise Speaker Meeting on the Beach. Our ALANON speaker's husband, Keith B, will lead a "God-inspired" sunrise meeting.

Our final AA Speaker is Lee Y from Florida. (He is the fellow you see "taping" our event.)

Our "Cast Off Meeting", led by Sue B., begins at 11 AM in the main ballroom. You can come to the podium and share your weekend experience.

May God Bless each one of you as you trudge the road of Happy Destiny. Thank you for supporting our Roundup, and in effect, Cape Atlantic Intergroup. God Speed!

In Love and Service to the Fellowship that has saved my life,
Robbie W. Roundup Chairman

"How to feel like it looks like they feel?"

I'm Jenn and I'm an alcoholic. My sobriety date is January 13, 1997. I have not found a reason or an excuse to pick up a drink since that day. Our Big Book says to give a general idea of what it was like, what happened, and what our life is like today.

What it was like: I drank, got drunk, puked, and passed out. I had my first alcoholic drink at 13 years old. My grandmother (who raised me) had just passed away. My family sat around drinking and laughing. I wanted to feel how it looked like they felt. * I do NOT blame my family anymore for my being an alcoholic.* I drank that night to feel how it looked like they felt. I can't tell you what I drank, how much I drank... I can tell you I drank, got drunk, puked and passed out. I came too and said "I will NEVER do that again"

A few months later, I was at a carnival with some friends. We asked someone to buy us some booze. We drank, I got drunk, I got on a ride that spins around real fast, I puked, I blacked out and came too the next morning and said to myself "That wasn't too bad." When I drank I thought I felt how it looked like "they" felt. I wasn't shy anymore. I was happy. I was outgoing; my hair was longer; my complexion was clearer; I was funnier; I had confidence.

The first year, I drank when I could. Family functions, once in a while I'd steal alcohol from my aunt and uncle (whom I was living with). By the time I was 14, I had run away, moved in with my real mom, and was drinking on weekends. At 15 my mom stopped giving me money. I started babysitting for alcoholics who paid me with alcohol. I was drinking as often as I could. Alcohol was taking longer and longer to do its work. By 16, I was at my first AA meeting.

What happened: I was babysitting during the blizzard of '96. I left the baby so I could go get drunk. I had every intention on going back before the parents got home. I took a drink, the drink took a drink and the drink took me. I came to in an alley when a drunk tripped over me. He got me home. I knew I was in trouble because the parents of the baby were home.

My mom was in AA at the time for 12 years. I told her I thought I was an alcoholic, in hopes that she would stick up for me. She said "You know where the meetings are." I went to the clubhouse when I knew no one would be there. Someone was there. I got a phone number and went to my first meeting that night. (My first meeting by myself.) I got phone numbers and a meeting list... and a lot of "Keep coming back." I related a little bit and I thought "maybe I am an alcoholic." Old guys said things like: "I spilled more on my tie than you've drank;" "You're too young to be an alcoholic;" "This isn't a daycare center." At 30 days sober, someone shared with me the secret on how to drink successfully. She said "If you just don't drink the first one you won't get drunk"

So I had my boyfriend get us a case of cheap beer. I gave him the first one and said "If I don't drink the first one I'll be ok." I bounced in and out of AA for the next year. My last drink started on January 1, 1997. I came to in an AA meeting on January 12, 1997. I met my first sponsor at that meeting. She gave me her phone number and a Big Book. She told me I was to call her everyday, not drink, go to a meeting everyday, get 3 women's phone numbers at every meeting... she had a huge TO DO list for me. She had something in her eyes that I wanted. I wanted to feel how it looked like she felt.

I did what she said. I went to meetings late. I left early. But I went. I didn't drink. I called her everyday alright: at 3 AM because I couldn't sleep; and when I wanted to drink; and when I called her she'd have some stupid question that had NOTHING to do with wanting to drink. "Did you pray today?" "Did you eat today?" "Did you go to a meeting today?" "Did you make your bed?" I would say no, she would say "Do those things and call me back." I'd make my bed, go to the meeting, eat a donut, say the Lord's Prayer at the end of the meeting. Then I'd go bowling with people after the meeting. I always forgot to call her back.

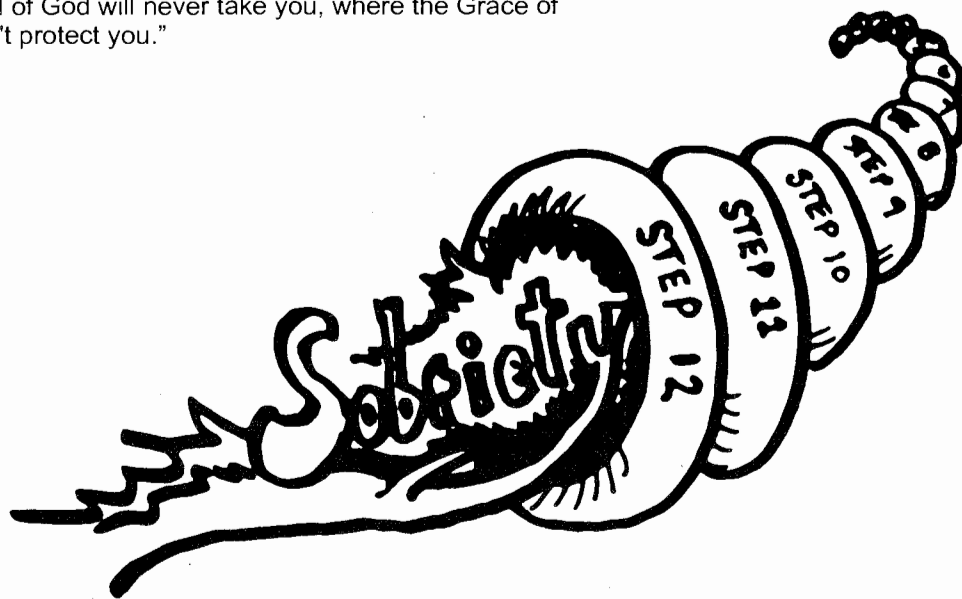
My first year sober I went to 13 funerals. Close friends, or family members. Since being sober, a lot of life has happened. My 1-year anniversary, which I celebrated at my home group, was standing room only. I was impressed. That night my best friend/cousin was in a car accident. AA was with me. I went to a meeting and shared that my best friend was in a coma on life support at UofPenn hospital. 3 people from that meeting went to the hospital with me and sat there till they had to leave for work. My sponsor came up after work and forced me to eat toast everyday for 10 days. At the funeral AA people came in and gave me a hug. They said "If you need anything we're here".

I learned how to drive because AA people were really practicing the 3rd step and they let me drive their cars. I got my license sober. I graduated high school sober. I went to the senior prom sober (I took an AA member with me), I moved into my first apartment. I had everything at 5 years sober. A good job, a nice car, and a cute apartment with everything you could ask for. I totaled the car (stone cold sober), the electric was turned off -- I lived without it for 8 months, I lost the job. I did what AA taught me to do. Put one foot in front of the other.

What it's like today: I go to meetings. I work with a sponsor. I show up. I go to work. I reach out my hand to newcomers but especially to the middle of the roaders. People like me who stopped going to meetings. I let them know that we still need them... we still want them. I won't give up on them, because someone didn't give up on me. I had someone call me every week asking me if I wanted to meet at a meeting. No matter how many times I said no she kept calling back. My God used her to get me back to AA and I will always be grateful. Today - I live a life - that was beyond my wildest dreams when I was getting sober. Today - I DO FEEL LIKE IT LOOKS LIKE THEY FEEL" Today is the best day of my life.

Thanks for letting me share.

"The Will of God will never take you, where the Grace of God can't protect you."



Share your experience, strength and hope in the next issue of *PASS IT ON*
DEADLINE: December 31, 2007 THEME: AA Recovery Slogans

If possible please send submissions via email: newsletter@caigrp.org

Snail mail: CAIG Newsletter; PO Box 905; Pleasantville NJ 08232

IDEAS: We are EAGER to have personal stories especially a man for the next issue.

Top 10 favorite AA slogans.

What slogan helped the most in early sobriety?

Did recovery make this holiday (Christmas, Hanukkah, Kwanza, etc.) special?

An event that changed/saved your life (recovery related.)

The Event that Changed My Life

I was 32 years old and my life was a living hell. People in recovery call it the "jumping off place" or "your bottom." Drinking for 19 years takes a toll on one's mind and body. I wouldn't wish that feeling on anyone. Knowing you can't live with it or without it, is a horrible place to be. I was shackled up in a dingy apartment, hopelessly trying to drink myself to death. I came from a good home in a nice town, how did I end up here? I had everything in life given to me and I threw it all away. My whole life up to that point was one deception after another, and everybody knew it. My friends and family either gave up on me or couldn't risk having me around. No one would dare hire me, and who could blame them. I got my first union job at eighteen then another at twenty-two. They used to call me the golden child-now they don't call me at all.



When I heard the knock on the door, I laughed. I had no more stories to tell. My friend took one look at me and just shook his head. He didn't want a story either. He told me to get in his car; I thought it was the end, but it was the beginning. There were a lot of places he should have taken me; an AA meeting wasn't one of them. After my nerves settled down, I walked in.

The room was set up so you could blend in. You could sit back and listen. This suited me fine; I didn't feel like talking much. When I went to get a seat, an older woman leaned over and whispered, "You're safe here." Those words brought tears to my eyes; I was so tired of playing this game.

Just knowing I had a place where I could go for an hour and not worry about anything, meant the world to me. Another thing about the meeting: you could feel a kind of energy. It's called "hope." Hope is a powerful thing when you have none, and I didn't have any for a long time.

The people in the meeting were friendly and caring. What really struck me was that they understood. For the first time in my life I wasn't alone. We shared a common bond. Not only did they have the same problem as me, they had a way out. They taught me how to live again.

I give my friend my sobriety coin every year, for taking me to that first meeting. I've found a new way of life and a feeling of gratitude for it. Sometimes in life you get a second chance. I know I did. If it weren't for the event that took place that day, I wouldn't be writing this today.

God bless A.A.,
Anonymous

A son and his father make their amends...

I never got along with my father. He was a very heavy drinker like me, but I admitted I was an alcoholic. My not going to college and becoming a NYC cop deeply disappointed him. I buried him in July. I was at his bedside for five days and nights while he passed away from cancer. My Mom, after we buried him, gave me his wedding band. He wanted me to have it; he was so proud of me and loved that I got sober.



Patrick F

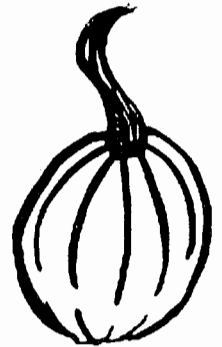
We sought through prayer and meditation...

What an order, I can't go through with it!

And a small, quiet voice said:
But God, you just don't understand,
I am so alone and so very afraid.

**Somewhere in my heart I heard:
I will not give you any more than you can handle.**

In my terror I screamed, I am not as capable
As you think I am! Inside I am very small and
Very young. O God, I am so alone.



**Again, a peaceful loving voice replied:
You have never been alone and you are not alone now.
If you let me in, I will walk with you.**

I am so afraid, I cried; my heart hurts, and I just don't
Know what to do anymore. I put out my hand and no one was there.
Oh God, I am so alone.

**A gentle voice replied:
Putting out your hand is not enough. You must reach out
With your whole being; your heart, soul, and mind.
I will hold you in your fear and I will teach you
Past your youth.**

I am so afraid, my God, that if I do this you will
Go away. I fall on my face and make so many mistakes.
You may not love me if I let go completely.

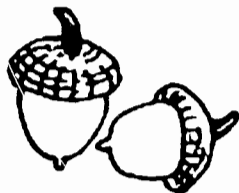
A warmth and peace beyond my understanding filled
My heart and mind. And I began to understand I didn't
Have to be alone if I didn't really want to be.

**Very softly, very quietly, I heard:
The lesson isn't over until you've learned it completely.
If you fail, if you fall, I will catch you. Ask for me and
I will come. You only have to ask. You never have to be
Alone again. In times of great sorrow, I will send someone;
In times of tremendous turmoil, I will grant you the gift
Of peace. Still, you must ask, even when you don't believe.
And continue to reach out to your fellows, for they are
Scared and alone as you feel now. Life is difficult, but
If you seek me and follow what I say to your heart, then for
Any pain you live through I will bless you with joy.
For every time you reach out in blind faith, I will grant
You peace within yourself and with you fellows.**

And I came to believe that a power greater than
Myself, God, could and would restore me to sanity.

What I couldn't do for myself, God had. So I
Reached out my heart, soul and mind to God.

Thy will, not mine, be done. Amen.



Author Unknown
Submitted by Margaret

Rewards of Sobriety

How can you come to know yourself? Never by thinking, always by doing. Try to do your duty, and you'll know right away what you amount to. And what is your duty? Whatever the day calls for."

Johan Wolfgang von Goethe

Alcoholics Anonymous is a program of action. The 12 steps are a plan of action with explicit directions. Bill W. first described this program of recovery in some detail with the 1934 publication of the Big Book. Later, he expanded on his original directions giving us details and examples learned through 20 years of success, failure, trial and error. He wrote and published our 12 & 12 in 1954. If you want what we have and are willing to complete the actions required, this is what you'll find!

REWARDS OF SOBRIETY

By Eve

- At 1 month sober, saw my sons graduate, one from 8th grade and the other from high school.
- At 5 months sober, went to my college reunion and had a great time! Funny thing, all the people I party'd hardy with WERE NOT THERE.
- At 1 year sober, my home group asked me to be Intergroup Rep. An opportunity to practice relationships in the business world.
- At 1.5 years sober, I was asked to be Public Information/Cooperation with the Professional Community Chair. God found the opportunity to put my Public Relations & Marketing skills to good use and a way to "carry the message" too.
- Learned how to manage my checking account so there were no more bounced checks. (Or did I actually have the money to PAY my bills).
- By being sober and "practicing the principles in all my affairs," I have repaired the relationship with my husband (22 years) and my children (who amaze and challenge me everyday).
- I let go of my fears when I let God in.
- No longer looked at situations as challenges, but as "opportunities" to learn and grow.
- Finally forgave myself and began to have love and compassion for others.
- Pretty much mastered "holding my tongue" with people. Instead, I chuckle inwardly at their personality (some egos are bigger than others are).
- Learning how to be a "Lady of dignity and honor" – something I don't think I ever had.
- I use my gardening/garden as a place to be closer to God. As I pull out the weeds, I am plucking out the character defects.
- Made a host of friends who actually like me and appreciate me for who I am.

New Meeting location Effective November 1, 2007

Leader Group of AC

St. Andrews by the Sea
Virginia and Baltic Aves.

Atlantic City, NJ 08401

(Parking lot off of Maryland Ave)



Cape Atlantic Intergroup and Newsletter Committee Note:

You can have your important AA announcement or event in issues of PASS IT ON. We told you it was a "WE" publication—just drop us an email or a note.

Rewards—poetically speaking

Thank You

Thank you, Dear God, for another day,
 The chance to live in a decent way,
 To feel again the joy of living,
 And happiness that comes from giving.
 Thank you for friends that understand
 And the peace that flows from your loving hand.
 Help me to wake to the morning sun
 With the prayer "Today Thy will be done."
 For with your help I will find the way.
 Thank you again, Dear God, for AA.

Unknown

My Best Friend

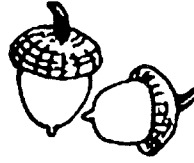
Without my best friend guiding me to
 Twelve-step programs, I know for sure I
 would be dead. He is there for me 24 hours
 a day, seven days a week, and He is never
 too busy to listen to my needs. I call
 on Him in good times and bad times, and
 He always knows what I really need.

I wish I were more like him—so under-
 standing and patient, with a great sense of
 humor. I would like to give loving thanks to
 my Higher Power for giving me a new life and
 a new understanding of life. Thanks again, God
 for being my best friend. I'm grateful You
 were never too busy to listen to me.

Love and Peace,
 Suse J., Ocean City, NJ

John S., Top 10 Rewards Of Sobriety:

1. Sobriety
2. Sobriety
3. Sobriety
4. Sobriety
5. Sobriety
6. Sobriety
7. Sobriety
8. Sobriety
9. Sobriety
10. Sobriety

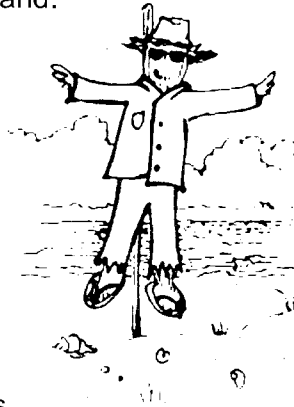


Action

It's not what you learn,
 It's not what you teach,
 Nor things you remember,
 Nor thinks that you preach.

It's action that count,
 Not what's in your head,
 For faith without works,
 Is faith that is dead.

Harold G. Hopper
 Submitted by Steve G.

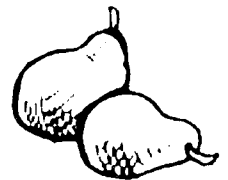


From Rings to Circles

Clear as a bell
 Shades of amber, dusk and bronze.
 Subtle clinks of ice
 Rings of perspiration.

Cease the fear now!
 Uncoil the spring,
 Loosen the belt.
 Beads of sweat.

Memories come missing
 Hidden in pain.
 Red lined days
 Blurring with tears.



Oblivion, Repetition
 Repetition Oblivion.

An arms reach away
 The rings await
 Held only at bay
 By the heartstrings of God.

Answers bring new questions.
 A fortress of solitude broken.
 Rapacious creditor turned back
 By circles of dry warmth.

Chuck L.

🕯 Intergroup Reps and Panel Share Rewards of Sobriety

🕯 (Editors note: Your reps and panel wrote the following rewards at our October 17th Intergroup Business Meeting. No one knew before hand that the committee was going to make this request. They wrote from the heart in that particular moment in time. We printed them here as the Author wrote them, with only minor corrections to spelling. We hope you are as touched as we are when you read them.)

🕯

🕯 Stopped thinking about liquor (found out how much attention it took up, even when not drinking.)

🕯 Peace and serenity in my life and happiness and harmony in my family! Being sober is a GOOD THING.

ANON

🕯 In 27 years of sobriety, there are countless rewards! It's difficult to pick one, but what comes to mind is how sobriety and AA helped me through a very difficult period in my life 3 years ago. I had the horrible misfortune of finding my 18-year-old daughter dead from a lethal dose of drugs. She was 6 months pregnant with my first grandchild. I found myself in a depression like none I had ever experienced, but God and AA were there for me...and I made it through...sober! For sure, I went to several meetings a day there for a spell... and slowly things returned to normal.

I've begun to experience a completely new set of blessings in my life which, had I chucked it all and drunk myself to oblivion, would never have happened! I just want to be an example in the fellowship...that no matter what happens, we can get through and move on...SOBER! Jim S.

🕯 Serenity, peace, tranquility.

Valerie K.

🕯 UNITY.

Mike

🕯 Social ease.

Chuck L, Good Morning OC group

🕯 Friendship.

ANON

🕯 Happy and healthy home-life.

ANON

🕯 Found my self, by the Grace if God.

ANON



🕯 For the last two years, 7 months I've been holding a job and a roof over my head. Also, I got my family trust back. I have my AA family that understands my problems in sobriety. It feels great to be sober despite the difficulties.

Jose C, ACYP

🕯 One of my greatest gifts of sobriety is my "spiritual growth."

Nancy R

🕯 My husband, stepson and son!! (That's my baby Cole!)

Wendy M

🕯 A purpose for living.

Bonita D

🕯 Living life without needing a chemical to live it.

ANON

🕯 Conscious contact with God and a relationship with Him.

ANON

🕯 The greatest way to live. It's like a new life. Sober every day is my living amends to my 35-year-old son and 39-year-old daughter.

ANON

🕯 Peace of mind.

Laurie

🕯 Happy to be free and clear to live life on life's terms.

ANON

🕯 First, release from the mental obsession of wanting another drink. Second, the joy of happiness, fellowship and the AA way of life.

Ted C

🕯 Being on time and productive at work on a daily basis.

ANON

🕯 1. Learning how to play well with others. 2. My awesome relationship with God today. Joanne C

🕯 Not having to chase that drink very day thanks to God and AA.

Dave C

🕯 Serenity and peace.

John H, OC Sunday Nite

🕯 Financial security.

Suse J, OC

🕯 LIFE.

ANON

🕯 I have an eight-year-old daughter, Allison Ann, who loves her Daddy due to AA! T hank you God and AA!

Robbie W

🕯 Regaining the respect of family, friends, colleagues and self. Freedom from the Four Horsemen: terror, frustration, bewilderment and despair.

Doug G

🕯 A sense of peace.

ANON

🕯 The joy of working with such a great group of people.

ANON

🕯 There are so many rewards it's difficult to pick just one. For me, the most valuable reward is to have a relationship with the God of my understanding.

Steve

🕯 Laughter!

Mark

🕯 Our new friendship.

Bonnie & Mary Ellen



INTERESTING DATES IN AA HISTORY

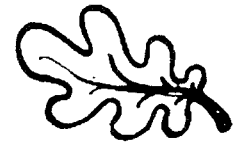


- September 1: 1939 - 1st AA group founded in Chicago
- September 11: 2001 - 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack
- September 11: 2001 - Father Mychal J., September 15, 1979 Died sober in the World Trade Center attack
- September 12: 1942 - U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob
- September 13: 1937 - Florence R, 1st female in AA in NY
- September 13: 1941 - WHJP in Jacksonville, FL airs Spotlight on AA
- September 18: 1947 - Dallas Central Office opens its doors
- September 19: 1975 - Jack Alexander, author of Saturday Evening Post article, dies
- September 21: 1938 - Bill W & Hank P form Works Publishing Co
- September 24: 1940 - Bill 12 steps Bobbie V who replaced Ruth Hock as his secretary in NY
- September 30: 1939 - Morris Markey runs story on AA, Alcoholics and God in Liberty Magazine
- September 30: 1975 - Bill W a biography by Robert T is published
- September 30: 2003 - Searcy W. died today, sober 20,962 days in a row

Other significant events in September for which we have no specific date:

- 1948 - 1st issue of Grapevine published in "pocketbook" size
- 1946 - 1st AA group in Mexico City is formed

- October 1: 1941 - Local news reports 1st AA Group in New Haven, CT
- October 1: 1957 - Alcoholics Anonymous Comes of Age is published
- October 2: 1944 - National Comm. for Education on Alcoholism formed
- October 3: 1945 - AA Grapevine adopted as national publication of AA
- October 6: 1941 - 900 dine at Cleveland dinner for Bill D, AA #3
- October 6: 1988 - Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97
- October 8: 1988 - Memorial Service for Lois W at Stepping Stones, NY
- October 10: 1943 - 6 of 1st 9 AA's attend clubhouse anniv. in Toledo
- October 10: 1970 - Lois reads "Bills Last Message annual dinner in NY
- October 10: 1988 - Lois is buried next to Bill in Manchester, Vermont
- October 13: 1939 - Bill W. gets his drivers license
- October 13: 1947 - "The Melbourne Group" held its first meeting in Australia
- October 15: 1904 - Marty M, early AA woman, is born in Chicago
- October 17: 1935 - Ebby T, Bills sponsor, moves in with Bill and Lois
- October 21: 1939 - Cleveland Plain Dealer begins series on AA by Eldrick B. Davis
- October 22: 1963 - E M Jellinek, alcoholism educator and AA friend dies
- October 22: 1949 - Florence R, AA's 1st sober woman, begins drinking again, Commits suicide
- October 24: 1942 - L.A. Times reports AA groups in 14 California cities
- October 24: 1973 - Trustee's Archives Committee of AA has its 1st meeting
- October 28: 1994 - National Council on Alcoholism and Drug Dependence celebrates 50 years



Other significant events in October for which we have no specific date:

- 1942 - 1st issue of Cleveland Central Bulletin is published
- 1951 - Lasker Award presented to AA in San Francisco
- 1958 - Playhouse 90 TV airs "The Days of Wine and Roses"

- November 1: 1947 - 1st AA Group in Anchorage, Alaska
- November 1: 1963 - Reverend Sam Shoemaker dies
- November 3: 2001 - J.P. Miller, wrote screenplay for "The Days of Wine and Roses" died
- November 9: 1966 - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism
- November 10: 1940 - 1st AA group formed in Minneapolis
- November 10: 2001 - 1st of 400,000 4th Edition Big Books arrives in the mail
- November 11: 1934 - Bill W's final drunk begins on Veterans Day and lasts about a month
- November 12: 1940 - 1st AA meeting is held in Boston
- November 13: 1939 - Bill wants to go back to work, NY drunks want him to stay on as head of the movement
- November 14: 1940 - Alcoholic Foundation publishes 1st AA Bulletin
- November 15: 1949 - Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions
- November 16: 1950 - Dr Bob S dies in Akron, Ohio
- November 21: 1939 - AA's in San Francisco hold 1st California AA meeting in the Cliff Hotel -

November 21: 1952 - Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies
November 26: 1895 - William Griffith W. born, East Dorset, VT
November 26: 1939 - Hank P writes Bill advocating autonomy for all AA groups

Other significant events in November for which we have no specific date:

1936 - Fitz M leaves Towns Hospital to become AA #3 in NY with Bill W and Hank P
1941 - "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk
1986 - The Big Book is published in paperback

December 1: 1940 - Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton

December 2: 1943 - Bill speaks to 300 at meeting inside San Quentin

December 5: 1985 - Dave B, founder of Montreal Group dies weeks before 50th anniversary. Now his story is in the 4th Edition Big Book.

December 6: 1939 - Bert the Tailor lends Works Publishing \$1000

December 6: 1979 - Akron Beacon reports death of Henrietta Sieberling

December 7: 1949 - Sister Ignatia accepts Poverello Medal of St Francis on AA's behalf

December 8: 1997 - "As We See It" emailing list started December 8, 1997

December 10: 1975 - "Birds of a Feather" AA group for pilots is formed

December 11: 1941 - Dallas Morning News reports 1st AA group formed in Dallas

December 12: 1934 - Bill has Spiritual Experience at Towns Hospital

December 12: 1937 - Bill meets with Rockefeller Foundation and tries to get money

December 13: 1937 - Rockland State Mental Hospital takes patients to meeting in New Jersey

December 19: 1939 - Drunks in Los Angeles hold their 1st AA meeting there

December 20: 1945 - Rowland Hazard dies (he carried the OG message to Ebby)

December 27: 1893 - Rev Samuel Shoemaker is born

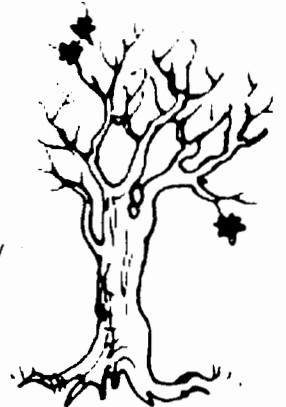
Other significant events in December for which we have no specific date:

1938 - Using Oxford Group principles, Bill closes the loopholes and changes the 6 steps to 12 -

1940 - 1st AA group formed in St. Louis, Missouri

1934 - Bill & Lois start attending Oxford Group meetings

1982 - Nell Wing retires from GSO after 35 years of service



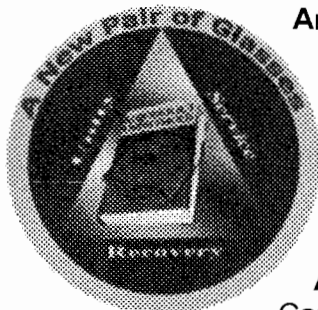
Upcoming Events...

North East Regional Alcoholics Anonymous Service Assembly

Clarion Hotel & Convention Center, 6821 Black Horse Pike, Egg Harbor Township, NJ

Friday - Sunday, February 22 to 24, 2008, West Atlantic City, NJ

Visit our website at WWW.CAIGRP.ORG and follow the link for more information.



Area 45 44th Annual Southern NJ General Service Convention

Crowne Plaza Hotel, Route 70 & Cuthbert Blvd, Cherry Hill, NJ

Fri. - Sun., Mar. 28 to 30, 2008

Visit WWW.CAIGRP.org and follow the link!

Area 45 Annual Convention Committee Meetings

Cape Atlantic Intergroup strongly supports the Southern New Jersey Area Assembly and their Annual Convention.

The Area Convention Committee meets each month at the Presbyterian Church, 326 Bellevue Ave, Hammonton, NJ

All Meetings are at 1:00 PM On the first Sunday of each month

ATLANTIC CAPE INTERGROUP

PO Box 905, PLEASANTVILLE, NJ 08232

609-641-8855 FAX: 609-641-8966



1976



CELEBRATING OVER 30 YEARS OF SERVICE



2006

GROUP REGISTRATION FORM

NEW REGISTRATION CHANGE OF REP. CHANGE OF MEETING INFORMATION

NAME OF GROUP: _____

Is your group registered with the AA General Service Office? Yes _____ No _____

If "Yes", what is your group's General Service Number: _____ District: _____

GROUP ANNIVERSARY DATE: _____

Meeting place and address: _____

NAME OF INTERGROUP REP: _____ New? Yes _____ No _____

MAILING ADDRESS: _____

PHONE NUMBER: _____ CELL PHONE NUMBER _____

E-MAIL ADDRESS: _____

NAME OF REP BEING REPLACED (If Applicable) _____

NAME OF ALTERNATE REP: _____ New? Yes _____ No _____

MAILING ADDRESS: _____

PHONE NUMBER: _____ CELL PHONE NUMBER _____

E-MAIL ADDRESS: _____

Fill in your group's meetings information on the reverse of this form. Sign and return to CAIG.

Daily Reflections Prayer Cards...

We are recovering alcoholics and sometimes (read often) we need a little reminder to think first act later. To those of us used to REACTING this can be challenging. We read in the Big Book of Alcoholics Anonymous, "Step eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions." These are a few selections from Daily Reflections. You might like to cut them out, maybe even laminate them, for some pocket 10th & 11th Step reading.

CURBING RASHNESS

When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot. 12 & 12 p 91

Being fair-minded and tolerant is a goal toward which I must work daily. I ask God, as I understand Him, to help me to be loving and tolerant to my loved ones, and to those with whom I am in close contact. I ask for guidance to curb my speech when I am agitated, and I take a moment to reflect on the emotional upheaval my words may cause not only to someone else, but also to myself. Prayer, mediation and inventories are the key to sound thinking and positive action for me.

DAILY MONITORING

Continued to take personal inventory....
12 & 12, p 88

The spiritual axiom referred to in the Tenth Step—"every time we are disturbed, no matter what the cause, there is something wrong with us"—also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.

ROUND-THE-CLOCK FAITH

Faith has to work twenty-four hours a day in and through us or we perish. Big Book, p16

The essence of my spirituality, and my sobriety, rest on a round-the-clock faith in a Higher Power. I need to remember and rely on the God of my understanding as I pursue all of my daily activities. How comforting for me is the concept that God works in and through people. As I pause in my day, do I recall specific concrete examples of God's presence? Am I amazed and uplifted by the number of times this power is evident? I am overwhelmed with gratitude for my God's presence in my life of recovery. Without this omnipotent force in my every activity, I would again fall into the depths of my disease—and death.

A NOURISHING INGREDIENT

Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity. 12 & 12, p74

How often do I focus on my problems and frustrations? When I am having a "good day" these same problems shrink in importance and my preoccupation with them dwindles.

Wouldn't it be better if I could find a key to unlock the "magic" of my "good days" for use on the woes of my "bad days?"

I already *have* the solution! Instead of trying to run away from my pain and wish my problems away, I can pray for humility! Humility *will* heal the pain. Humility *will* take me out of myself. Humility, that strength granted to me by that "power greater than myself," is mine for the asking! Humility will bring balance back into my life. Humility will allow me to accept my humanness joyously.

Prayer Cards

....THE "OTHER SIDE"

The quotes and graphics for this "other side" remind us of the season and that "we are not a glum lot." Do you have a favorite "prayer" from AA Conference approved literature? Submit it, and note the book and page #. A quote meaningful to your recovery can be submitted, funny or serious, because sometimes we laugh and sometimes we cry. Note the author or where you found the quote if you know it. Thanks!



"Your friend is someone who believes you're a good egg—even though she knows you're slightly cracked."
—CZECH PROVERB



Only two things are infinite,
the universe
and
human stupidity,
and
I'm not sure about the former.
-- Albert Einstein



Sometimes I get the feeling the whole world is against me, but deep down I know that's not true. Some smaller countries are neutral.
-- Robert Orben



The truth that makes men free
is for the most part
the truth men prefer not to hear.
-- Herbert Agar