



Pass It On

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

December 2008

Cape Atlantic Intergroup

Post Office Box 905
32 East Black Horse Pike
Pleasantville, NJ 08232
(609) 641-8855

**24 HOUR
HOTLINE
800-604-HELP**

Absecon
Avalon
Atlantic City
Barnegat
Barnegat Light
Beach Haven
Brant Beach
Brigantine
Cape May
Cape May C.H.
Cape May Point
Dennisville
Egg Harbor City
Egg Harbor Twp
Galloway
Linwood
Manahawkin
Margate
Marmora
Mays Landing
New Gretna
North Wildwood
Northfield
Ocean City
Palermo
Pleasantville
Pomona
Rio Grande
Sea Isle City
Ship Bottom
Somers Point
Stone Harbor
Surf City
Townbank
Tuckahoe
Tuckerton
Ventnor
Villas
Waretown
West Cape May
West Creek
Wildwood
Woodbine

TWELVE TIPS FOR A HAPPY, JOYOUS & SOBER HOLIDAY SEASON

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The A.A. Grapevine, Inc.*

Holiday parties without alcohol may still be a dreary prospect for new AAs. But many of us have enjoyed the happiest holidays of our lives sober. Here are some tips:

1. Line up extra AA activities--meetings, speaking, phone answering.
2. Entertain AA friends, especially newcomers.
3. Keep AA phone numbers with you at all times--and use them.
4. Find out about special holiday parties, meetings, or other events at groups in your area, and go. If you're shy, take a newer member. *[There are plenty of Holiday Parties planned around our local area - check out the schedule of events on page 4 and*

don't miss St. Pete's for New Year's Eve!]

5. Skip drinking occasions you're nervous about. Remember your drinking talent for making excuses? Put it to work for you in sobriety.
6. If you must attend a drinking party, and can't find a fellow AA to come with you, keep some candy handy.
7. You don't have to stay late. Plan for an "important date."
8. Go to a meeting. Any meeting.
9. Don't sit around brooding. Catch up on reading, letters, walks.
10. Remember, one day at a time. Don't start now to worry about all those "holiday temptations."
11. If you can't give material gifts this year, you can give love.

12. "Having had a . . ." You already know the Twelfth Step - practice it!

AN AA CHRISTMAS CAROL

Thanks to Mary Ann W. of Tulsa, OK who shared her experience, strength & hope and taught us this little jingle at the Waves of Sobriety Roundup.

(Sung to the tune of "Oh Tannenbaum /Oh Christmas Tree)

Oh thank you God, Oh thank you God, Oh thank you God, Oh thank you God.

...Oh thank you God, Oh thank you God, Oh thank you God, Oh thank you God...

INSIDE: ROUNDUP RECAP

PASS IT ON SEEKING NEWSHOUNDS & COMMITTEE MEMBERS

Pass It On, The Cape Atlantic Intergroup Newsletter has a new look and a new editor.

Jen R. from the Trudgers Group in Absecon will fill the post, and is in need of a co-chair and committee members to help inform and guide the growth of the publication.

If you have been wanting to get

your feet wet in service, this is a good chance! This committee will meet a few times a year, but most of the work will be done via phone and email.

Anyone can be a newshound - just pass your group's news on to the editor via phone or email.

Pass It On will contain features

on Intergroup service opportunities, information on upcoming Group, Intergroup and Area events and other items of interest to our local membership.

If you have news to report or are interested in joining the newsletter committee, please email: newsletter@caigrp.org or call CAIG at 609-641-8855.

ANSWER CAIG'S 24HR HOTLINE FROM HOME OR AT THE OFFICE

Our "Hot Line" Telephone Service often has open 2-hour slots where you can answer calls on a variety of service related issues... everything from giving out local Meeting Information to helping that suffering alcoholic who is making contact with us for the first time!

Our Phone Coordinator and the Phone Committee has set the following "guidelines" for those

interested in answering these important phone calls to the Intergroup:

To answer phones at the Intergroup Office, a minimum of 6 months of continuous sobriety is suggested.

To take these same calls from your home, using our "Call Forwarding" feature, we ask that you have at least 1 year of

continuous sobriety.

These commitments are for a duration of 2 hours. Coordinating for available open slots will be done by our Phone Coordinator, Pat P.

Current Open Hotline Slots:
Thursday 12-2 pm
Friday 6-8 pm
CAIGPhone@caigrp.org

Chairman: Wendy M.
Chairperson@caigrp.org

Vice Chair: Bonita D.
ViceChair@caigrp.org

Trustee Chair : Ray B.
Trustee@caigrp.org

Treasurer: Laurie C.
Treasurer@caigrp.org

Assistant Treasurer: John H.
AssistantTreasurer@caigrp.org

Recording Secretary: Chris C.
RecordingSec@caigrp.org

Corresponding Secretary: Steve Mc.
CorrespondingSec@caigrp.org

Archives Committee: Joe O.
Archives@caigrp.org

Bookers Committee: Donna
Bookers@caigrp.org

Budget Committee: Clyde L.
CAIGBudget@caigrp.org

Public Information/ Cooperation with the Prof. Community: Mickey J.
PIChair@caigrp.org

Roundup Committee: Chris K.
Roundup@caigrp.org

Hospitality Committee: Tressa
Hospitality@caigrp.org

Hospitals and Institutions: Buster
HIChair@caigrp.org

Literature Committee: Nancy R.
Literature@caigrp.org

Newsletter Committee: Jen R.
Newsletter@caigrp.org

Office Coordinator : Ann D.
OfficeMgr@caigrp.org

Phone Coordinator: Pat P.
CAIGPhone@caigrp.org

Policy Committee: OPEN
PolicyCommittee@caigrp.org

Unity Committee: Cliff Mc.
UnityChair@caigrp.org

Website Committee: Jim S.
WebChair@caigrp.org

Young People's Committee: James S.
YoungPeople@caigrp.org

▶ THE AA PREAMBLE ◀

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

*Reprinted with permission of "AA World Services Inc."

CAIG Meeting Schedule

STEERING COMMITTEE

2nd Wednesday at 7:30pm

32 East Black Horse Pike
Pleasantville, NJ 08232

BUSINESS MEETING

3rd Wednesday at 7:30pm

Epiphany Lutheran Church
Franklin Blvd. and Tunis Ave
Pleasantville, NJ 08232

How to Order Literature

EMAIL: Literature@caigrp.org

CALL: (609) 641-8855

VISIT: Pick Up at the office during staffed hours. (See Below)

If you are unable to get to the office, we will try to find an Intergroup Rep in your area to get it to you. You may also pick up your order at either monthly CAIG Meeting. Please place your order ahead of time.

Bookers Exchange Meeting

AN EXCHANGE OF SPEAKERS AMONG GROUPS FROM ALL OVER THE AREA!

Thursday, Dec 4th at 7:00 PM

32 East Black Horse Pike
Pleasantville, NJ 08232

All interested groups are invited to swap speakers for the coming months to share their "Experience, Strength & Hope."

CAIG Bookers Committee
Bookers@caigrp.org

CAIG Office Hours

32 East Black Horse Pike
Pleasantville, NJ, 08232

SATURDAY

8:00am – 10:00am

SUNDAY

10:00am – 12 Noon

Our office is volunteer-staffed*
Please call first (609) 641-8855

*OFFICE VOLUNTEERS NEEDED!

▼ 12th Step HELP Wanted ▼

Call the CAIG Office, Visit www.caigrp.org or Ask your Intergroup Rep for more information.

Committee Help Needed

- Policy Chairperson
- Newsletter
- Young Peoples

Jail Commitments. The Atlantic County and Cape May County Jails are asking for women and men willing to take regular meetings to the inmates, or to act as temporary sponsors for people being released.
HIChair@caigrp.org

24 HR. Hotline Help. Work from home or at the office. 2 hour slots. Regular commitments & subs always needed.
CAIGPhone@caigrp.org

12th Step Call Group. Help people who have reached out and called our hotline. Return phone calls, visit in-person, drive newcomers to meetings or all of the above. Sign up at www.caigrp.org or call the office for more information
* Always take two on a 12th step call!

Public Information/Cooperation with the Professional Community. Help expand communications with the general public: in schools, with those who have contact with alcoholics through their professions & through the media. PIChair@caigrp.org

Hospitality Committee. Share your *Happy, Joyous and Free* by volunteering as a greeter or registration person at the next CAIG event.
Hospitality@caigrp.org

WHAT A WEEKEND! MANY THANKS TO (AND FROM) THE ROUNDUP COMMITTEE FOR THE SERVICE

By Jen R.

Thanks to the 2008 Roundup Committee and congratulations on a job well done! The 2nd annual "Waves of Sobriety" Roundup, held in the Grand Hotel on the beach in Cape May on Nov 21-23 was a huge success, a lot of fun and something that many area alcoholics were immensely grateful for.

But all we had to do was show up and drink from the bottomless coffee pot and enjoy the awesome speakers and make a lot of great new friends and laugh and laugh and laugh and laugh.

The 2008 Roundup committee, chaired by Vinnie K. of the Pleasantville group, worked all year to put this weekend together, and worked all weekend to make sure that everything ran smoothly and that everyone had a good time. They all deserve our thanks.

Instead, They want to thank us. Now this you might only see in AA - people expressing genuine gratitude for hard work and personal sacrifice.

Vinnie wants to thank the whole committee, all the volunteers who helped during the event and also all the groups that donated all those beautiful baskets for our silent auction.

Here's little more gratitude I heard from some of the roundup committee members at the cast-off meeting:

"Very happy to be a part of it, it's a really good thing." Isabel

"Service is fun!" John

"We are so blessed." Mickey

"Service has been my lifeline." Wendy

"It was fun, I loved it." Pat

"I'm going to sign up again." Sue

"I made so many wonderful friends. I'm looking forward to next year." Rich

Me too! Anyone who wants to get involved with the planning of next years Roundup should contact Chris K. at Roundup@caigrp.org

Gratitude Corner

The Roundup Committee is so GRATEFUL for the more than 30 Home Groups that donated gift baskets to the auction.

"That was phenomenal!"

Jen R., your new newsletter editor, is GRATEFUL for everyone who so generously encouraged and assisted her with this first issue.

"Thank you so much!"

Do you want to share some GRATITUDE? Email

Newsletter@caigrp.org, or ask your

Intergroup Rep to Pass it On

to the newsletter editor.

LANGUAGE OF THE HEART SPOKEN AT WAVES OF SOBRIETY

"He didn't lecture me, he didn't tell me what do, he just told me what had happened to him. And suddenly, something broke and I realized, I'm *not* alone...this guy had an answer that would save my life."

Dick A.

"Anything that's good in my life today came from AA. These people know what good life is all about."

Betty

"If you allow the 12 steps of Alcoholics Anonymous to do what they're designed to do; when they land you back safely in the Masters hands, He won't let you down."

John H.

"I was told when I got here that I never had to be alone, and I haven't."

Donna

"I'll tell you what I learned to do - - I called. I said 'Come help me, I can't do this on my own!' And you all answered, as you always do."

Mary Ann W.



A YOUNG MEMBER SHARES HER FIRST ROUNDUP EXPERIENCE

By Melissa S.

When I was asked to write a little something on my thoughts and feelings as a first timer to the Waves of Sobriety Roundup, I was blown away. No one ever cared what I had to say, or what I felt, so thank you!

I got down to Cape May on Saturday morning and when I walked in the door, I knew I was meant to be there. All around me were alcoholics with smiles radiating from their faces, and love flowing from their hearts. It took my breath away. Here was God. And that feeling stayed with me the whole weekend.

Everyone that worked on the Roundup did a phenomenal job. Even the smallest details were thought out and well planned. Thank you.

My favorite part of the weekend had to be the "big meeting". It was amazing to

have that much sobriety in a room at one time. Mary Ann, as well as all the speakers, did an excellent job carrying the message. I have not laughed that hard, or been so deeply touched and brought to tears possibly ever in my sobriety.

The marathon meetings were also a very big part of the weekend for me. They were intimate, and I felt very connected to each person that shared in that room.

Now on a personal note, I have never felt closer or more connected to my higher power than I did at the grand hotel. I cannot even count the number of "AAh" moments that I experienced this weekend. So thank you God, and thank you AA.

If you get the opportunity to attend next years Roundup, I strongly suggest it... you too will be blown away.

December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

UPCOMING EVENTS

THURSDAY

12/04/08
7:30 pm

Bookers Exchange Meeting

Exchange speakers for the next 3 months.
32 East Black Horse Pike Pleasantville, NJ

MONDAY

12/08/08
7:30 pm

Harbor Lights Group Celebrates 29 Years

Speaker Jason S. from Philadelphia 8:30
351 Cincinnati Ave. Egg Harbor City, NJ

"Some people's idea of celebrating the holidays is to have a Christmas they'll never forget and a New Year's Eve they can't remember." Anon

WEDNESDAY

12/31/08
7:00 pm

New Years Eve Party at St Pete's in Pville

Meeting at 7pm - Dancing & Frivolity 8pm-1am
\$10 Donation supports Literature in Prisons
St. Peters Church, 25 West Verona Ave. (Rt.40)

New Year's Day Marathon Meetings at ACYP

THURSDAY

1/1/09

Atlantic City Young People's Group Welcomes All
8am,9:15, 10:30, 12:00pm, 1:30, 3:30,6:00,7:30
St. Monica's, 108 N. Pennsylvania Ave. Atlantic City

FRIDAY

1/2/09
6:00 pm

No Balking Big Book Group Celebrates 1 Year

Speaker Snow P. from Boca Raton, FL at 7:15
Pot Luck Dinner at 6pm Church of the Resurrection
200 West Tuckahoe Rd. Marmora, NJ

"They told me that the steps were those principles
by which I learned to live with myself, and the traditions were
the principles by which I learned to live with others." Dick A

SUNDAY

1/7/09
1/14/09
1/21/09
1/28/09
7:00 pm-
9:00pm

Traditions Workshop Series

AA History and Traditions 1-3 with Billy N.
Traditions 4-6 with Robbie W.
Traditions 7-9 with Heather Anne S.
Traditions 10-12 with Elaine Mc.
Absecon Presbyterian Church, 208 New Jersey Ave
Coffee & Dessert Provided. Bring Pen, Paper & Fellows

ANNOUNCEMENTS

Every 3rd
WEDNESDAY
7:30 pm

Cape Atlantic Intergroup Business Meeting

All are Welcome. Epiphany Lutheran Church
Franklin Blvd. & Tunis Ave. Pleasantville, NJ

FRIDAY
7:00 pm

New Meeting! Singleness of Purpose

Newcomers Meeting. Varying Format.
Our Lady of Sorrows. Wabash & Poplar. Linwood

FRIDAY
7:00 pm

New Location! Friday Night Women's Step Study

Has Moved! Join us at St. Andrews by the Sea
North Virginia & Baltic Ave. Atlantic City, NJ

SATURDAY
12:00 pm

New Meeting! Sunlight of the Spirit in Galloway

3rd Step Speaker Meeting. All are welcome.
Beacon Church 420 S. 6th Ave. Galloway, NJ

RESPONSIBILITY STATEMENT

I am responsible.

When anyone, anywhere,
reaches out for help, I want
the hand of A.A. always to be there.

And for that:

I am responsible.

Visit the Cape Atlantic Intergroup website www.caigrp.org
for more announcements, events and downloadable flyers.

Email your group's announcements to: newsletter@caigrp.org

Cape
Atlantic
InterGroup

800-604-HELP (4357)

609-641-8855 www.caigrp.org