



Pass It On

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

February/March 2009

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

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.

COMMITTEE SPOTLIGHT: HOSPITALS AND INSTITUTIONS [H&I]

The Cape Atlantic Intergroup Hospitals & Institutions Committee works closely with the local prisons and treatment centers. Members schedule outside speakers at meetings, share their experiences with patients and inmates on a one-to-one basis, and follow through with practical and emotional support when a prisoner or patient is released and trying to adjust to life on the outside.

H&I coordinates these efforts at the Atlantic and Cape May County Jails and at several local Treatment Centers.

There are approximately 13 treatment meetings per week. Treatment Center commitments are given out at the Monthly CAIG business meeting, held the third Wednesday of each month. (Your Intergroup Rep can bid on a commitment for your group.)

Currently, there are nine groups taking regular meetings into the Atlantic County Jail. More support is always needed; especially in the Cape May County Jail. Also needed are men willing to take meetings into the higher security sectors .

The CAIG H&I committee also currently needs members to act as substitutes for the Tuesday 1PM discharge program at the Atlantic County Jail when the members filling the commitment might not be able to attend or just may need additional help.

At the discharge meeting an inmate that is being released has a chance to discuss where to attend AA meetings in the area where they are going and possibly make contact with a person

from AA on the outside who will act as a temporary contact and help get the newcomer to their first meetings on the outside.

Anyone interested in taking an AA meeting inside the jails or just helping out with current meetings should contact H & I for the paperwork and assistance - If anyone or group knows of a treatment location that wants a meeting they should contact H & I to schedule the commitment

Email HChair@caigrp.org or call H&I Chair Buster R. at (609) 432-7545.

HOW YOU CAN HELP

- Share at a Treatment Center
- Form a small group to take a meeting into a correctional facility*
- Volunteer to take someone to their first outside meeting or be a temporary sponsor
- Donate Paperback AA Books to Literature in Prisons (LIP)
- Correspond with an inmate through AAs Corrections Correspondence Service

* Special Clearance Paperwork is required to get into the Jails. Please contact the H&I Chair.

CARRYING THE MESSAGE INTO FACILITIES (SOME DOS & DON'TS*)

- Do:** Abide carefully by all the rules of the facility. A.A. members are guests of the facility.
- Don't:** Try to claim special exemptions or privileges or try to manipulate the agency into making concessions.
- Do:** Make sure every A.A. promise is followed to the letter.
- Don't:** Make any commitment that can not be met.
- Do:** Limit yourself to carrying your own honest message of recovery.
- Don't:** Talk of medication, psychiatry or scientific theories of alcoholism.
- Do:** Listen at least as much as you talk.
- Don't:** Argue with patients or staff.
- Do:** Live by the spirit of A.A.'s Traditions.
- Don't:** Expect any professional agency to govern itself by our traditions.
- Do:** Remember that you ARE A.A. to people in that facility. Your language, appearance, manners and mood all affect other people's opinion about our fellowship.
- Don't:** Give agency personnel or patients any reason to be unhappy about A.A.
- Do:** Always maintain a cheerful humility about how A.A. works.
- Don't:** Brag about A.A. Let results speak for us.
- Do:** Remember that "you are responsible." Let the patients know about the benefits of sponsorship, and the temporary contact program that may be available in your area.
- Don't:** Just carry the message to the facility and leave it there.

*Reprinted with permission of "AA World Services Inc." from the Pamphlet "AA in Treatment Facilities."

Cape Atlantic Intergroup
609-641-8855 ▲ www.caigrp.org

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ViceChair@caigrp.org

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UnityChair@caigrp.org

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WebChair@caigrp.org

Young Peoples 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."

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.

CAIG Office

32 East Black Horse Pike
Pleasantville, NJ, 08232

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

*OFFICE VOLUNTEERS NEEDED!

VISIT OUR WEBSITE

www.caigrp.org

How to Do H&I Service

ASK: YOUR INTERGROUP REP
FOR MORE INFORMATION

EMAIL: HIChair@caigrp.org

CALL: BUSTER (609) 432-7545

VISIT: www.Caigrp.org for more info

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

12th Step HELP Wanted

Committee Help Needed

- Unity
- Young Peoples
- Newsletter
- Public Information

2009 Roundup Committee

Volunteers needed for fun and rewarding service. Chairperson positions still available. Co-chairs also sought for 2009 Roundup. Contact Chairperson Chris K. (609) 816-4907
RoundUp@caigrp.org

24 HR. Hotline Help Work from home or at the office. 2 hour slots. Tues 8-10am & Fri 6-8pm open. Subs needed.
Pat P: 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: give informational talks in schools, at IDRC and for those who have contact with alcoholics through their professions. Mickey J: PIChair@caigrp.org

Hospitality Committee Share your *Happy, Joyous and Free* by volunteering at the next CAIG event. Hospitality@caigrp.org

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

Gratitude Corner

The Pleasantville Group
thanks all
who attended the
New Years Eve Party.

*I want to thank all those groups
and persons that provide
assistance in carrying the AA
message to alcoholics that still
suffer from this disease .*

Buster R., H&I Committee Chair

***Do you want to share some
GRATITUDE? Email***

***Newsletter@caigrp.org, or Pass it On
through your Intergroup Rep.***

SEEK AND FIND:12 PRINCIPLES

1. HONESTY
2. HOPE
3. FAITH
4. COURAGE
5. INTEGRITY
6. WILLINGNESS
7. HUMILITY
8. BROTHERLY LOVE
9. FORGIVENESS
10. VIGILANCE
11. SPIRITUALITY
12. SERVICE

B K S Y H J V Q K P O O S V P
B W S H L C J M L U H U G I J
S S E N G N I L L I W X G G E
W T N V T W K N T H G H B I G
F S E P O H O Q E Z U O E L G
M A V Y E L Y M C M X N M A K
H Q I J Y L Y T I R G E T N I
W U G T O C V L V J R S P C B
Y C R R H O I C R X N T F E B
O H O U S T S R E E J Y K R W
V A F U Y F N F S Z H D J D A
U S P I R I T U A L I T Y I Q
P C W E Y A M N V J N W O V O
J J N J T X G Z U C H T B R Y
B Y G L P G U E N K X Q T U B

LANGUAGE OF THE HEART

"The life of each individual and of each group is built around our Twelve Steps and Twelve Traditions. We very well know that the penalty for extensive disobedience to these principles is death for the individual and dissolution for the group. An even greater force for AA's unity is the compelling love that we have for our fellow members and for the principles upon which our lives today are founded."

From *Twelve Concepts for World Service*

"Today, I have a wonderful Higher Power and sponsor as well as a group of friends that showed me in order to keep my sobriety I have to constantly give it away."

Buster R.

"My stability came out of trying to give, not out of demanding that I receive."

Bill W.

"You told me that I had to learn to live along spiritual lines, or die an alcoholic death... You told me that God would take care of me if I stayed close to him and performed his work well."

John H.



PLANTING THE SEEDS OF SOBRIETY

By Wendy St.

After being asked to write this, I remembered a very wise man (Digger from Harbor Lights) taught me to always say Yes to AA.

I'm gratefully writing about working with women in prison, an experience that continues to change my life.

The process to get started is simple - we fill out a clearance form and go through orientation with Chaplain Miller.

We approach the main building, check in and are admitted to a classroom where the women inmates are brought to us. We try to conduct an AA meeting, always opening with The Serenity Prayer and reading How It Works.

Just these women showing up warms my heart. (They have a choice) We share our experience, strength & hope after a chosen reading.

The women who came before me in AA make it very comfortable - we work together trying to carry the message to the still suffering alcoholic.

We know that the seeds are being planted, whether these women stay sober and grow

is none of our business. it's only God's Grace. We go there even though at times it's disappointing, just like Bill W. felt early on in his sobriety (when no one was staying sober) and Lois had to remind him that Yes, someone is staying sober -- you!

No matter what happens, I know I drove to the jail and was inconvenienced, but I get to leave in an hour. (I just didn't get caught, but I did do the things these women did).

Another very wise man (Buddy B.) taught my husband, and he taught me -- if you're not inconvenienced then it doesn't count.

Thanks to all the girls who have been inconvenienced with me; Jane, Vanessa, Allison, Lori, Becky, Beth and those to come.

We continue to do God's work, helping alcoholics, and he does ours. God has blessed us with sobriety, sanity, and a life beyond our wildest dreams.

There are several meetings taken into the Atlantic County Jail. Men & women interested in volunteering in correctional facilities can contact H&I for more info.

HIChair@caigrp.org or 609-432-7545

February 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 CAIG Meeting	19	20	21
22	23	24	25 RoundUp Meeting	26	27 Coffee House	28

March 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 CAIG Meeting	19	20	21
22	23	24	25 RoundUp Meeting	26	27 Convention	28 Convention
29 Conv.	30	31				

UPCOMING EVENTS

FRIDAY AA Coffee House featuring *The Guitar Man* David I.

FEB 27th Guest Speakers Wendy M. & Joey H.
7:00 pm Followed by "The Guitar Man from Central Park"
Margate Community Church
11:00pm Ventnor & Thurlow Aves, Margate, NJ

Friday March 27-Sunday March 29

THE 45TH ANNUAL SJ AREA 45 GENERAL SERVICE CONVENTION

The Crowne Plaza 2349 Marlton Pk (Rt. 70) Cherry Hill, NJ

The Journey Begins... This well-attended convention will include Speakers, marathon AA meetings, Al-Anon and Alateen meetings, workshops, skits, nightly entertainment, and Friday and Saturday night banquets.

Volunteers are needed to help with registration, hospitality and many other activities. For more info, send an email request to: volunteer@snjaaconvention.org

Anyone with 20 years or more of sobriety can participate in the Old-Timers Panel but **MUST** register early - space is limited.

SATURDAY Celebrate the 70th Anniversary of the Big Book.
APR 4th Big Book Study - Breakfast, Lunch, and Dinner
Seaville Volunteer Fire Hall Route 50
10:00am Pre-registration only \$20.00 See flyers to register.
(All proceeds go to CAIG to help carry the message.)
6:00pm Contact Robbie W. (609) 374 - 4996

APR 18th Area 45 Mini-Conference in Sewell

MAY 2nd Unity Picnic at Estell Manor Park

MAY 31st Memorial Day Unity Dance

JUN 12th-14th South Jersey Takes Akron Founders Day Trip

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

ANNOUNCEMENTS

Cape Atlantic Intergroup Business Meeting

WEDNESDAY Meets the **3rd WEDNESDAY** of Every Month - 7:30 pm
FEB 18th* & MAR 18th
Epiphany Lutheran Church (Casino Serenity)
Franklin Blvd. & Tunis Ave. Pleasantville, NJ
7:30 pm *A special election for Vice-Chair will be held in Feb.
For qualifications email chairperson@caigrp.org

2009 Waves of Sobriety Roundup Committee

Meets the **4th WEDNESDAY** of Every Month - 6:30 pm
WEDNESDAY
JAN 28th
FEB 25th* & MAR 25th
6:30 pm
Chairpersons, Co-Chairs & Volunteers Needed!
*February's Meeting will take place at Atlantic Prevention Resources
1416 N. Main St. Pleasantville, NJ
All other meetings held at Epiphany Lutheran Church (Casino Serenity)
Franklin Blvd. & Tunis Ave. Pleasantville, NJ
Contact Chris K., Roundup Chair at (609) 816-4907

New Location! Ventnor Seashore Group

TUESDAYS All meetings held at Melbourne & Ventnor will move to Avalon & Atlantic effective Feb 3rd
8:00 pm

New Meeting! Singleness of Purpose

FRIDAYS Newcomers Meeting. Varying Format.
7:00 pm Our Lady of Sorrows. Wabash & Poplar. Linwood

New Meeting! Sunlight of the Spirit in Galloway

SATURDAYS 3rd Step Speaker Meeting. All are welcome.
12:00 pm Beacon Church 420 S. 6th Ave. Galloway, NJ
(2nd Floor)

New Location! Ocean City Bayside Ctr. Meetings

ALL DAYS All meetings held at the Bayside Center have moved to the Staintons Building at 9th & Asbury (2nd Floor)
ALL TIMES

New Location! Friday Night Women's Step Study

FRIDAY S Has Moved! Join us at St. Andrews by the Sea
7:00 pm North Virginia & Baltic Ave. Atlantic City, NJ



800-604-HELP (4357)
609-641-8855 www.caigrp.org

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