

# Pass It On

Cape Atlantic InterGroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2010, ISSUE 2

March / April 2010

Post Office Box 905  
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(609) 641-8855

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

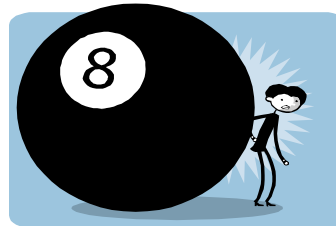
Absecon  
Avalon  
Atlantic City  
Barnegat  
Barnegat Light  
Beach Haven  
Brant Beach  
Brigantine  
Cape May  
Cape May C.H.  
Cape May Point  
Dennisville  
Egg Harbor City  
Egg Harbor Twp  
Galloway  
Linwood  
Manahawkin  
Margate  
Marmora  
Mays Landing  
New Gretna  
North Wildwood  
Northfield  
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

## CAPE ATLANTIC NEWS

### Living Sober in South Jersey

Our CAIG committees help make this daunting task easier by organizing fun things to do....sober! Yes, it is possible to have a great time, even while not drinking! Newcomers often find it a seemingly insurmountable task to escape the isolation that we have imposed upon ourselves. These AA events and other activities will help solve that problem. Two of our members are organizing Friday Night Fellowships, a non-AA activity, where a fun outing is planned for the first Friday of every month.

This month, on April 2<sup>nd</sup>, the pool tables at the AC Billiard Club at 6701 Black Horse Pike, EHT will be full of alcoholics! Don't stay stuck behind that eight ball, come on out and have some fun!



**Are you stuck behind the eight ball? Find an event in the Newsletter or our website, [www.caigrp.org](http://www.caigrp.org) and attend it.**

Keep your ears open and eyes peeled, because the list of annual events and activities is considerable. This years plans include the Area 45 Convention; the Picnic at Estelle Manor Park in Mays Landing; the Memorial Day Dance; Softball Games; the Canoe Trip on the Weymouth River; a Pig Roast at the Cape May Zoo; The Unity Breakfast in Cape May; The Labor Day Dance; The Waves of Sobriety Roundup weekend; The Halloween Dance; and don't forget the New Years Eve Party !

## LOCAL VOICES—FROM THE HEART

### Practicing Skull Acoustics



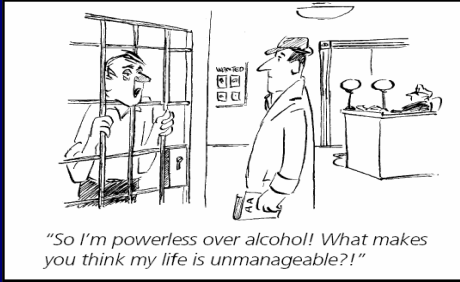
Sobriety. For us AA's does that simply mean freedom from Alcohol? Or, does it go much deeper? Webster's Dictionary defines sobriety as: soundness of mind. If the latter is true, then the first requirement would be a personal admission of unsoundness of mind. For this alcoholic, that was ex-

tremely easy in the beginning; at times today, some 18 years into my sobriety, not so much. A little while back I had to practice "Skull Acoustics," which my sponsor taught me many moons ago. This is a practice of taking a thought or idea from inside my head, saying it out loud and letting it reverberate

off the wall and back to me. When I have one of my "brilliant" ideas and want to just "go for it," this is the perfect time for a pause and the use of skull acoustics. I have had a sponsee struggling to put down the drink. I have worked with him for over 8 years, with very little progress.

*(Continued on page 3)*

## STEP ONE



"So I'm powerless over alcohol! What makes you think my life is unmanageable?!"

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Steps 1, 2 & 3=  
"I can't, He can, I think I'll let Him!"  
It is that simple!

### A Gratitude List

An old timer (who is no longer with us) told me when I first came to AA to make a Gratitude List. Every time I was in "self-pity", feeling sorry for myself to read my list (I had my house, my family, a job, etc.) On the other side of the paper (the blank side), write down all the things that haven't happened - YET. (I didn't lose my job or family...never got a DUI or go to jail, etc). Those things WILL happen to me if I KEPT DRINKING. I didn't believe him until I lost my job. That's when I surrendered.

Eve C.

**We admitted we were powerless over alcohol - that our lives had become unmanageable.**

### Location in the Big Book

Part 1: pages xxv to xxxii

Part 2: pages 30 to 43

First Step Principal or Virtue

Honesty (Some lists have Surrender as the first Principal)

First Step Prayer

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is \_\_\_\_\_, And I'm a real alcoholic ... and I need your help today. Amen

Recommended Actions

Write about your life to this point, a mini-biography or even a drinking history.

**This edition of our Newsletter is written for beginners in the fellowship**

## STEP TWO

**Came to believe that a power greater than ourselves could restore us to sanity.**

### Location in the Big Book

Part 1: pages 44 to 57 and pages 567 to 568

Part 2: pages 17 to 29

Second Step Principal or Virtue

Hope (Some lists have Faith as the second Principal)

Second Step Prayer

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my

old ways and my old ideas just for today. Amen

Recommended Actions

Answer the Second Step question: "Do you now believe, or are you even willing to believe, that there is a Power greater than yourself?"

## STEP THREE

**Made a decision to turn our will and our lives over to the care of God as we understood him.**

### Location in the Big Book

Pages 58 to 63

Third Step Principal or Virtue

Faith (Some lists have Commitment or Surrender as the third Principal)

Third Step Prayers

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to

those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" (p. 63 BB)

God, Take my will and my life. Guide me in my recovery. Show me how to live. Amen

Recommended Actions

Say The Third Step Prayer with your sponsor.

## The AA Tools of Recovery

In the early 1980's, three of the old-timers got together - along with two other men who were relatively new to the program and put together a short piece called the A.A. Tools of Recovery, summarizing the seven most important things which they felt that these newcomers to the program needed to know.

**ABSTINENCE:** We commit ourselves to stay away from the first drink, one day at a time.

**MEETINGS:** We attend A.A. meetings to learn how the program works, to share our experience, strength and hope with each other, and because through

the support of the fellowship, we can do what we could never do alone.

**SPONSOR:** A sponsor is a person in the A.A. program who has what we want and is continually sober. A sponsor is someone you can relate to, have access to and can confide in.

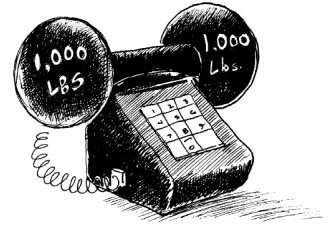
**TELEPHONE:** The telephone is our lifeline -- our meetings between meetings. Call *before* you take the first drink. The more numbers you have, the more insurance you have.

**LITERATURE:** The *Big Book* of Alcoholics Anonymous is our basic tool and text. The *Twelve Steps and Twelve Traditions* and A.A. pamphlets are recom-

mended reading, and are available at meetings.

**SERVICE:** Service helps our personal program grow. Service is giving in A.A. Service is leading a meeting, making coffee, moving chairs, being a sponsor, or emptying ashtrays. Service is action, and action is the magic word in this program.

**ANONYMITY:** Whom you see here, what you hear here, when you leave here, let it stay here. Anonymity is the spiritual foundation of our program.



**The telephone is our lifeline -- our meetings between meetings. Call before you take the first drink.**

## Beginners Meetings

River of Life, Waretown-Mondays 7pm

New Gretna Group, New Gretna-Thursdays 8pm

Sat Nite Live, Villas-Thursdays 7pm

Singleness of Purpose, Linwood-Fridays 7pm

Beginners Recovery, Manahawkin-Fridays 7:30pm

Pleasantville Group, Northfield-Sundays 7pm

## Heard at Meetings

"God comes to my aid directly whenever I stray. Twice he sent real, live angels to remind me to get back to AA. And they were always dressed like NJ State Troopers."—Baseball Bob, Casino Serenity, Pleasantville

"First and foremost, I am so glad I am not hung-over this morning, and I remember it like it was yesterday." —Wendy St., Trudgers, Absecon

"I got a body that's sick and a mind I can't trust." — Pasquale C.O.D., The Only Requirements Group, Tuckerton

"If you can't help a drunk, don't hurt one." —Bernard H., South Shore, Somers Point

## Continued from Page 1

Many would say, "Move on," and they are probably right. While on his last binge, I thought of taking a \$100 bill, along with his picture to his favorite Spirits store and telling the owner "Don't serve this guy anymore, he is dying from alcoholism." In my head, it sounded great and noble. When it bounced off the wall, what came back was, "If it was me, I would just find another store." Wow, not soundness of mind.

So instead, I prayed for him, and continue to do so. It is very difficult to watch some-

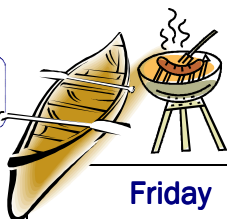
one you care about kill themselves mentally, emotionally and spiritually with each drink, especially when you know there is a solution available to them. Those who sponsor will understand; it is very painful to watch.

When I pause, I ask myself "Didn't I do the same thing? Didn't I cause that same pain to my family and friends?" Who else? How about my Higher Power? God is good and only wants great things for us. Yet I cause Him great harm every time I practice self-

reliance. Who am I to complain or judge anyone because I endure some pain along the way? Who, indeed.

When someone comes back from a relapse, I am never surprised. There are many sign posts along the way; the drink is the last thing to happen. So what do I do? I act responsible and with soundness of mind when anyone, anywhere reaches out for help.

Ben N.



## UPCOMING EVENTS

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

**Our office is volunteer-staffed  
Please call first**

**Panel members and E-Mails:**

Chairperson: Cliff Mc.  
Chairperson@caigrp.org

Vice Chair: Jim B.  
ViceChair@caigrp.org

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Treasurer@caigrp.org

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AssistantTreasurer@caigrp.org

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RecordingSec@caigrp.org

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Hospitality & Registration: Diane K.  
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Hospitals and Institutions: Steve H.  
HIChair@caigrp.org

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Unity Committee: Chris K.  
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Website Committee: Eve C.  
WebChair@caigrp.org

Young at Heart: Melissa S.  
YoungPeople@caigrp.org

**Go to our website: www.caigrp.org  
for other committee meeting times  
or to contact a committee  
chairperson**

<p><b>Friday</b> <b>April 2nd</b> <b>8-11pm</b></p>	 <p><b>Friday Night Fellowship</b> (First Friday of Every Month) This Month: <b>Atlantic City Billiard Club</b> 6701 Black Horse Pike Egg Harbor TWP 645-7576 <b>2-4 Players: Hourly table rental</b> Melissa 553-8743, Chris K. 816-4907 or Tony 241-5789</p>
<p><b>Saturday</b> <b>April 17th</b> <b>9am-1pm</b></p>	 <p><b>"Why we carry the message" Workshop</b> Sponsored by Area 45 CTF and CAIG H&amp;I Coffee and light refreshments <b>North Wildwood Recreation Center</b> 900 Central Ave, North Wildwood, NJ Contact Paul B. 741-4195 or Steve H. 214-1689</p>
<p><b>Friday to Sunday</b> <b>June 11-13th</b></p>	 <p><b>South Jersey Takes Akron</b> 20th Annual Founder's Day Trip to Akron, Ohio \$375 Includes RT Bus, Breakfast, Lunch, Lodging, Registration, T-Shirt Contact Wayne &amp; Nancy P. 856-534-0104</p>

## Service Opportunities

**24 HR. Hotline Help**

Work from home (min. 1yr continuous sobriety) or at the office (6 mo.). 2 hour slots. Subs always needed. Contact Wendy St. at CAIG-Phone@caigrp.org

Two open time slots to chose from

**Newsletter**

Please email new announcements, events, articles and your favorite meeting quotes to Shirl R. at Newsletter@caigrp.org

**Hospitals & Institutions**

Need volunteers to carry the message into treatment centers and correctional facilities. Ask your Intergroup Rep for details or contact Steve H. at HIChair@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

**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. Contact Jen R.: PICChair@caigrp.org

**Hospitality Committee**

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

## MEETING UPDATES

**New Meeting Time and Format! Tuckahoe Group**

**MONDAYS**

7:00pm  
(was 8pm)

Speaker / Discussion  
Trinity Methodist Church  
Rt. 50 & Rt. 49  
Tuckahoe, NJ

**SATURDAY**

**Apr 17**  
**May 15**  
5pm

**H&I Committee meeting**

Meets **3rd SATURDAY** of Every Month - 5pm  
CAIG Office, 32 East Black Horse Pike  
Pleasantville, NJ

**WEDNESDAY**

**Apr 14**  
**May 12**  
7:30 pm

**CAIG Steering Panel**

Meets **2nd WEDNESDAY** of Every Month - 7:30 pm  
CAIG Office, 32 East Black Horse Pike  
Pleasantville, NJ

**WEDNESDAY**

**Apr 21**  
**May 17**  
7:30 pm

**Cape Atlantic Intergroup Business Meeting**

Meets **3rd WEDNESDAY** of Every Month - 7:30 pm  
Epiphany Lutheran Church (Casino Serenity)  
Franklin Blvd. & Tunis Ave. Pleasantville, NJ

### Bookers Exchange Meeting

A QUARTERLY EXCHANGE OF SPEAKERS FROM ALL OVER THE AREA!

Wednesday, June 16th 6:30pm  
Epiphany Lutheran Church (Casino Serenity)  
Franklin Blvd. & Tunis Ave. Pleasantville, NJ

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

CAIG Bookers Committee  
Ken T.: [Bookers@caigrp.org](mailto:Bookers@caigrp.org)



**"WHEN LOVE IS NOT ENOUGH" TO AIR ON CBS NETWORK**

**SUNDAY, APRIL 25 AT 9 PM EST**