



# Pass It On

Cape Atlantic InterGroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2010, ISSUE 4

July / August 2010

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**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

### Cape Atlantic Area Institutions

**The Cape Atlantic area has many Institutions that aid those who are still sick and suffering.** AA groups currently take over a dozen weekly meetings into seven of these facilities. These commitments are auctioned off at the Intergroup meeting (3rd Wednesday of every month at 7:30) held at the Epiphany Luthern church in Pleasantville. Many of the institution meetings are open to the public and can be real eye openers and help lead to some quality sobriety. Open meetings include: The Atlan-

tic City Rescue Mission which meets at 6pm on both Tuesday and Friday.; the Hanson House which meets at 7:30pm on Thursday and Friday; The Lighthouse which meets at 8pm on Wednesday and Thursday as well as 7pm on Saturday; and the Lighthouse Ventnor IOP which meets Monday at 6pm. Please consult the latest meeting list or our web site at <http://caigrp.org> for any changes. Meetings at Harvest Counseling, John Brooks and Parkbench are closed to the public. John Brooks has asked for two additional meetings (in addition to the

3 existing ones). After careful consideration, a six month commitment (rather than only one) will be tried. This is partially because the length of stay for those there is typically six months and that way better bonds can be formed. Also, H&I will provide whatever books are selected by the group taking the commitment.



## LOCAL VOICES—FROM THE HEART

### Five Steps Aren't Enough

How could I still be so crazy? I hadn't had a drink in 3 ½ years. I went to a lot of meetings. I called a sponsor. I thought I had gotten a grasp on those first 3 steps. I had admitted who and what I was, finally, and the denial was gone! I had run into an old drinking buddy who had a few years under her belt. She told me "This is the best life I have ever known!" She gave me hope. I came to believe that if she could do this, then certainly I could. I started to find a faith in a higher power of my own choosing, not the harsh God of my childhood. I made that decision. I wanted what you people had. I was busy putting my life back together. I was 29 years old when I got into the rooms and had been drinking since I was 12. I got married when I had 2 years sober. I wrote a 4th step. I thought it was

fearless and thorough. My sponsor used a guide from the Big Book Studies that are done around the country. It took part of chapter 5, How It Works and put it into a chart form. It was so much simpler than I thought it would be. I listed my resentments, my fears and my sex conduct. I worked the columns across. I found out what part of self had been affected, and then I found out what part I played. The checkmarks started forming patterns, showing me the patterns in myself that had taken me to my bottom. I fifth stepped this huge notebook full of all my stuff with my sponsor and God. I was filled with gratitude. I felt free, at last. My pink cloud had returned. Then I made the near fatal mistake. I decided I was done. I don't remember consciously deciding that I was going to turn a

12-step program into a 5-step program, but that's exactly what I tried to do. It didn't work.

A year later I was losing it. We were newlyweds in the middle of selling a condo and leasing a townhouse. I was still going to meetings. I was still calling my sponsor. I was acting out on so many defects, there wasn't room for any character!!!!!! I couldn't hide behind a bottle. I could see who and what I was. Once again, I reached a bottom, but this time it was an emotional bottom. I was in a lot of pain. You know that line in the Twelve & Twelve that says "pain is the touchstone of all spiritual growth"? Well, that was completely true for me. I had 3 ½ years and I was sober, but I was still stuck with me and that was becoming increasingly unaccept-

(Continued on page 2)

# STEP SIX



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## HUMILITY

A state of humility is very difficult to attain, but the goal is well worth the effort, considering the serenity that is achieved.

### Beach Meetings are Back !

#### **Saturday Morning:**

Margate 8am @ Thurlow  
N. Wildwood 7:30 @ 2nd  
Cape May 8:30 @ Madison

#### **Sunday Morning:**

Avalon 7:30 @ 30th  
Ocean City 7am @ 59th  
Ventnor 8am @ Suffolk

#### **Thursday Morning:**

Ocean City 7am @ 9th



### More Seasonal Meetings:

**Wildwood** 113 West Oak Ave  
Fri. & Sat Midnight

**A.C.** St. Monica's  
Mon & Th 8am

**Avalon** 50th & Ocean  
Tue & Th 7:30am

**Beach Haven** 309 Centre St  
Tue & Th 7am

**Were entirely ready to have God remove all these defects of character.**

\*Steps reprinted with permission of A.A. World Services, Inc.

# STEP SEVEN

**Humbly asked Him to remove our shortcomings.**

Location in the Big Book  
Page 76 (2nd paragraph)

Seventh Step Principal or Virtue  
**Humility**

### Seventh Step Prayers

"I humbly offered myself to God, as I then understood Him, to do with me as He

Location in the Big Book  
Page 76 (1st paragraph)

Sixth Step Principal or Virtue

**Willingness** (Some lists have **Acceptance** as the sixth Principal)

### Sixth Step Prayer

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects,

that Your will and purpose may take their place. Amen

### Recommended Actions

Aim towards new goals.

Don't delay.

And practice, practice, practice!

### **Special Note:**

The material in this newsletter does not necessarily represent Cape-Atlantic Inter-group. Much of it has been contributed by individual members with the intention of passing the message to the alcoholic who still suffers.

would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my newfound Friend take them away, root and branch." (p. 13)

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from

me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

(p. 76 BB)

### Recommended Actions

Find out what humility means to you.

Ask for your Higher Power's help every day.

Embrace a new attitude!

## Continued from Page 1

able. Who and what I was was unacceptable when I was 12 years old and finished my first bottle of Boones Farm Apple wine. Who and what I was was still completely unacceptable with 3 ½ years, lots of meetings, a few sponsors and just 5 steps.....

Then the miracle happened. I went at the second half of those 12 steps the same way I used to drink, with an insatiable appetite. The old-timers said, "if you want what we have, do what we do". They didn't pick and choose which steps they were going to do and which ones they weren't going to do, they did all 12, in order. The 6th step "Were entirely ready to have God remove all

these defects of character" becomes very easy when you've got some time under your belt, lots of meetings, 5 steps and you still can't stand yourself. But, as usual, I got in my own way. I decided I was going to remove all my own defects of character. Self sufficiency failed me during my drinking days and it was failing me once again. I started putting my every word and action under my own microscope and driving myself even crazier than I was. I was beating myself up with a vengeance. Then I listened to a tape of a speaker at a convention named Bob B. and he opened my eyes. He talks about problems in sobriety. He made a few comparisons that keep the 6th and 7th step very simple. He says that farmers

# Incarceration Station



Contributed by members while  
detained in the Atlantic County Jail

## Life Has to Change

This time around life has to change  
For the past two times were not the same  
I thought I could get away with it, one more time  
This one was the last, I now know I've been so lame.

They say when you go back, it's 10 times worse  
I had to try it myself. I needed no one to coerce  
When they say institutions, jail or death.  
I have to thank God for my incarceration this time it  
was my salvation.

The ones that are close to you can so easily lose their  
faith.  
This one more time I've ended up in an awful place.  
This time I'm holding on to my Higher Power.  
I know now if not for Him, so easily I will be de-  
voured.

There is no one to blame. I have to admit.  
"I took that drink now I have to commit!"  
So God Please help me thru. I know I can do this.  
I now feel His presence. I now will pursue this.

God brought me into this world, He can take me out.  
I know now I'm worth it. Without a doubt.  
I'll work at my 12 steps. No one can intrude.  
I thank you God for my new attitude.  
--Bonnie A.

## Heaven's Grocery Store

As I was walking down Life's Highway many years ago,  
I came upon a sign that read "Heaven's Grocery Store".  
When I got a little closer the doors swung open wide.  
When I walked inside I saw a host of angels, they were  
standing everywhere.  
One handed me a basket and said "My child shop with  
care."

Everything a human needed was in that grocery store,  
And what you couldn't carry, you could come back for  
more.  
First I got some patience. Love was in the same row.  
Further down was understanding, you need that every-  
where you go.  
I got a box or two of wisdom and faith in a bag to go.  
And charity, of course, I would need some of that, I  
know.

I couldn't miss the Holy Ghost for it was all over the place.  
Then I got some strength and courage to help me run this  
race.

My basket was getting full, but I remembered I needed  
some grace.

Then I chose salvation, for it was free.

I tried to get enough of that to do for you and me.

Then I started to the counter, to pay for my grocery bill,  
For I thought I had everything to do the Master's will.  
As I went up the aisle I saw prayer and put that in,  
For I knew when I stepped outside, I would run into sin.  
Peace and joy were plentiful, the last thing on the shelf.

Song and praise were hanging near so I just helped myself.  
Then I said to the angel "Now how much do I owe?"  
She smiled and said just take them (everywhere you go!)  
Again I asked "No really, how much do I owe?"  
"My child" she said "God paid your bill a long long time  
ago."

~ [Ron De Marco and Friend](#) ~ Copyright © 1990  
--Contributed by Bonnie A.

## Heard at Meetings



"God grant me the serenity to accept the people I can not change, the courage to change the one I can and the wisdom to know  
it's me."—Christy, Trudgers

"Why are we all here? Because we aren't all there!" —Tony W.

"Happiness is not getting what you want. It is wanting what you already have." —Anonymous

## Continued from Page 2

don't make the plants grow. They till the soil,  
plant the seeds, keep it watered, but God  
does the growing. He also says that doctors  
don't heal. They clean the wound, stitch it up  
and give us antibiotics so it doesn't get in-  
fected. But God does the healing. And we  
can't remove our own defects. If we could we  
never would've gotten to AA to begin with. All  
we can do is create an atmosphere in which  
change is possible, and then we humbly ask  
God to make the changes. All I can do is keep  
an open mind, look at the part I play, do the  
footwork, and let God take care of the results.  
As long as I'm like the horse with blinders on,  
no change was possible. I had to remain  
teachable. It was finally starting to make some  
sense to me. I made my 8th step list from my  
4th step resentment list. I heard that the differ-  
ence between an apology and an amends is  
that the behavior changes. I was finally  
changing. I was more than willing to make  
those amends and went about taking the nec-  
essary action. It wasn't half as hard as I  
thought it would be. I knew that the promises  
came after the 9th step in the Big Book, and I  
really wanted what they promised. As usual,  
willingness was the key.

I do a 10th step every night before I go to  
sleep and I spot check inventory everything  
that I'm disturbed, annoyed, aggravated or  
confused about. I think the first word of step  
10 "continued" is the key. I do it in exactly the  
same way I did my fourth step, just a lot  
shorter. Even when it's one of those  
"justifiable" resentments, I look for my part  
and can always check the self-seeking col-  
umn. What a surprise, I still want what I want  
when I want it! I know today that the world and  
everyone in it are exactly the way they are  
supposed to be and not the way I think they're  
supposed to be. Where did I get that idea that  
everyone and everything was wrong when  
they didn't do things the way I thought they  
should be done? I don't think there's an extra  
seat on the Supreme Court waiting for me.  
Thank you Dr. Paul for page 449, it has  
helped so much (see Ed. Note). I also  
promptly admit I'm wrong all the time. The end  
result is that my behavior is changing, and I  
don't have to do it as often. I remember that  
prayer is talking to God and meditation is  
listening. I talk to God every morning while I  
shower and I'm learning how to be a better

listener. I try to carry this message to others  
and to practice these principles in all my af-  
fairs. I know that I have had a spiritual awak-  
ening as a result of these steps, I'm just not  
the same person I was when I started out. I've  
changed into a person who can actually deal  
with life on life's terms without drinking, even  
when things don't go my way. I actually have  
some peace of mind and peace of soul. I do  
have moments of joy in my life. That's a mira-  
cle. I answer our local hotline for 2 hours a  
week. I sponsor a few women. I try to remem-  
ber that gratitude is an action word. I stay as  
close to this program, the fellowship, and my  
higher power as I can...because I never want  
to go back to where I came from. In less than  
2 weeks, God willing, I'll have 10 years. I can't  
believe it myself. Thank You Alcoholics  
Anonymous. Thank You Bill and Dr. Bob. And  
most of all, Thank you God. -- Sue F.

**Editor's Note:** Sue wrote this over ten years  
ago and now has 21 years of sobriety!

Dr. Paul's acceptance page can be found on  
page 417 in the 4th Edition of the Big Book.



## UPCOMING EVENTS

Post Office Box 905  
32 East Black Horse Pike  
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**Our office is volunteer-staffed  
Please call first**

**Panel members and E-Mails:**

Chairperson: Cliff Mc.  
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ViceChair@caigrp.org  
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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>Sunday August 22 9am</b></p>	 <p><b>3rd Annual Kayak and Canoe Trip</b> With BBQ &amp; AA Meeting at Weymouth Furnace Meet at 9am, Palace Pizza, 6924 BHP, Weymouth \$30 kayak (1 person), \$45 Canoe (2-3) 3½ hour trip from Penny Pot – Melissa 553-8743</p>
<p><b>Monday August 23rd Speaker: 7-8pm</b></p>	  <p><b>Only Requirement Group Celebrates 5 Years!</b> Good Shepherd Church Mathistown Rd, Tuckerton Ice Cream Social Donna S.732-600-9477</p>
<p><b>Saturday August 28th Meetings: 10a &amp; 1p</b></p>	<p><b>Stagecoach Annual Picnic</b> Cape May County Zoo Pavilion 10 Bring Beach Chair &amp; Dessert</p>
<p><b>Sunday September 5th Noon to 6pm</b></p>	 <p><b>Wildwood Twelfth Step House</b> 37th Anniversary Celebration &amp; BBQ 113 West Oak Ave, Wildwood 425-6207 Guest Speaker Mike H., Philadelphia</p>
<p><b>Friday September 10th 6pm to 8:30pm</b></p>	<p><b>AA Service Workshop Hosted by District 17</b> Episcopal Epiphany Church 6605 Atlantic Ave, Ventnor Pat P.402-8039 or Fernando 513-7515</p>
<p><b>Saturday September 18 Campers Reg. 3pm</b></p>	 <p><b>Steps 3, 4 &amp; 5 Workshop in the Woods</b> Bass River, Tuckerton (6 sites!) Bonfire workshop 7pm (free), Camping \$5 Melissa 553-8743 or Heather Ann 972-5017</p>
<p><b>Sunday September 26th Doors Open 8am</b></p>	 <p><b>Annual Unity Breakfast</b> Grand Hotel of Cape May \$23 Due by September 20th Speaker Rich B, Ocean City, MD Chris K. 816-4907 or Tony 241-5789</p>

**24 HR. Hotline Help**

Volunteer 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

**Newsletter**

Send new 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. Sign up at www.caigrp.org

**Public Information/Cooperation with the Professional Community**

CAIG reaches out to the local community, providing speakers and information to schools, organizations and businesses. This committee is currently in need of a Chairperson and committee members. Please contact a CAIG panel member if you are interested in filling this important service position.

## MEETING UPDATES

<p><b>Wednesday 4:30pm</b></p>	<p><b>New Meeting! Absecon Group</b> St Marks Church, 429 S. Pitney</p>	<p><b>Mon, Wed, Sat</b></p>	<p><b>Sea Isle City: St. Joseph's</b> Temp moved to JFK &amp; Park</p>
<p><b>Saturday 5pm Aug 21 &amp; Sept 18</b></p>	<p><b>H&amp;I Committee Meeting</b> CAIG Office, 32 East BHP</p>	<p><b>Wednesday 6:30p Sept 15</b></p>	<p><b>Bookers Quarterly Exchange</b> Franklin Blvd. &amp; Tunis Ave.</p>
<p><b>Wednesday 7:30p Aug 18 &amp; Sept 15</b></p>	<p><b>Intergroup Business Meeting</b> Franklin Blvd. &amp; Tunis Ave.</p>	<p><b>Wednesday 7:30p Aug 11 &amp; Sept 8</b></p>	<p><b>CAIG Steering Panel</b> CAIG Office, 32 East BHP</p>
<p><b>Monday 6:30p Aug 16 &amp; Sept 20</b></p>	<p><b>Unity Committee Meeting</b> CAIG Office, 32 East BHP</p>	<p><b>Wednesday 7:30p July 28 &amp; Aug 25</b></p>	<p><b>Roundup Committee</b> Franklin Blvd. &amp; Tunis Ave.</p>