

# Pass It On

Cape Atlantic InterGroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2010, ISSUE 5

September/October 2010

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

## CAPE ATLANTIC NEWS

### Cape Atlantic - Fall Events

Fall is upon us and that means a few exciting things for CAIG members. First, the annual Unity Breakfast being held this year on Sunday, September 26th and second the annual Waves of Sobriety Roundup, November 19, 20 and 21st.

The Unity Breakfast will be held at the Grand Hotel on the beach in Cape May with Guest Speaker Rich B. from Ocean City, Maryland. Rich was the AA Guest Speaker at the Sunlight of the Spirit Conference held last year in York, PA.

In addition to an awesome speaker, a beautiful view and an all you can eat breakfast buffet, the event holds a Sobriety countdown which is really quite amazing when there are 400

people participating! Deadline to register is September 20th.

Next, come splash into recovery at CAIG's 4th Annual Waves of Sobriety Roundup also at the Grand Hotel of Cape May in November. This weekend of fellowship and fun is a time to enhance your recovery by making new friends, listening to speakers, sharing at marathon meetings, Al-anon workshops and enjoying the Saturday Night Gratitude Banquet. Accommodations at the Grand Hotel are special package rates and you must make your room reservations directly with the Grand Hotel. Call (800) 257-8550 for reservations. You can choose two nights which includes the Grand's Breakfast

Buffet on both Saturday and Sunday and also the Saturday night Banquet, or you can choose one night, or just come for Saturday. Deadline to register with the hotel is October 10th for Roundup rates.

Events include AA & Al-Anon Speakers, Workshops, Dancing, a Long Timers Panel, Marathon Meetings, a Pool, an Ice Cream Social, Karaoke, and the Saturday Night Banquet. This year's speakers include Morgan from Maryland (Friday Night), Liz B. from Queens, NY (Saturday Night) and Wayne from Blackwood, NJ (Sunday Morning).

See back page for more Fall events!



## LOCAL VOICES—FROM THE HEART

One member shares her insight on how to change

### The Transition

**I am unique.** I have never worn your shoes nor have you worn mine. Our past experiences and our present circumstances greatly influence how we will deal with today. I nor anyone on this entire planet is capable of teaching another unless the other party is ready to listen. Perhaps then the most important ingredient to discuss is willingness. If I am not happy with my life, who is at fault? To blame my behavior on anyone or anything other than the one looking back in the mirror is a waste of time. I am responsible for my own actions.

"The devil made me do it" doesn't cut the mustard. It puts me into the worthless condition of

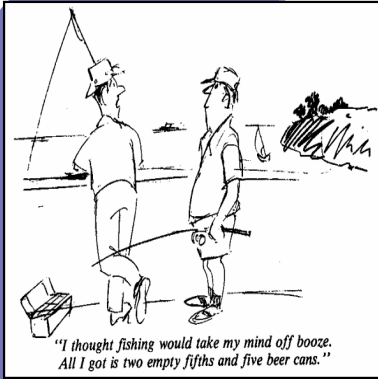


denial. "Out there are my problems", doesn't get to the heart of

the matter. I need to focus on me, not on you, if any progress is to be achieved. I was asked to discuss exactly what changes are necessary. Perhaps this is the easiest question that will ever be encountered. When a new life is to be realized, everything must be changed.

Life is lived in moments. Perhaps this is one of the most essential ingredients to my new life. Focusing on the present moment lessens the burden that my EGO wishes to

# STEP EIGHT



\*Graphics reprinted with permission of The A.A. Grapevine, Inc.

**Made a list of all persons we had harmed, and became willing to make amends to them all.\***

Location in the Big Book  
Page 76 (Now we need more action...) to page 84 (...work for them.)

Eighth Step Principal or Virtue

**Brotherly Love** (Some lists have **Reflection** or **Willingness** as the eighth Principal)

Eighth Step Prayers

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes."

(p. 76 BB)

God help me to become willing to sweep away the debris of self will and self reliant living. Thy will be done for this person as well as for me. Amen

Recommended Actions

Start with your grudge list from step four.

Add yourself to the list if you are not already there.

Group people into four categories: Friends, family, creditors, and the deceased.

**Special Note:**

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

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

# STEP NINE

**Made direct amends to such people wherever possible, except when to do so would injure them or others.\***

Location in the Big Book  
Page 76 (Now we need more action...) to page 84 (...work for them.)

Nineth Step Principal or Virtue

**Justice** (Some lists have **Amendment** or **Forgiveness** as the ninth Principal)

Nineth Step Prayer

God give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat

such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. Amen

Recommended Actions

Consult your sponsor first! Complete all proceeding steps before embarking on this one.

Pray first.

Stick to your part in it.

Don't procrastinate.

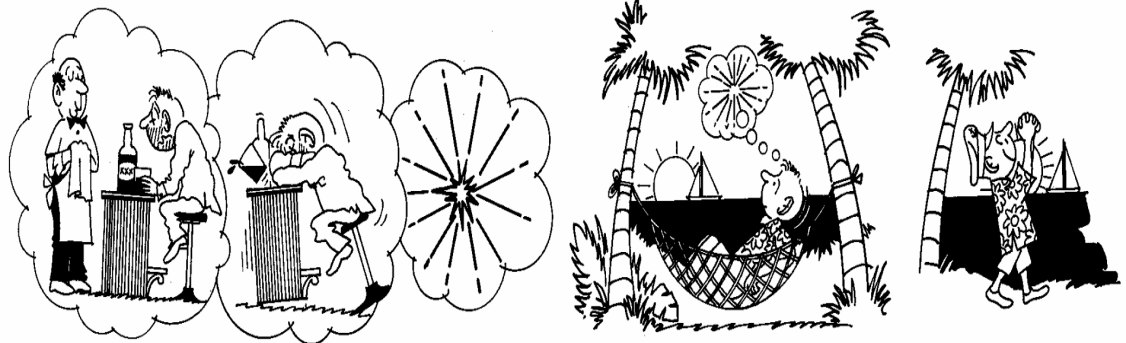
**TOLERANCE**

The most lovable quality anyone can possess is tolerance.

It is the vision that enables one to see things from another's viewpoint.

It is the generosity that concedes to others the right to their opinions and their own peculiarities.

It is the bigness that enables us to let people be happy in their own way.....instead of our way.





# Pass the Basket

**Cape Atlantic Intergroup sincerely thanks each and every one for helping to support AA in our area!**

Harbor Lights Group	\$135
Mays Landing Group	\$80
Good Morning Avalon	\$750
Somers Point Group	\$20
Saturday Night Live	\$86.50

OC Mon. Night Womens	\$50
Sunlight of the Spirit	\$28
OC Women's (Wed)	\$50
A New Freedom	\$310

**May Group Contributions**

Pleasantville Group	\$500
Absecon Group	\$100

**June Group Contributions**

Sunlight of the Spirit	\$27
Downbeach Group	\$56
New Gretna Group	\$100
Sailing Free Group	\$50

**July Group Contributions**

Easy Does It Group	\$100
Margate Ventnor Group	\$113.30
Singleness of Purpose	\$730.87
Good Morning Ocean City	\$750
Mays Landing Group	\$40
Harbor Lights Group	\$250
Trudgers	\$693.24

**August Group Contributions**

Step Up to Recovery	\$240
One Day at a Time	\$88.50
Women's Friday Step	\$50
Good Morning Avalon	\$750
Somers Point Group	\$250
Wake Up to Recovery	\$300
Margate Ventnor Group	\$37.77
Good Morning Avalon	\$750

## Heard at Meetings



- | "We all have built in forgetters."—Walter O.
- | "And that is why Alcoholics Anonymous is the program I never knew I always wanted!" —Baseball Bob.
- | "Live in the solution not the problem." —Amyjo
- | "If you stay in the basics you won't have to get back to them." —Anonymous

### Continued from Page 1

bring into my thought process. My EGO is what got me into the position I am in and it wants to maintain control. When I start to look at all the negatives in my life a hopeless condition is all I can see. Perfect to help justify my repeating what got me to where I am now.

Let's go out and get drunk or perhaps do drugs. The perfect start to where I was last seen just before my last episode. What I've done before hasn't worked, its time to set out on a new path.

Just a thought, something to ponder as I start, and my journey called life continues.

Yes, I've heard it said that we all are on a journey. Sometimes we need to get to a very bad situation in order to decide it is time to turn our life around. Remember

this essential fact, when I decide I need help, all the help I need will be there if I just seek it. I think another saying that hits at the heart of the situation is that when the pupil is ready the teacher will appear.

Perhaps the most dangerous person I will have to deal with during the transition to a new life is the one looking back in the mirror. Help understanding that person is essential. Why do I do what I do? What should I do now, to not repeat what I've done before? I needed help answering those questions and that help cannot come from within me, that person is my sponsor, who then helped me get a God of my own understanding. My sponsor told me, "You need to establish new friends, away from the old influences". Painful experiences are steppingstones to

right direction. Rather than considering them curses or crosses to bear, regard them as wake-up calls or course corrections. While you may have gone through a difficult ordeal you wish had never happened, the only thing worse may have been to go on as you were.

How do I get started? What should I do now? I have a very simple formula that has helped me to the life I experience today. I do the next right thing. I put in my best effort. I allow God to have all outcomes. The life I live today is more fabulous than any I could have ever imagined possible. Life is lived in moments. Am I following the above formula? Living one day at a time. Trust is the key. Live in the now.

Donna S.—The Only Requirements Group, Tuckerton



# 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:**

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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>Saturday September 18 Campers Pre-Reg. By 16th—Call-&gt;</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>
<p><b>Saturday October 9th 9am-3pm</b></p>		<p><b>Area 45's Freedom From Bondage</b> Corrections and Treatment Facilities Annual Inter-Area Conference Lambs Road Assembly Hall, Sewell, NJ Paul B. (609) 741-4195</p>
<p><b>Saturday October 16th 9am</b></p>	<p><b>Three Intergroups—A Day of Sharing</b> Program begins at 9:30, Breakfast will be provided Christ Episcopal Church, 62 Delaware St., Woodbury, NJ</p>	
<p><b>Saturday October 16th 7:30pm</b></p>	<p><b>Sea Isle City Group Celebrates 28 Years</b> Food at 7:30, Speaker at 8:30 St. Joseph's Church, 4308 Landis Ave, Sea Isle</p>	
<p><b>Friday October 22nd Tentative Date/Location</b></p>		<p><b>Friday Night Sobriety Celebrates 25 Years</b> Food at 7pm Speaker: Stella J. at 8pm Absecon Presbyterian Church</p>
<p><b>Thursday October 28th 5:30—8:30</b></p>	<p>Bring your favorite dessert!</p>	<p><b>Trudgers Group Celebrates 12 Years</b> Speaker 5:30-6:30 Food &amp; Fellowship 6:30-8:30 United Methodist Church in Absecon</p>
<p><b>Friday October 29th 6:30-Midnight</b></p>		<p><b>Annual Halloween Dance</b> Meeting 6:30, Dance &amp; fellowship 7:30 Tickets \$10, 50/50 and Costume Prizes! United Methodist Church in Absecon</p>
<p><b>Fri—Sun November 19—21st See Page 1 for info</b></p>	<p><b>4th Annual Waves of Sobriety Roundup</b> The Grand Hotel in Cape May (800) 257-8550 Must Register by <b>October 10th</b> for group room rate \$30 for Saturday night Banquet and Speaker Laurie C. 837-2359 or Chris C.837-2359</p>	

## MEETING UPDATES

<p><b>MWF 4:30pm Wildwood</b></p>	<p><b>**New Spanish Meetings**</b> 12th Step House, 133 W. Oak</p>	<p><b>MWF 9:15am Wed 7pm</b></p>	<p><b>**New Villas Meetings**</b> Millman Ctr 209 BayShore</p>
<p><b>Friday 6pm Wildwood Crest</b></p>	<p><b>Beach Group Meeting Cancelled</b> Methodst Ch.,6700 Atlantic Ave</p>	<p><b>Monday 6pm Oct 25 &amp; Nov 22</b></p>	<p><b>Policy &amp; Structure Meeting</b> CAIG Office, 32 East BHP</p>
<p><b>Saturday 5pm Oct 16 &amp; Nov 20</b></p>	<p><b>H&amp;I Committee Meeting</b> CAIG Office, 32 East BHP</p>	<p><b>Wednesday 6:30p December 15</b></p>	<p><b>Bookers Quarterly Exchange</b> Franklin Blvd. &amp; Tunis Ave.</p>
<p><b>Wednesday 7:30p Oct 20 &amp; Nov 17</b></p>	<p><b>Intergroup Business Meeting</b> Franklin Blvd. &amp; Tunis Ave.</p>	<p><b>Wednesday 7:30p Oct 13 &amp; Nov 10</b></p>	<p><b>CAIG Steering Panel</b> Franklin Blvd. &amp; Tunis Ave.</p>
<p><b>Monday 6:30p Oct 18 &amp; Nov 15</b></p>	<p><b>Unity Committee Meeting</b> CAIG Office, 32 East BHP</p>	<p><b>Wednesday 7:30p Sept 22 &amp; Oct 27</b></p>	<p><b>Roundup Committee</b> Franklin Blvd. &amp; Tunis Ave.</p>