

Pass It On

Cape Atlantic InterGroup

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

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

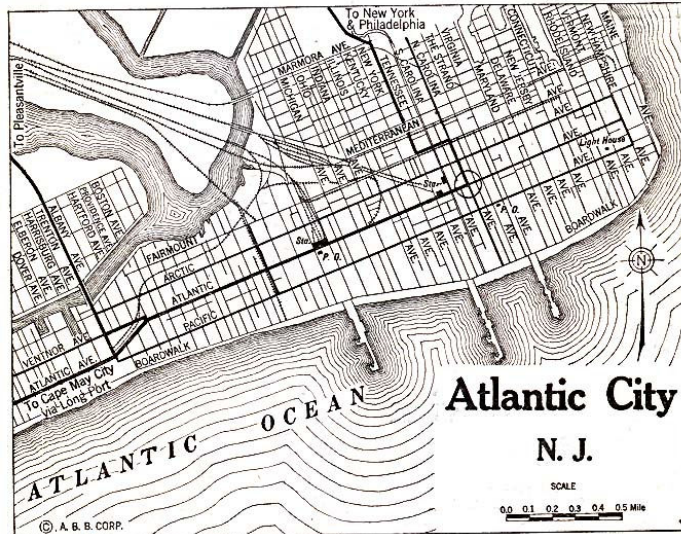
- Absecon
- Avalon
- Atlantic City
- Barnegat
- Barnegat Light
- Beach Haven
- Brant Beach
- Brigantine
- Cape May
- Cape May C.H.
- Cape May Point
- Dennisville
- Egg Harbor City
- Egg Harbor Twp
- Galloway
- Linwood
- Manahawkin
- Margate
- Marmora
- Mays Landing
- New Gretna
- North Wildwood
- Northfield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

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2011, ISSUE 2

March / April 2011

Cape Atlantic AA History Tidbits



the Casino Control Commission). In the 1950's there were only three choices for meetings in the area: Group 41 (est. 1946 on Mondays and Fridays), The Ventnor Margate Group (est. 1952 on Wednesdays) and Brigantine (est. 1956 on Saturdays).

Bill W. spoke at the annual AMA (American Medical Association) meeting in 1951 (Dr. Bob's last spree was at the AMA convention in 1935)



In the late 1940's and 50's, AA members held meetings at Tennessee Avenue and the Boardwalk on the second floor in the Arcade building. This was the location of the first local AA group, the Room 41 Group, formed in 1946. Darrell from the Ox-

ford Group was instrumental in the group's foundation.

The group later moved to North Carolina Avenue because the bank was expanding and wanted the offices at Tennessee and Boardwalk (these were later rented to

A Moment of Clarity

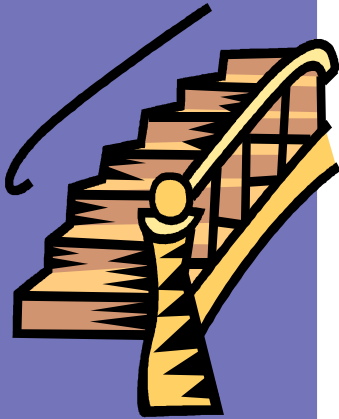
Despite the fact that I had completely ruined my health with alcohol, I am in good health today, and that is because of A.A. and the 12 steps. I never thought I was a real alcoholic, thought I could stop anytime, thought I had control. That may have been true at one time, until the last few years of my drinking. I couldn't stop. I vowed every Monday morning, this is it! I

never made it past Wednesday. I started to wake up in the middle of the night craving a drink. Realizing I was in serious trouble, I put myself in the hospital where I was drugged so thoroughly, that I have only a vague memory of it, but I haven't had a drink since.

I have better things to do now. Though not very reli-

gious, nor a member of any particular church, I have a peaceful relationship with the "God of my understanding", I have moments of gratitude for what I have, a design for living which works for me. There were no great flashes of lights as Bill W. had, no angelic choruses, just a few small miracles that happen

(Continued on page 3)



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

STEP ONE

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.

History Tidbits—Continued from Page 1

and it was around that time that alcoholism began to be accepted by the public as a disease. Bill W. spoke at the convention on Saturday and was present at the Room 41 meeting the night before.

Room 41 was the nucleus of many new groups, one of which was the Florida Avenue group which later became Young Peoples Group. Florida Avenue ended up with a lot of the original Room 41 furniture and did a terrific job with the street people as remembered by Jack K., Room 41.

Room 41 members started other groups as well: The Lady Star of the Sea; The 11th Step meeting at St. Monica's; the Absecon Group (first held in the little chapel built by George, a grateful Al-Anon member, on Nevada Avenue); and the Leaders Group (started in 1979). The name "Leader Group" came from a term used in other states where the person speaking qualifies with their story and is "leading" the discussion at the meeting.

The Pleasantville meeting was started in 1972 as a result of a resentment with some of the members of the Room 41 Group.

Local AA members formed CAIG in April of 1976. In the 1990's the CAIG office was located in the pink colored office building which used to be next to Bennett Chevrolet on the Cardiff Circle.



It was around that time the IRS let CAIG know that they needed bylaws. Randal H. from ACYP admits that writing them was worse than writing the 4th step!

In 1998, two local groups: Singleness of Purpose—Linwood, and Wednesday Night 12th Step Group—Somers Point held the first Annual Breakfast at the Atlantic City Convention Center. Clancy I. was the guest speaker, with over 935 people in attendance. He spoke about Dr. Bob's last spree at Atlantic City and how at that very spot he was loaded onto the train, drunk, for his return home. And so the history of AA began!

In 2001, CAIG signed a two year lease at the Black Horse Pike, Pleasantville location that it has occupied for ten years. CAIG has researched alternatives and is moving to a new office location, at 3153 Fire Road, Egg Harbor Township (shown here) in early April!

Sources: Jack K, AC Area History, Allan D, History of Room 41 Group (both taped 1983) and the CAIG Inventory Meeting held in January of this year.

A Moment of Clarity—Continued from Page 1

when I am quiet and allow Him to keep me sober.

I had obsessed that I could run my life, home, and family, then drink as my reward. That worked for a while, until alcohol began to take precedence over all else, when I began to put my drinking over all else. When I quit smoking my drinking escalated, I became sick spiritually, physically, and mentally.

The hardest thing I've ever done is find my Higher Power. I had to put myself in perspective, to get right sized. I had to think of the size of the universe, the vastness of it, how Mother Earth takes care of the sea-

sons, and how very unimportant I am in the scheme of things. I am powerless! That's what it is. I thought I was running things! I realized that the minutiae of my life was of no import to anybody. When I can and do recognize my own insignificance, I'll be fine.

I also realized sponsors are the unsung heroes of all this. They, who never forget to return a call, who keep themselves available, who never ask anything in return, just giving unconditional love. They are the example of How God Works.

He is quietly running things in my life. I'm not always thrilled with the way



things go, but I can accept them and move on. My life is better quieter, and more contemplative. I'm learning the difference between wanting and needing. I need less to live a satisfying, happy, and free life. A.A. has replaced the shackles of alcoholism with freedom.

Jane M., Sunlight of the Spirit

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

Treasurer: John H.
Treasurer@caigrp.org

Assistant Treasurer: Neal S.
AssistantTreasurer@caigrp.org

Recording Secretary: Tam S.
RecordingSec@caigrp.org

Corresponding Secretary: Diane K.
CorrespondingSec@caigrp.org

Trustee Chair : Doug G.
Trustee@caigrp.org

Archives Committee: Vacant
Archives@caigrp.org

Bookers Committee: Ken T.
Bookers@caigrp.org

Budget & Finance: Paul B.
CAIGBudget@caigrp.org

Hospitality & Registration: Ellie H.
Hospitality@caigrp.org

Hospitals and Institutions: Steve H.
HIChair@caigrp.org

Literature Committee: Clyde L.
Literature@caigrp.org

Newsletter Committee: Shirl R.
Newsletter@caigrp.org

Office Coordinator: Bonita De.
OfficeMgr@caigrp.org

Phone Coordinator: Tressa W.
CAIGPhone@caigrp.org

Policy Committee: Cindy S.
PolicyCommittee@caigrp.org

Public Info/Coop Prof Com: Buster R.
PIChair@caigrp.org

Roundup Committee: Bonnie K..
Roundup@caigrp.org

Unity Committee: Charles R.
UnityChair@caigrp.org

Website Committee: Eve C.
WebChair@caigrp.org

Young at Heart: Vacant
YoungPeople@caigrp.org

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

Wednesday, March 23 6pm Food/7pm Speaker	Singleness of Purpose 35th Anniversary Lady of Sorrows Church, Wabash & Poplar, Linwood
March 25th-27th	South Jersey Area 45 47th Annual Convention Visit www.snjaaconvention.org for details SEE VINNIE & JIM AT 8:00AM ON SATURDAY!
UNITY COMMITTEE	Meets 2nd Saturday at 12:00 noon of every month at Intergroup Office
BOOKERS COMMITTEE	Meets Wednesdays at 7:00pm, Mar. 16, June 15, Sept. 21 & Dec. 21 at Epiphany Church, Franklin & Tunis Ave., Pleasantville
HOSPITALS & INSTITUTIONS	Meets the 3rd Saturday of every month @ 5:00 pm at the Office. Come to our Correctional Facility Event—Sunday May 1st: 11-3pm Call our office for location details or look for flyer
ROUNDUP COMMITTEE	Meets 4th Wednesday of every month @ 7:30pm Epiphany Lutheran Church, Franklin & Tunis Ave., Pleasantville
WEBSITE COMMITTEE	We Need You. If you have typing or graphics skills contact WebChair@caigrp.org



CAIG sincerely thanks each and every one for helping to support AA in our area!

<u>January Group Contributions</u>	<u>February Group Contribution-</u>		
Monday Night Women's \$62	Absecon Fri. Night Sobriety \$171	Singleness of Purpose	\$430.88
Mays Landing Group \$100	Absecon Group \$200	Sioga Group	\$198.08
Sioga Group \$198	Easy Does It \$200	Stagecoach Group	\$500
Sunrise Big Book Study \$70	Leave It Here \$100	Stone Harbor Group	\$100
Ventnor Seashore Group \$300	Mays Landing Group \$100	Sunrise Big Book	\$69.75
	Monday Night Women's \$62	Surrender Group	\$83.28
	Northfield Big Book \$64	Ventnor Seashore	\$300
		Wake Up To Recovery	\$150

MEETING UPDATES

Tuesdays @ 5:30pm

NEW MEETING!
ACYP Women's Meeting 2128 N. Riverside Dr. (Venice Park)

Fridays @ 7:30pm

NEW MEETING!
New Gretna Women's Meeting St. Paul's Methodist Church, Rte. 9

Fridays @ 10pm

NEW MEETING!
ACYP Men's Meeting 2128 N. Riverside Dr. (Venice Park)

Tuesdays @ 5:30pm

NEW MEETING!
Stagecoach Women's Meeting 30 Butter Road & Rte. 9, Palermo

TIME CHANGE

Absecon Group, St. Mark's
Thursday, meet at 8:00 pm (not 8:30)

TIME CHANGE

There is a Solution, Barnegat
Saturday, meet at 8:00 pm (not 7:30)

Sundays @ 2:00pm

NEW MEETING!
Mays Landing 6001 Main Street, Mays Landing

Sundays @ 5:00pm

NEW MEETING!
A Vision for You, St. Mark's, 429 Pitney Road, Galloway