

Pass It On

Cape
Atlantic
InterGroup

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800-604-HELP**

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THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2011, ISSUE 5

September / October 2011

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 is being held this year on Sunday, September 25th; **second**, the annual Waves of Sobriety Roundup, is November 18, 19 and 20th; and **third**, CAIG elections will be held on Wednesday, November 16th.

This year the Unity Breakfast will be held at the Flanders Hotel in Ocean City with Guest Speaker Sammie G. from Pow-

hatan, Virginia. You must be prepaid to attend.

In November, plan to splash into recovery at CAIG's 5th Annual Waves of Sobriety Roundup at the Grand Hotel of Cape May. Events include AA & Al-Anon Speakers, Workshops, Marathon Meetings, a Friday Night Comedy Show, the Saturday Night Banquet, followed by a DJ and Dancing. Please go to www.caigrp.org for registration information.

CAIG elections for the two



year term starting in 2012 will be held at the regular November Intergroup meeting on November 16th at the Epiphany Lutheran Church in Pleasantville. Our panel of seven officers is elected during New Business using A.A.'s Third Legacy Procedure.

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LOCAL VOICES—FROM THE HEART

Two Questions

Would you drink again if you stopped going to AA? Is AA a crutch?

I was asked these two questions recently when I spoke to an Intoxicated Driver Resource Class, IDRC. Hopefully, I answered satisfactorily but I'd like to expand upon it in the hope of being useful here.

I don't know the answer to the first question and I don't want to find out. If I stopped going to AA because I got terminally sick and unable to attend – I'd hope the crisis would drive me further into the spirituality of the program of AA whether I could go to meetings or not. I would hope to maintain contact with fellow AAs even though I stopped going to AA. But that's not really answering the question is it?

What the question really asks is; if I rejected AA could I stay sober going it

alone? The answer to that is no. I know that because I've proven it. I've done the test. Most of us have done the test 100 times before arriving at AA. It's a simple test; make a commitment to yourself not to drink and see if you're successful. For me, life became so miserable that I drank again whether I wanted to or not. There's a saying in AA; if you take the alcohol out of the Alcoholic – you're still left with the ic. I go to AA to deal with the ic. What ic means to me is; I have difficulty handling the ups and downs of life without emotional turmoil leading to a drink. That is exactly what the AA Program is for, to find the power to stop the vicious cycle.

As to the second question; "Is AA a crutch?" Well, a crutch is an aid in walking so yes AA is an aid in my walk.

Yes, we lean on each other and prayer- so again yes; you could look at it that way. For the person reading this with 'sobriety in their heart' it would seem that my answer minimizes AA.

The questions themselves minimize AA. It's like asking someone; why are you racist? To say; I'm not racist - offers no proof. The questions are designed so I can help the questioner reject AA.

I don't know about you but I had these and other biases against AA when I got here and for some time in early sobriety. That's why taking personal responsibility for the consequences of my drinking is so important. Either I have a problem that I need help with or I don't. If

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STEP EIGHT



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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.

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.

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.

*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

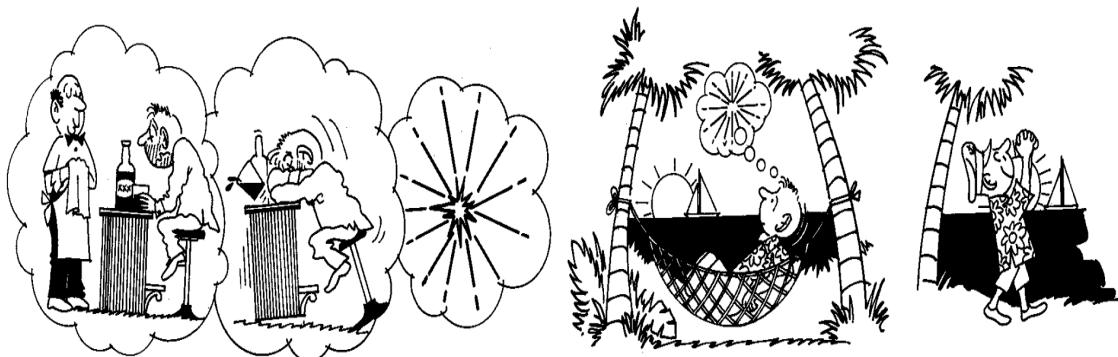
sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. Amen

Recommended Actions

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

Pray first.

Stick to your part in it.



The panel members are: Chairperson, Vice-Chair, Treasurer, Assistant Treasurer, Recording Secretary, Corresponding Secretary, and Trustee. Nominations are made the same night as the election and all applicants must be present. Self-nomination is encouraged. To be eligible for election, the candidate must have 12 months of continuous sobriety, 11 months as member of one of CAIG's area groups and must have held a group or intergroup position in the past.

Once the Chairperson is elected, that person will appoint chairs to all the standing committees which are listed on page four. The appointed

chairs then recruit co-chairs.

A.A.'s Third Legacy Procedure is roughly as follows:

- The names of eligible candidates are posted on a board. All group representatives cast one written ballot. The tally is then counted and the results posted.
- The first candidate to receive two-thirds of the total vote is elected.
- After the second ballot, any candidate with less than one-fifth of the total is withdrawn, with the exception of the top two candidates.
- After the third ballot, any candidate with less than one-third is

withdrawn, again with the exception of the top two.

- After the fourth, the candidate with the least votes is withdrawn, again with the exception of the top two.
- At this point, the chairperson asks for a motion, second, and a majority of hands on conducting a fifth and final ballot, which if defeated, results in a hat draw. If the motion carries, a fifth and final ballot is conducted.
- If after the fifth ballot, no election occurs, the chairperson announces that the choice will be made by lot (from the hat).

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one doesn't need help 'our hats are off to them'. For those of us who suspect that we need help, our Big Book states; "We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people... or may be- has to be smashed."

It is not required that a person has done their first step before they attend AA but for recovery to start it is essential. What the first step does is- it opens our ears. If I still have all the answers then I can't hear yours. But if I realize that my efforts at sobriety alone are futile then I begin to listen and hope you offer a better way. Until that happens, AA has little to offer because I resist what AA is offering.

What I didn't realize was Alcoholism is form of prison... a bondage of self. There are so many freedoms offered along our path, to describe them surely leaves many out. Freedom from the bondage of active alcoholism is only the first. To gain a proper understand of AA I have to get a little unoriginal. Barbara Streisand sings a song; "People who need people are the luckiest people in the world." That's one of the early joys along our path... the deep isolation of alcoholism is replaced with a real sense of belonging. Then as we progress along the Steps we find our inner and outer turmoil is lessened. By taking these actions we awaken to a greater sense of harmony and peace. As time progresses the needs of self become less desperate. As service becomes a way of life, we gain fulfillment within.

While we all get to choose our own conception of God the one thing all these choices have in common is; we no longer are playing God in our lives.

To gain a belief in God I had to ask myself; if there is a God what would God have me do with my day? Surely, God would have problem drinkers immerse themselves in the company of those who were like them but who have found a way up and out. By sincerely trying AA, we discover a strength not our own and we come to believe.

I was told the story of an old woman who had a dream in which she visited Heaven and Hell.

She first went to see Hell and the sight was at first confusing. Row after row of tables was laden with platters of most delicious foods, meats, vegetables, fruits, breads, and desserts of all kinds! Yet, the people seated around the tables were thin and emaciated, moaning with hunger. As she came closer, she understood their predicament. Every person held a full spoon. But their arms were splinted with wooden slats, so they could not bend either elbow to bring the food to their mouths. It broke her heart to hear the tortured groans of these poor people, as they held their food so near but could not consume it. As the old woman watched, she heard their hungry desperate cries. "I've seen enough," she cried. "Please let me see heaven."

Next the old woman went to visit Heaven. She was surprised to see the same setting she had

witnessed in Hell — row after row of long tables laden with a feast of every food. But in contrast to Hell, the people here in Heaven were sitting contentedly talking with each other. They were plump and had rosy, happy faces- obviously satisfied from their sumptuous meal.

As she came closer, she was amazed to discover that here too; each person had his arms splinted on wooden slats that prevented them from bending their elbows. How then, did they manage to eat? As she watched, a man picked up his spoon and dug it into the dish before him. Then he stretched across the table and fed the person across from him! The recipient of this kindness thanked him, then leaned across the table and returned the favor. As she watched, a joyous sound of laughter filled the air. And soon the old woman was laughing too, for now she understood the difference between heaven and hell for herself.

The critical difference lies in the understanding that we need each other. In AA, regardless of the upsets of the day, we still feed each other.

So if the question was; how long do you have to go to meetings? The answer is; until you want to. There's a saying in AA don't leave until the miracle happens. The miracle is; I came to scoff and stayed to pray. Even if I could 'not drink' without going to AA- I wouldn't want to. It would be like finding a way to endure without nourishment.

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

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

Sunday September 25th Doors Open 8am		Annual Unity Breakfast Flanders Hotel, Ocean City Sobriety Countdown! \$23 Due by September 19th
Monday September 26 6:30pm		One Day at a Time Group—Anniversary Food and Refreshments - meeting starts at 7 Cape Regional Medical Center Conference Rooms A & B
Friday September 30 6:45am-3pm		Bus Trip to the General Service Office in NYC Tickets—\$25 must be purchased in advance Departing from Genardi's EHT Proceeds send newcomers to the Roundup!
Friday and Saturday October 7th & 8th		2nd Annual Workshop in the Woods Check Website or flyer for details Come & Camp if you'd like! Bass River State Forest, Tuckerton
Saturday October 8 7:30pm		Sea Isle City Group— 29th Anniversary 8:30pm Speaker: Margie P. United Methodist Fellowship Hall JFK BLVD. & Park Ave., Sea Isle City
Sunday October 9 2pm– 5pm		District 16 Fall Workshop “Who’s Smarter than an Alcoholic” & Guest Speaker Absecon Methodist Church 100 Pitney Road, Absecon
Friday October 14 7pm		Friday Night Sobriety Celebrates 26 Years Speaker: Founding Member Dick F. 8pm Absecon Presbyterian Church
Saturday October 15th 8:30Am-Noon		Three Intergroups—A Day of Sharing AA Jeopardy Game Carlsake Community Center 209 Crosswicks St., Bordentown
Saturday October 22nd 2pm-6pm		District 15 Sponsorship Workshop Two speakers, also spaghetti @4pm Church of the Holy Spirit 220E. Main St, Tuckerton
Friday October 29th 8pm-Midnight		12th Step House Halloween Dance \$10 Donation—Food & Prizes N. Wildwood Community Center 10th & Central Avenue, N. Wildwood
Fri-Sun Roundup Weekend November 18–20		5th Annual Waves of Sobriety Roundup Speakers, Workshops, Saturday Night Banquet and more The Grand Hotel in Cape May (800) 257-8550

Pass the Basket

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

July Group Contributions

New Gretna Group.....	\$150
Sioga Group.....	\$71.73
Absecon Friday Sobriety.....	\$70
Margate Ventnor Group	\$113
Singleness of Purpose.....	\$1,130.87
New Freedom.....	\$305
Somers Point Group.....	\$25
New Alternatives Group.....	\$50
Awakenings of LBI.....	\$250

August Group Contributions

Stagecoach Group.....	\$500
Step up to Recovery.....	\$210
Pleasantville Group.....	\$500
Sailing Free Group.....	\$100
Cape May City Group.....	\$150
Shipbottom Men's Fri Night.....	\$300
Sunrise Big Book Study.....	\$64.87
Harbor Lights Group.....	\$325
Mays Landing Serenity.....	\$100

Wake up to Recovery.....\$200

Reflections Group.....\$60

Monday Night Women's.....\$100

