



Pass It On

Cape Atlantic InterGroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2012, ISSUE 1

January / February 2012

Post Office Box 905
3153 Fire Road
Egg Harbor Township, NJ 08234
(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
- Tuckerton
- Ventnor
- Villas
- Waretown
- West Cape May
- West Creek
- Wildwood
- Woodbine

Where Does That \$1 Go??

Heard at almost every meeting, the preamble states: "There are no dues or fees for A.A. membership; we are self supporting through our own contributions." Some of you may be wondering, where does that \$1 that we toss in the basket go?

Many groups pay for rental of the meeting space. They also provide coffee, snacks and supplies like cups and plates. Books, pamphlets and meeting lists are usually available for newcomers.

After these needs are met, the dollars are used in many other ways. The money doesn't go to

the volunteers that take the meetings into the jails; but it does pay for the Big Books and meeting lists that they distribute there.

It doesn't go to the volunteers that answer the phone for that suffering alcoholic looking for a solution, or for that fellow traveler looking for a meeting NOW; but it pays for the answering service that fields calls when the line is busy or if it goes unanswered.

It doesn't go to the editor of the newsletter but to the publisher that prints it. It doesn't go to the website designer but for the services required to host our

home page and for internet service. It doesn't go to the trusted servants that make it possible for sober events and workshops but it does provide services that make these events possible.

If, like me, you called that 800# and had a meeting list mailed to you when you hit bottom, then you understand the value that results from your contributions.

—Editor



Rotation: A Step Forward in Growth

"Rotation is one of the most beautiful spiritual principles that we observe in Alcoholics Anonymous.

All of us trusted servants will rotate from the jobs we are doing, and other people will come in to take our places. One door closes and another one always opens if we are spiritually on track, keeping our recovery programs strong and practicing the principles of love and service in all our affairs.

Rotation allows us to grow in

God's grace as we move on to other opportunities and permit others to share in the joys of



service in Alcoholics Anonymous. It prevents us from becoming the experts that we once thought we were and

from being so entrenched in a job that we get stale and unenthusiastic.

Problems based on personalities are prevented; no power or prestige gets built up; no individual gets taken advantage of and imposed upon; and the great blessings of giving service are shared by more and more members."

Diane O.
Cupertino, California

Grapevine Vol. 56 No. 7—Reprinted with permission

(Continued on page 3)

STEP TWELVE



"12th Step work requires tolerance, persistence, understanding, and resisting the urge to take the phone off the hook when going to bed!"

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

Location in the Big Book

Step 12 Part 1—Page 89 to 96 (...of their chance.)

Step 12 Part 2 —Page 96 (Suppose now ...) to 103

Twelfth Step Principal or Virtue

Service

Recommended Actions

Intensive work with other alcoholics works when other activities fail. Carry this message to other alcoholics!. This is an experience you must not miss. (page 89 BB)

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

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

Suggested Steps for Sponsoring a New Member

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

From the pamphlet: Q&A on Sponsorship

A sponsor is simply a sober alcoholic who helps the newcomer solve one problem: **How to stay sober.**

"Any A.A. who has not experienced the joys and satisfaction of helping another alcoholic regain his place in life has not yet fully realized the complete benefits of this fellowship... Until an individual has assumed the responsibility of setting a shaking, helpless human being back on the path toward becoming a healthy useful, happy member of society, he has not enjoyed the complete thrill of being an A.A." —Clarence Snyder

Qualify as an alcoholic

In calling upon a new prospect, it has been found best to qualify oneself as an ordinary person who has found happiness, contentment, and peace of mind through AA Immediately make it clear to the prospect that you are a person engaged in the routine business of earning a living. Tell him your only reason for believing yourself able to help him is because you yourself are an alcoholic and have had experiences and problems that might be similar to his.

Tell your story

Many members have found it desirable to launch immediately into their personal drinking story, as a means of getting the confidence and whole-hearted co-operation of the prospect. It is important in telling the story of your drinking life to tell it in a manner that will describe an alcoholic, rather than a series of humorous drunken parties. This will enable the man to get a clear picture of an alcoholic which should help him to more definitely decide whether he is an alcoholic.

Inspire Confidence in AA

In many instances the prospect will have tried various means of controlling his drinking, including hobbies, change of associations, and various control plans. These will, of course, have been unsuccessful. Point out your series of unsuccessful efforts to control drinking...their absolute fruitless results and yet that you were able to stop drinking through application of AA principles. This will encourage the prospect to look forward with confidence to sobriety in AA in spite

of the many past failures he might have had with other plans.

Talk about "plus" values

Tell the prospect frankly that he can not quickly understand all the benefits that are coming to him through AA. Tell him of the happiness, peace of mind, health, and in many cases, material benefits which are possible through understanding and application of the AA way of life.

Show importance of reading the Big Book

Explain the necessity of reading and re-reading the AA Big Book. Point out that this book gives a detailed description of the AA tools and the suggested methods of application of these tools to build a foundation of rehabilitation for living. This is a good time to emphasize the importance of the twelve steps.

Qualities required for success in AA

Convey to the prospect that the objectives of AA are to provide the ways and means for an alcoholic to regain his normal place in life. Desire, patience, faith, study and application are most important in determining each individual's plan of action in gaining full benefits of AA

Introduce faith

Since the belief of a Power greater than oneself is the heart of the AA plan, and since this idea is very often difficult for a new man, the sponsor should attempt to introduce the beginnings of an understanding of this all-important feature.

Frequently this can be done by the sponsor relating his own difficulty in grasping a spiritual understanding

and the methods he used to overcome his difficulties.

Listen to his story

While talking to the newcomer, take time to listen and study his reactions in order that you can present your information in a more effective manner. Let him talk too. Remember...Easy Does It.

Take to several meetings

To give the new member a broad and complete picture of AA, the sponsor should take him to various meetings within convenient distance of his home. Attending several meetings gives a new man a chance to select a group in which he will be most happy and comfortable, and it is extremely important to let the prospect make his own decision as to which group he will join. Impress upon him that he is always welcome at any meeting and can change his home group if he so wishes.

Explain AA to Prospect's family

A successful sponsor takes pains and makes any required effort to make certain that those people closest and with the greatest interest in their prospect (mother, father, wife, etc.) are fully informed of A.A., its principles and its objectives. The sponsor sees that these people are invited to meetings, and keeps them in touch with the current situation regarding the prospect at all times.

Help prospect anticipate hospital experience

A prospect will gain more benefit from a hospitalization period if the sponsor describes the experience and helps him anticipate it, paving the way for those members who will call on him.

Taken from AA Sponsorship Pamphlet (1944), by Clarence Snyder



Pass the Basket

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

November Group Contributions

Daily Reflections Group	\$75
Original Tuckerton Group.....	\$300
Ventnor Seashore Group.....	\$150
Sailing Free Group.....	\$50

December Group Contributions

Mays Landing Serenity Group.....	\$200
----------------------------------	-------

Keep it Simple Group.....	\$50
Stone Harbor Group.....	\$114
Good Morning Avalon Group.....	\$500
Saturday Night Live Group.....	\$300
Anonymous.....	\$50
Northfield Big Book Study.....	\$123
Into Action.....	\$30

Sailing Free Group.....	\$50
Survivor's Big Book Group.....	\$125
Sunlight of the Spirit.....	\$103
Casino Serenity.....	\$560
Step Up to Recovery.....	\$150
Eleventh Step Meditation.....	\$248.66

Area Sponsors: On Sponsorship..

Thank you to those that contributed to this article. - Editor

- ◆ I believe that we get many spiritual gifts from being a sponsor. What has worked the best for me is having a study group of dedicated members who really want to delve into the steps as a group. We use the Big Book as our text and have "written homework" each week. Members attending the group range from newbies to old-timers.
- * The advantage of doing it this way is each one shares and we learn from one another. Let's face it.... No one person has all the answers. Out of the mouths of babes I have learned so much. This way we resonate with each other and share what we have learned from each other. It takes a village to raise a child.
- * In doing a step study in this fashion, as a sponsor, I have experienced humility. That I don't have all the answers. Numbers don't equal the quality of sobriety. The honor and privilege of trusting and being trusted with the 4th & 5th steps. Opening my heart and sharing my foibles.

- bles. Patience and tolerance with others and helping a fellow alcoholic to find a new way of life. All of this gives me a noble purpose.
- * This is not WORK. It's a passion to give back what is freely given. It is a way of living that really works. We don't work it we LIVE it.
- ◆ When I first see the willingness for a newbie to schedule life around making meetings I get such a warm feeling (just like that first sip). God has replaced the feeling I was looking for in the drink!
- * Steps 1,2&3... what a beautiful foundation for the newcomer and me!
- * Wowww: A psychic change for me... what a reward!!
- ◆ Sponsorship develops and builds compassion for others. Compassion for others helps immensely with our perspective of our own troubles and limitations. Practicing compassion helps to open our hearts and greatly enhances our sense of grati-

- tude. It takes our attention off all the little things that most of us have learned to take too seriously. It reminds us that we are actually turning small stuff into big stuff. When we remember and don't do this we become more aware of all the miracles that are around us all the time.
- ◆ When they realize how a liquid could control every minute of their life, and doing the first step helps them see how different life can get by following suggestions in the Big Book and through prayer.
- ◆ Sponsors get to do the steps again through someone else's perspective. We learn to live the steps through working them.
- ◆ By teaching something, you really begin to master it. In the process, a sponsor can get proof that their HP exists when words are spoken that did not originate in their own minds, but came through them.
- ◆ Sponsorship keeps the sponsor sober. You must give it away to keep it and the reward is a wonderful life.

Rotation: Continued from Page 1

As individuals rotate out of service positions in Intergroup, or in their Home Group, they might want to consider what Loren B. said about rotation at the 52nd General Service Conference. She said that "the benefits of rotation are very real and practical. The benefits to the individual are beyond our imagination because we know that anything God has in store for us will be better than anything we could have planned for ourselves, and when we make ourselves available for service, we have new opportunities for growth. We can't move forward if we

are still clinging to our present conditions. We don't know what God has planned for us, but we'll never find out if we are not willing to let Him guide us further down the path.

"By rotating out of a service position and truly letting go of the job, we open ourselves to an ongoing spiritual awakening. In effect we are saying to our Higher Power that we finished the job laid out for us and are ready for what He wants us to do next."

And, from the pamphlet, "The AA Group - Where It All Began," it states

that "rotation helps to bring us spiritual rewards far more enduring than any fame. With no A.A. "status" at stake, we needn't compete for titles or praise - we have complete freedom to serve as we are needed. (Reprinted with permission from A.A. World Services, Inc.)"



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: Bill T.
Chairperson@caigrp.org
Vice Chair: John H.
ViceChair@caigrp.org
Treasurer: Neal S.
Treasurer@caigrp.org
Assistant Treasurer: Clyde L.
AssistantTreasurer@caigrp.org
Recording Secretary: Cindy S.
RecordingSec@caigrp.org
Corresponding Secretary: Jen R.
CorrespondingSec@caigrp.org
Trustee Chair : Doug G.
Trustee@caigrp.org

Archives Committee: Joe P.
Archives@caigrp.org
Bookers Committee: **VACANT**
Bookers@caigrp.org
Budget & Finance: Ellie L.
CAIGBudget@caigrp.org
Hospitality: Anne B.
Hospitality@caigrp.org
Hospitals and Institutions: Tressa W.
HIChair@caigrp.org
Literature Committee: Mark C.
Literature@caigrp.org
Newsletter Committee: Nancy O.
Newsletter@caigrp.org
Office Coordinator: Ken L.
OfficeMgr@caigrp.org
Phone Coordinator: Beth R.
CAIGPhone@caigrp.org
Policy Committee: **VACANT**
PolicyCommittee@caigrp.org
Public Inf/Coop Prof Com: Steve H.
PIChair@caigrp.org
Roundup Committee: ?
Roundup@caigrp.org
Unity Committee: **VACANT**
UnityChair@caigrp.org
Website Committee: **VACANT**
WebChair@caigrp.org
Young in Recovery: Greg B.
YoungPeople@caigrp.org
Go to our website: www.caigrp.org for other committee meeting times or to contact a committee chairperson

<p>Saturday February 11 8pm to 11:30pm</p>		<p>Sober Valentine Dance North Wildwood Community Center Center 10th & Central Aves Donation \$10 at door</p>
<p>Saturday February 18 7-10pm</p>		<p>Ice Skating @ Flyers Skate Zone! 7pm Speaker, 8-10pm Open Skate Hosted by Young in Recovery 501 N. Albany Ave, A.C.</p>
<p>Friday thru Sunday March 23-25 (Reg by Mar 9)</p>		<p>Area 45 General Service Convention 48th Annual Convention Crowne Plaza, Rt. 70, Cherry Hill https://snjaaconvention.org</p>

12th Step Work Opportunities

Answer the "CAIG Hot Line" at home or our Office

Our "Hot Line" Telephone Service often has open 2-hour slots where you can answer calls to Cape Atlantic Intergroup for a variety of service related issues... everything from local Meeting Information to helping that struggling alcoholic who is making contact with us for the first time! Our Phone Coordinator and the Phone Committee has set the following "guidelines" for those interested in answering these important phone calls to the Intergroup: To answer phones at the Intergroup Office, a minimum of 6 months of continuous sobriety is suggested. To take these same calls from your home, using our "Call Forwarding" feature, we ask that you have at least 1 year of continuous sobriety. These commitments are for a duration of 2 hours.

Please email CAIGPhone@caigrp.org or leave a message at our office 609-641-8855 to inquire about open time slots.

Be a "Substitute" Phone Answerer

You may also want to consider signing up as a "Substitute" Phone Answerer....and make yourself available to "fill in" when one of our designated answerers cannot commit for a certain date.

Go to <http://caigrp.org/PhoneSubSignup.pdf> for a downloadable copy of our "Telephone Substitute Sign Up Sheet".

Join our "12th Step Call" Group

As a phone Answerer, you are NOT expected to arrange to visit a first time caller. We maintain a list of individuals willing to do this 12-step contact work. Our "12th Step Call Group" is always seeking volunteers to be added to our list. Of course it is strongly suggested that 12th step visits be done by a minimum of two persons. Your primary function as a member of this 12 Step Call Group will be to begin the process via a phone call to the inquiring new member. Your number will NEVER be given to the caller....rather, you will be called by our Phone Answerer first...to inquire if you are available. The caller's number will be given to you to return the call.

Go to http://caigrp.org/12th_step_signup.pdf for a downloadable copy of our 12th Step Sign Up Sheet.

Join our "Jail Meetings" Group

Area members take weekly men's and women's meetings into the Atlantic County and Cape May County Justice Facilities. Most meetings are attended by two volunteers and a monthly signup sheet is circulated for the meetings that don't have a dedicated volunteer. If interested, you will be required to submit clearance papers and attend an orientation at the facility before being allowed admittance.

Please email HIChair@caigrp.org or leave a message at our office 609-641-8855 to inquire about open time slots.

MEETING UPDATES

<p>Wednesday 7pm Feb 1 & March 7</p>	<p>Young in Recovery Committee CAIG Office</p>	<p>Tuckerton Mtg. **New Location</p>	<p>Step Up To Recovery Group Holy Spirit—Rte 9 & Cedar</p>
<p>Saturday 5pm Feb 11 & Mar 17</p>	<p>PI/CPC and H&I Meeting CAIG Office</p>	<p>Wednesday 7pm March 21</p>	<p>Bookers Quarterly Exchange Franklin Blvd. & Tunis Ave.</p>
<p>Wednesday 7:30p Feb 8 & March 14</p>	<p>CAIG Steering Panel CAIG Office</p>	<p>Wednesday 7:30p Feb 15 & Mar 21</p>	<p>Intergroup Business Meeting Franklin Blvd. & Tunis Ave.</p>