

Alcoholics Anonymous

Dr. Bob's Birthplace & Boyhood Home



God grant me the Serenity to accept the things I cannot change... Courage to change the things I can... and Wisdom to know the difference.



CapeAtlanticInterGroup

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24 Hour Hotline
800-604-HELP

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New Gretna
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West Cape May
West Creek
Wildwood
Woodbine

Pass It On

The Cape Atlantic Intergroup Newsletter

May/June, 2012 – Issue 3

The Key to Serenity

“The physician wasn’t hooked, he thought - he just prescribed drugs medically indicated for his many ailments. Acceptance was his key to liberation.” Dr. Paul’s story is one of the most frequently quoted because it talks so much about acceptance.

The story of Dr. Paul O. of Laguna Niguel, CA originally appeared (in a much shorter version) in the Grapevine under the title *Bronzed Moccasins*. It was included on page 449 of the 3rd edition Big Book as *Doctor, Alcoholic, Addict*. For the 4th the title was changed to *Acceptance was the Answer* and moved to page 417.

His original date of sobriety was December 1966, but he slipped until July 1967. He didn’t think he was an alcoholic, he just had problems. “If you had my problems you’d drink too.” His major problem was his wife. “If you had my wife you’d drink, too.” He and his wife, Max, had been married twenty-eight years when he entered A.A. He said she was a natural Al-Anon long before they heard of either A.A. or Al-Anon.

(cont'd on page 2)

Mark your calendars & save the date...

2012 Waves of Sobriety Roundup

It’s time again to gather together in fellowship! Show your willingness to have fun, and to be there for your fellow AAs at the 6th annual **Waves of Sobriety Roundup**. We’re gathering this year in West Atlantic City at the Clarion Hotel & Convention Center, October 5-7.

It’s like we say: We aren’t a glum lot! If newcomers could see no joy or fun in our existence, they wouldn’t want it. We absolutely insist on enjoying life!

To show that we’re always on the hunt for new and better ways to enjoy sobriety, here’s a partial list of what’s new and different at this year’s roundup:

- Popular speakers
- Relationship workshops
- Tai Chi & Yoga

- Alateen and Al-Anon speakers
- World-Class DJ
- Activities and games such as “Name that Home Group”
- Young-in-Recovery and Old-Timers panels
- More centrally located venue
- Convenient online PayPal registration
- New date - further from the hassle of the holidays

And much, much more... all that’s missing is YOU!

For more details, look for the registration flyers we’ve spread to meetings throughout the area or visit the website: caigrp.org.

Trivia Question...

Which one of our “founding fathers” had a tattoo... Bill W. or Dr. Bob? Answer on *page 3!*

Acceptance... (cont'd from page 1)

His story in the Big Book, and tapes of his talks, show that Paul had a great sense of humor, and was a very humble man.

Paul began to drink when in pharmacy school to help him sleep. He went through pharmacy school, graduate school, medical school, internship, residency and specialty training and, finally went into practice. All the time his drinking kept increasing. Soon he began taking drugs to pep him up and tranquilizers to level off.

On occasion he tried to stop completely, but had convulsions from withdrawal. When he went to Mayo Clinic he was put in the locked ward. Another hospitalization was in the psychiatric ward of a hospital, on which he was on the staff. But there he was introduced to A.A.

It took him awhile to get off the alcohol and pills, but when he wrote his story he said: "Today, I find I can't work my A.A. program while taking pills, nor may I even have them around for dire emergencies only. I can't say 'Thy will be done,' and take a pill. I can't say, 'I'm powerless over alcohol, but solid alcohol is okay.' I can't say 'God could restore me to sanity but until He does, I'll control myself - with pills.'"

He started Pills Anonymous and Chemical Dependency Anonymous, but did not attend them because he got all he needed from A.A. He did not introduce himself as an alcoholic and addict, and was irritated by people who want to broaden A.A. to include other addictions.

He wrote an article for the Grapevine on why doctors shouldn't prescribe pills for alcoholics, and because he had a dual problem was asked to write his story for the Big Book. It was originally published in the A.A. Grapevine with the title "Bronzed Moccasins" and an illustration of a pair of bronze moccasins. It was

eventually renamed and included in the Big Book. His book, "There's More to Quitting Drinking than Quitting Drinking," was published in 1995 by Sabrina Publishing, Laguna Niguel, CA.

Paul complained in an interview with A.A. Grapevine that the story might have "overshot the mark." One of the most uncomfortable things for him was people run up to him at a meeting and tell him how glad they are the story is in the book. "They say they were fighting with their home group because their home group won't let them talk about drugs. So they show their group the story and they say, 'By God, now you'll have to let me talk about drugs.' And I really hate to see the story as a divisive thing. I don't think we came to A.A. to fight each other."



But he denied that there is anything in the story he would want to change. The story "makes clear the truth that an alcoholic can also be an addict, and indeed that an alcoholic has a constitutional right to have as many problems as he wants! But that doesn't mean that every A.A. meeting has to be open to a discussion of drugs if it doesn't want to. Every meeting has the right to say it doesn't want drugs discussed. People who want to discuss drugs have other places where they can go to talk about that."

How did he work his program? "Pretty much every morning, before I get out of bed, I say the Serenity Prayer, the Third Step Prayer, and the Seventh Step Prayer. Then Max and I repeat those prayers along with other prayers and meditations at breakfast."

*Signore concedimi la
*** Serenità
di accettare le cose che
non posso cambiare
il Coraggio ***
di cambiare quelle che
posso
la Saggiatura ***
di conoscerne la differenza*

He had a special meeting format for early morning meetings. He called them Attitude Adjustment Meetings. They consisted largely of readings from the Big Book, prayers from the Big Book and 12 & 12, and a short session of positive pitches. The meetings were at 6:30 am or 7:00 am each day.

Dr. Ohliger went on to write two books designed to continue sharing his experience, strength and hope: "There's More to Quitting Drinking than Quitting Drinking" and "You Can't Make Me Angry." About the latter, he wrote, "Emotional maturity is like serenity. The first time I felt serene, I wondered what was happening, but I liked the feeling and wanted more. The more I got, the more I wanted. Serenity is addictive."

Paul died on May 19, 2000. His (presumably long suffering) wife Max died on July 1, 2001.

Some of the information about Dr. Paul is taken from his book "There's More to Quitting Drinking than Quitting Drinking," and from his tapes.

"I think today that my job is really to enjoy life whether I like it or not. I don't like everything I have to accept. In fact, if everything was to my specifications and desires there would be no problem with acceptance. It's accepting things I don't like that is difficult. It's accepting when I'm not getting my own way. Yes, I find that very difficult at times.

In an attempt to improve my communication with my Higher Power, I've recently been modifying the Serenity Prayer. I say, God, grant me the serenity to calmly accept the things I cannot change, the courage to change my attitude, and the wisdom to enjoy life's journey.

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.

Meet My Home Group



Name	Trudgers
Meeting Location	Absecon Methodist Church
Meeting Day/Time	Monday, Tuesday, Wednesday & Friday at 7:30 AM, Thursday at 5:30 PM and Saturday at 7:00 PM
Format	All meetings are AA Literature focused except for the last Saturday night of the month, which is a Speaker meeting
Years in existence	16 years
What's so great about it?	Early morning meetings start the day out right! Thursday (Steps 1,2, and 3) and Saturday ("Living Sober") meetings are great for newcomers. Big comfy room. We love "trudging the road of happy destiny" in Absecon and beyond!
Introduce us to your home group! Send picture (no people, of course) and information to: newsletter@caigrp.org	

Answer to the Trivia Question... Dr. Bob!

"We invited Bob and his wife to go down to the beach with us, and when Bob appeared in his bathing suit, we saw he was gloriously tattooed on his chest and both arms, with rather intriguing figures and snakes and so forth. My wife asked him what condition he was in when he got that last tattoo on his arm. And he said, "It was a blazer." - *Dr. Bob & the Good Oldtimers* page 298

A tattoo he wore the rest of his life was probably from those days at Dartmouth: a dragon and a compass tattoo. The dragon wound around his left arm from the shoulder to the wrist. It was blue with red fire. His son thinks "he had to have been drunk to have it put there, and you didn't do something that complicated in a day. When I asked him how he got it, he said, 'Boy, that was a dandy!' And it must have been, too. "*The AA History Lovers list*" on yahoo.com

Mr. SponsorPants

an AA sponsor blog

Doctor Bob's 3rd Step Prayer

Bill W. and Dr. Bob were the two co-founders of Alcoholics Anonymous. Bill is perhaps slightly better known, but Bob was certainly as instrumental as Bill in helping to set the stage for what has become AA as we know it today.



Regarding the 3rd Step ("Made a decision to turn our will and our lives over to the care of God as we understood Him") what the Big Book says about this Step (and by extrapolation -- for me -- all prayer) is that "The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation." And so while I have come to find the 3rd Step Prayer printed in the Big Book to be just about perfect, I think it's well worth reflecting on Bob's more personal version.

I'm particularly fond of the line: "I'm not sure I want You to, but do it anyhow." On many some days I can only say to that, "Amen, Bob."

Dear God,

I'm sorry about the mess I've made of my life.

I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all.

I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way.

God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life.

Please, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me. And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow.

I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life. Thank You and I praise Your name. Amen.



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see more Mr. SponsorPants at <http://mrsponsorpants.typepad.com>

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

UPCOMING EVENTS

Flyers for most events may be downloaded at caigrp.org

Saturday July 28 12PM-10:30PM	Young in Recovery presents: SPEAKER JAM! Speakers ALL day! See flyer for more details. Ventnor Community Center, 6500 Atlantic Avenue, Ventnor
Saturday August 4 9AM-2PM	Freedom from Bondage Area 45 Corrections & Treatment Facilities 17th Annual Inter-Area Conference St. Charles Borromeo Church, 176 Stagecoach Rd. Sicklerville
Sunday August 14 12:00PM	District 14 Fellowship Picnic Parvin State Park, Pittsgrove, NJ - Thundergust Pavilion Tickets \$10 per person, under 8 free; sides & desserts welcome
Sunday September 2 12PM-6PM	12th Step House Anniversary Picnic The Hut - 113 West Oak Ave. Wildwood Outdoor sober BBQ, speaker at 3:30. Bring a beach chair! Free, but donations of food (salads, desserts) & beverages appreciated.
Friday September 14 7:30AM	District 15 Bus Trip to G.S.O. in Manhattan Meeting at K-Mart on Route 72 in Manahawkin Tickets \$25 per person
Friday - Sunday October 5, 6 and 7	CAIG 6th Annual Waves of Sobriety Roundup Clarion Hotel, 6821 Black Horse Pike, EHT NJ 08234 Speakers, panels, workshops, fun & entertainment! See the flyer for details.
Saturday October 20 9AM	Annual Day of Sharing between Area 45 & the 3 South Jersey Intergroups Seaville Fire Hall, 35 Route 50, Seaville, NJ



Did you know...

That any AA is invited to submit material to the newsletter!

If you've ever thought, "I want to write something but I don't know what to write about." visit caigrp.org, click on the "Events" link, scroll down to *Newsletter Committee* and "**CLICK HERE**" to download a flyer with some suggestions.

Service Opportunities

24 HR. Hotline Help

Volunteer from home (minimum one year continuous sobriety) or at the office (six months). Two-hour slots. Subs are always needed. Contact Beth R. at caigphone@caigrp.org

Newsletter

Send new events, articles and your favorite meeting quotes to Nancy O. 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 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. Please contact John O. at pichair@caigrp.org if you are interested in helping.