



**CapeAtlanticInterGroup**  
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 W i l d w o o d • W o o d b i n e

# Pass It On

The Cape Atlantic Intergroup Newsletter September/October, 2012 – Issue 5

## A Great Tide

*Here is a thought that came to me just before my 2nd anniversary of sobriety. I tweaked it a few months later.*

In sobriety I am beginning to feel a great tide rising inside me lifting all the ships in my harbors that have been mired in the muck of alcoholism for so long. They may now set sail in an ocean of new opportunities. These ships have experienced the 12 steps of A.A. and seek not for golden idols or material success but rather for personal growth and a renewed spiritual kinship with my creator and the people around me.

Each ship sets sail for a new port; the ship of faith departs the harbor of fear; the ship of hope departs the harbor of despair; the ship of contentment departs the harbor of restlessness; the ship of patience departs the harbor of frustration; the ship of charity departs the harbor of greed; the ship of humility departs the harbor of pride and ego; and all the ships seeking the light depart their harbors of darkness.

The ocean is vast and navigating the storms will be fierce insomuch as I stay connected to my higher power. May God bless me and keep me until then.

*Bob C. Trudgers*

*Nov. 3, 2011 edited June 8, 2012*

## Local Voices... from the heart Coming Back

I'm twenty-one years old and first came to the rooms of AA five years ago, but I wasn't ready then. When I came back at twenty, I jumped in. I was so spiritually, emotionally and mentally bankrupt that I felt as though I had no hope. I had given up everything I knew to live a life full of drugs and alcohol. At the first meeting I went to when I came back I was scared, but saw some familiar faces from before.

Once I finally decided to surrender (after almost two weeks of making meetings every day) I got a sponsor and started taking suggestions. My sponsor wanted me to read pages 86-87 in the big book about prayer and

meditation, so I did. I started making a meeting every day... I got high every day, so I needed a meeting every day. I began to learn that just for today, the most important thing is to not pick up. I started to accumulate a network of women to talk to. Then I took on a coffee commitment to give myself a feeling of responsibility.

Each day that went by gave me another day sober. It made me feel so good to know people liked and cared about me without *(con'td on page 2)*

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### Trivia Question...

Where was AA's first headquarters located?  
 Answer on page 4!

(con'td from page 1) expecting anything in return. Once I got to ninety days, I started taking on chairperson commitments. People were always telling me how good it was to see me up there. I always shared in meetings, and got to know people as they got to know me.

I started taking on more commitments: greeting people, making coffee, chairing meetings, and going on speaking commitments. I always told people to call if they ever needed to talk, and after a while they began to. I'd listen and give advice; it felt so good to help. I started learning more and more about myself. Learning to set boundaries, about my fears and why I did the things I did.

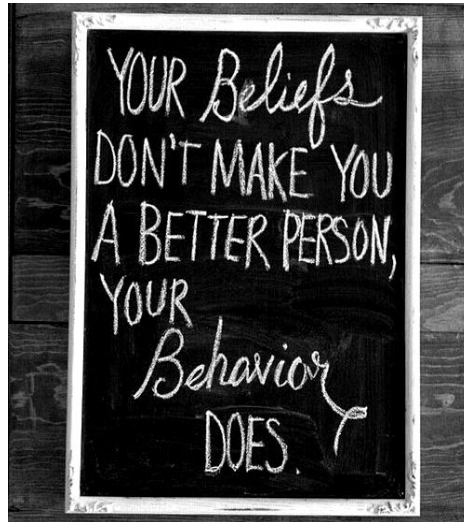
Every day I was on a pink cloud. Not only was I learning about myself, I was learning about others. I felt so good and was doing so well that I started judging other people. I started worrying about what other people were doing instead of myself. I found myself thinking I knew it all. I didn't realize it, but my pride and ego started making me think I could handle anything.

I share a lot about how one should never give up hope on others. The problem was, I started hanging with the people who *didn't* want sobriety more than those who did. I felt that by being strong around them, they would see it's possible stay sober.

It got to the point where I stopped listening to suggestions. I felt when I was told not to be around those people it was because they had given up hope about them, but they were telling me that because eventually it could cause me to pick up. I started

listening to what the people still using told me instead of the sober ones. And being an alcoholic with a twisted mind, slowly but surely I started to drift from meetings and forget where I came from. My pride and ego told me I could handle everything on my own, but I was wrong.

Today I have one day sober. I threw away eight months of sobriety because my "stinkin thinkin" told me I could do it on my own. I feel ashamed but I knew what to do. I humbled myself and prayed to my Higher Power. I called my sponsor and others in my network. I realized that I can't let my ego run wild and that I need to let every day be as my first. I need to remain teachable, and when I feel like I'm slipping to talk to someone in my network.



I never have to feel "that way" again. I never have to be alone again. I know there are blocks in the road, but as long as I stick close to my God and stay connected I will never slip again - one day at a time. I went eight months without picking up a drink or a drug, because I stayed connected to sober people and close to God.

It is not only a gift, it is a miracle. I feel sure I can do it for the rest of my life... one day at a time.

Jodie - Tuckerton, NJ

*"Mon Dieu  
donnez-moi la  
Sérénité  
d'accepter les choses que  
je ne puis changer  
le Courage de  
changer les choses que  
je peux  
et la Sagesse de  
connaître la différence"*

## A Reason For Everything

I have often heard the phrase, "When one door shuts, another opens." It means everything has a beginning and an end. When our travels on one path are completed, another path lies ahead.

It's not easy to feel a door close. Relationships, friendships, careers, and lives end. Although we may not understand why a door closes, it's important to remember God has everything to do with it. By the same token, we may not understand why certain doors open, revealing opportunities we may have longed for. Again, God feels we are ready to pursue that new experience.

The doors that opened and closed today helped prepare us for our experiences tonight. The doors that opened and closed tonight will help us grow toward tomorrow. We are not mice in a maze, randomly pursuing paths for a reward of cheese. We are children of a loving and caring God, guided towards our chosen goal through the many doors we open and close along the way.

Have I learned there is a reason for everything in my life? Can I trust that my path has been prepared for me by God?

*"But there is One who has all power-  
that One is God. May you find Him  
now!"*

*Anonymous*

### 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.

# Don't miss the ROUNDUP! October 5, 6 & 7

Here are some of the highlights of this year's program:

- Three GREAT AA Speakers, including Tami T. from California

*Special NEW Events:*

- "We Are Not a Glum Lot" (surprise speakers)
- "Using the Traditions to Build Better Relationships" (Three hour workshop - Only 50 seats available)
- Yoga, Tai Chi and Meditation Saturday and Sunday
- Movies, Comedy and Game Room from 10:00 p.m. to 1:00 a.m. Friday and Saturday

*All of your OLD FAVORITES will be there, too:*

- "Old Timers Panel"
- "Young in Recovery" Speaker
- Al-Anon Skit and Speakers
- H&I Workshop
- Marathon AA Meetings
- Basket drawings
- 50/50 drawing
- "Ultimate Buffet" Banquet
- Friday and Saturday Night DANCE

Come early and stay late, or even better... STAY OVER! The action starts at 7:00 a.m. and continues on into the late, late night. Discounted hotel rooms are available until Tuesday September 25<sup>th</sup>; \$99 per night for two, \$124 per night for three and \$149 per night for four with free full breakfast for each occupant. If you register with the hotel after the 25<sup>th</sup> we cannot guarantee the discounted rate and breakfast offer, so register TODAY! Call the Clarion AC at (609) 272-0200. IMPORTANT! Let them know you are with the Cape Atlantic Intergroup Roundup!

\$25 Pre-Registration, \$30 at the door. Preregistration has been extended to September 25<sup>th</sup>. You may mail in a registration form with a check or money order, or pay by credit card at [caigrp.org](http://caigrp.org) - Click the link for "Online Registration".

While online, you may book your registration, order t-shirts, reserve a seat at the banquet and even sign up for service with the online registration form! Contact Registration Chair Sharon T. (Shari923@msn.com) for more information.

You may also contact your local Roundup Outreach:

Cape May County:

Bonnie K. - [bonnie8093@yahoo.com](mailto:bonnie8093@yahoo.com) (609) 408-9447

Atlantic County:

Jim B. - [alkigeekinac@gmail.com](mailto:alkigeekinac@gmail.com) (609) 365-0164

Ocean County:

Bill T. - [chairperson@caigrp.org](mailto:chairperson@caigrp.org) (609) 682-4264



## Mr. SponsorPants

an AA sponsor blog

### "Wasted" Time?

Sometimes I think about how much time I spent drinking, stuck in the bar, stuck in the bottle; trapped in the infinity doomloop of self-obsession and chemically altered thoughts. But I don't think of it as time wasted (see what I did there?) though it does occasionally take my breath away when I think about the sheer volume of hours days weeks years spent in sickness.

The AA literature suggests that we "do not regret the past, nor wish to shut the door on it." Sometimes when people reference that bit of the lit they sound as though they are following (or issuing) an order.

But it's not.

Not regretting the past, nor wishing to shut the door on it, is not an order to follow -- it is a result. Specifically the result of working the 12 Steps (and, not to put too fine a point on it, a particular result promised before you are "half way through" Step 9.)

For me, this result is also rooted in the beginning of the 12 Steps, and understanding the disease concept of alcoholism. To express how I understand this with a metaphor:

Someone who spent the first 20 years of their life in a wheelchair may think wistfully about what it might have been like to grow up free from that confinement -- but they probably don't get angry with themselves for not having spent their childhood in ballet or track -- because it's not that they didn't do those things (and thus "wasted" that time/opportunity), it's that they couldn't do those things.

The same is true for me when I understand the disease concept of alcoholism, and when I take the first step in understanding how powerless I am over it. It's not that I didn't do healthier, better things -- it's that at that time in my life I couldn't do them.

And finally, I had to have been who I was to be who I am. And if I like who I am now, then nothing that happened before is really worth regretting.



Reprinted with permission...

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

# CapeAtlanticInterGroup

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Our office is volunteer-staffed;  
please call first!

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## Panel members and e-mails:

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Visit our website: [www.caigrp.org](http://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](http://caigrp.org)

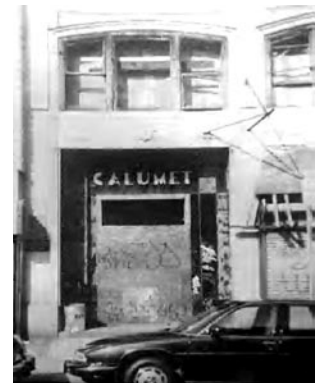
Friday - Sunday October 5, 6 and 7	<b>CAIG 6th Annual Waves of Sobriety Roundup</b> Clarion Hotel, 6821 Black Horse Pike, EHT NJ 08234 Speakers, panels, workshops, fun & entertainment! See the flyer for details.
Saturday October 20 9AM	<b>Annual Day of Sharing</b> between Area 45 & the 3 South Jersey Intergroups Seaville Fire Hall, 35 Route 50, Seaville, NJ
Friday October 26 7PM Meeting 8PM Dinner/ Dance	<b>Young in Recovery Dinner and Masquerade Ball</b> Pitney Road & Church Street, Absecon, NJ Semi-formal attire suggested, mask required Sprsker Meeting at 7:00 p.m., Dinner/Dance at 8:00 p.m.
Saturday October 27 8PM – Midnight	<b>Wildwood's 12th Step House Annual Sober Costume Ball</b> N. Wildwood Community Center 10th & Central Avenues, N. Wildwood Donation \$10.00 at the door
Sunday November 11 Doors open 8AM Breakfast 9AM Preamble 10AM	<b>Annual Unity Breakfast</b> The Grand Hotel, 1045 Beach Avenue, Cape May, NJ Guest Speaker, William G. Borchert, Author of the Emmy Award Winning <i>My Name is Bill W.</i> and <i>The Lois Wilson Story</i> PRE-REGISTRATION ONLY! Tickets \$23 per person 300 person limit - tickets NOT available at the breakfast
Ongoing	<b>First Friday Unity Events</b> ~ Visit the Intergroup website and check under "Upcoming Events"

## Answer to the Trivia Question...

### New Jersey!

17 William Street (near Broad Street), Newark, New Jersey.

Hank P. and Bill W. set up the first AA "headquarters" office at the office of Honor Dealers, an auto dealership owned by Hank. Bill wrote much of the Big Book from this office. Ruth Hock had begun working for Hank as a secretary and now worked with Bill on the book; she was AA's first non-alcoholic employee. The office remained in Newark from about 1938 to 1940.



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## 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](mailto:caigphone@caigrp.org)  
**Newsletter**

Send new events, articles and your favorite meeting quotes to Nancy O. at [newsletter@caigrp.org](mailto: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 Devon at [hichair@caigrp.org](mailto:hichair@caigrp.org)  
**12th Step Call Group**  
Help people who have reached out and called our hotline. Sign up at [www.caigrp.org](http://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 Buster at [pichair@caigrp.org](mailto:pichair@caigrp.org) if you are interested in helping.