



CapeAtlanticInterGroup
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 (609) 641-8855



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
 Little Egg Harbor Twp
 Manahawkin • Margate
 Marmora • Mays Landing
 New Gretna • No. 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

Pass It On

The Cape Atlantic Intergroup Newsletter September-October, 2013 – Issue 5

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
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Take your AA service to a new level!

What's an Intergroup and how can I help?

As we near the close of this Intergroup panel and the election of a new one, let's re-visit this article explaining exactly what an Intergroup is, and the opportunities for the AA community to get involved in service.

An Intergroup is formed by local groups and exists for the sole purpose of serving the needs of those groups. Intergroups provide for those functions which individual groups cannot. Our Intergroup exists to help better carry the message of the groups we serve. A panel, standing committees, and ad hoc committees carry out the services we provide, such as: the telephone hotline, meeting lists and literature, as well as coordination of meetings in institutions, dissemination of information to the professional com-

munity, and hosting social events. "In short, Intergroup do those area chores that no single individual or group could. They unify regions; they make AA tick." (Language of the Heart, p. 133)

How does Intergroup fit into Area 45?

Traditionally, general service areas and Intergroups have performed different functions. Area maintains the link between General Service, AA groups, and AA as a whole. Intergroup provides local service. Therefore, these two but vital service structures co-exist in many areas in cooperation and harmony. CAIG attends a yearly day of sharing where all three Intergroups and Area 45 share ideas and information. We also help serve the Area 45 Convention by participating in

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Mr. SponsorPants

an AA sponsor blog

An invitation to my future scars



Scars -- as many before me have wisely and sometimes poetically observed -- are less a disfigurement than they are, when one thinks clearly about them, symbols of survival.

And, as is obvious to anyone who has seen real struggle in life (and certainly alcoholics, addicts and their families qualify) there are so many kinds of scars because there are so many kinds of wounds.

But when it comes to struggle AA has given me a lot of perspective over time. It has given me the body of sober experience to see that, if I can stay sober for 24 hours I can handle anything for 24 hours.

It has given me tools to determine whether pain is needless suffering, brought about by my own fears and ego, or if it is a healthy and inevitable part of life's rough passages.

AA has helped me develop a personal connection to a Higher Power -- as giddy and silly as that can sound out of context sometimes -- which leaves me with a sense of trust and acceptance.

So those difficult, painful and rough patches in life? Those things which will wound a loving heart, bruise a sometimes-still-touchy ego and leave their marks as my other foolish mistakes and passages have before?

Bring 'em.

They won't be easy, but I don't fear them as I used to.

I welcome my future scars. They're continuing proof of my ongoing growth.

And survival.

That's no small thing when you live with addiction.

Surviving.



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



The Growth of the Fellowship

"In the years ahead A.A. will, of course, make mistakes. Experience has taught us that we need have no fear of doing this, providing that we always remain willing to admit our faults and to correct them promptly. Our growth as individuals has depended upon this healthy process of trial and error. So will our growth as a fellowship.

Let us always remember that any society of men and women that cannot freely correct its own faults must surely fall into decay if not into collapse. Such is the universal penalty for the failure to go on growing. Just as each A.A. must continue to take his moral inventory and act upon it, so must our whole Society if we are to survive and if we are to serve usefully and well."

-As Bill Sees It, p. 65 & A.A Comes of Age, p. 231



CAIG Inventory

It's almost inventory time! Please use this questionnaire as a guide with your group, and check the website for the date, time and location.

CAIG Inventory Questionnaire:

- Has your CAIG rep's experience been a positive one? What would have made it better?
- What would your home group like to see MORE of? How about LESS of?
- What service or fellowship activities would your group members participate in... as attendees? Actively in service?
- Do group members feel it is easy to "plug in" to service opportunities? If not, what could be done to improve?
- Does your group feel that CAIG finances, activities and decisions are transparent? (ie: open communication, full disclosure available on request or through minutes & reports.) If not, what could be done to improve?
- Does CAIG follow the "upside down triangle" model of AA service structure? (input from home groups determines activities and decisions of CAIG in a "top down" fashion)
- Does CAIG fulfill its purpose as outlined in the AAWS guide? If not, what could be done to improve?
- How does your group feel that CAIG serves them? How could it improve?
- Have you used the CAIGRP.org website? What does the website do well? How could it be improved?
- Are there any other events, activities, questions, comments or suggestions that your group would like propose to CAIG?

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.

INTERGROUP

cont'd from page 1

workshops and selling literature.

How can I get involved with Intergroup?

- Become your Home Group's Intergroup Representative (IGR)
- Join an Intergroup Service Committee
- Volunteer to be appointed as a Service Committee Chairperson
- Run in the November Election to become a Panel Officer

What are Intergroup representatives responsible for?

The Intergroup representative is responsible to vote their group's conscience at body meetings and to inform Intergroup about the concerns of their group. The Intergroup representative tries to keep their group well informed about what the Intergroup is doing. The Intergroup representative is responsible for participating in body meetings with other such representatives monthly to share their group's experience in carrying the A.A. message through the services provided by CAIG.

What do Intergroup Committees Do?

There are two basic types of committees; standing and ad-hoc. Members of a standing committee address issues within an assigned area and provide specialized assistance and advice to the panel of officers on a continuing basis. Examples are: Literature, Newsletter, Unity. An ad hoc committee is formed to handle a specific situation or issue that does not fall with the assigned function of an existing standing committee. It is dissolved when the job is completed. Examples are: Round-up, Budget & Finance.

What do Panel Officers do?

Cape Atlantic Intergroup is a registered non-profit corporation. The Panel of Officers serves as the Board of Directors for the organization. Elected Officers include Chairperson, Vice-Chairperson, Recording Secretary, Corresponding Secretary, Treasurer, Vice Treasurer and Trustee.

Here's a list of each committee position, as well as a brief overview of responsibilities:

- The **Chairperson** is the Executive Officer of the Cape/Atlantic Intergroup, and reports to all of the local meetings

and groups that are served by it. He or she is in charge of setting the agenda and running the monthly CAIG business meeting.

- **Vice-Chairperson** is the Junior Executive Officer of the Cape/Atlantic Intergroup. He or she writes the agenda for and facilitates the monthly CAIG Steering Committee meeting, and facilitates the monthly Business meeting in the Chairperson's absence.
- **Recording Secretary** ensures that minutes (meeting records) are kept accurately.

Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is.

...from Dr. Bob's last message, presented at the first International Conference of Alcoholics Anonymous.

- The **Corresponding Secretary** handles all of the Intergroup's mail, including reading incoming letters and answering correspondence. He or she also stands in for the Recording Secretary if unavailable.
- The **Treasurer** and **Assistant Treasurer** keep accurate records of all accounts payable and receivable, receive donations from groups and make payments for rent, etc.
- The **Trustee** acts as the Intergroup's "elder statesman. He or she should have experience in service with CAIG, and knowledge of CAIG by-laws, the 12 Traditions and the Concepts.
- The **Telephone Coordinator** makes sure the hotline has someone answering it at all times, so the alcoholic calling in has someone to speak to.
- **Public Information (PI) & CPC Committee Chairperson** works to create an understanding of AA in the community, and may recruit volunteers to participate in community events, and distribute literature to police stations, schools, etc.

- The **Hospitals and Institutions (H&I) Chairperson's** job is to ensure the availability of AA's message to individuals who are unable to attend meetings. Responsible for recruiting volunteers to speak, usually through a monthly "lottery" of commitments at the business meeting. Also facilitates the distribution of literature to patients of facilities.
- The **Literature Chairperson** ensures that meeting lists are made, and that literature is available to be sold to the meetings within Cape/Atlantic Intergroup area.
- **Unity Committee Chairperson** facilitates fundraisers and informs local groups of Intergroup services.
- **Office Manager** ensures that the office runs efficiently by having the proper supplies.
- **Archives Committee Chairperson:** ensures the history of Cape/Atlantic Intergroup's history is preserved.
- **Hospitality Chairperson** welcomes and sign in guests of CAIG workshops, and often prepares coffee and other refreshments for business meetings.
- **Budget/Finance Committee Chairperson** ensures the Intergroup remains financially efficient by creating an annual budget.
- The **Website Chairperson** maintains the CAIG Website, including keeping the meeting list current.
- **Newsletter Committee Chairperson** is the editor of the Intergroup newsletter
- **Policy & Structure Chairperson** helps with procedural questions and with the Intergroup service manual.
- **Young In Recovery** chair puts together a committee to plan and facilitate sober activities and events.
- **Bookers** chair organizes and facilitates a regular meeting to promote the exchange of speakers for speaker meetings.

The next election for the above positions will be held on November 20 at the CAIG Business Meeting. The meeting is held monthly at Epiphany Lutheran Church, Franklin Blvd. and Tunis Ave. in Pleasantville, and begins promptly at 7:30 p.m.

CapeAtlanticInterGroup

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3153 Fire Road

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(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

Recording Secretary: Kate F.

recordingsec@caigrp.org

Corresponding Secretary: Jen R.

correspondingsec@caigrp.org

Treasurer: P.J. W.

treasurer@caigrp.org

Assistant Treasurer: Clyde

assistanttreasurer@caigrp.org

Trustee: Doug G.

trustee@caigrp.org

Bookers: vacant

bookers@caigrp.org

Budget & Finance: Ellie L.

caigbudget@caigrp.org

Hospitality: Vacant

hospitality@caigrp.org

Hospitals & Institutions: Rick C.

hichair@caigrp.org

Literature: Steve G.

literature@caigrp.org

Newsletter: Nancy O.

newsletter@caigrp.org

Office/Archives Coordinator: Jim B.

officemgr@caigrp.org

Phone Coordinator: Beth R.

caigphone@caigrp.org

Policy & Structure: vacant

policycommittee@caigrp.org

P.I./C.P.C.: Vinnie K.

pichair@caigrp.org

Round-up: Robbie W.

roundup@caigrp.org

Unity Chairperson: Cris K.

unitychair@caigrp.org

Website: Eric

webchair@caigrp.org

Young In Recovery: Erick

younginrecovery@caigrp.org

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

If you have an event that you would like to appear in *Pass It On*, please forward it to newsletter@caigrp.org. Remember, because our publication is bi-monthly, announcements should be made well in advance.

September 22
8:00 a.m.
Registraiton

9th Annual CAIG Unity Breakfast

The Grand, 1045 Beach Avenue, Cape May, NJ
Guest speaker Gail L. from Akron, Ohio
Breakfast 9:00 a.m., Preamble at 10:00 a.m.
\$25.00 per person, pre-registration only

Sunday
October 6
12:00 p.m.

Unity In The Park Presented by District 15

Stanley H. "Tip" Seaman Park, 120 Lakeside Drive, Tuckerton
Free food, AA and Alanon speakers, fun & games. See flyer at www.caigrp.org for more info & directions.

Saturday
October 12
7:30 p.m.

Sea Isle City Group 31st Anniversary

Sea Isle City United Methodist Fellowship Hall,
JFK Blvd. & Park Ave. 4102 Central Ave. Sea Isle City
Speaker John H., Wildwood NJ
7:30 p.m. dinner, 8:30 p.m. speaker. Desserts, side dishes, ALL welcome!

Saturday
October 26
8:00 p.m.

12th Step House Halloween Party!

Wildwood Community Center 10th & Central Ave, N Wildwood
Food • Fun • Fellowship • Music • Dancing

Fri., Sat. & Sun.
November 8th,
9th & 10th

7th Annual Cape Atlantic Intergroup

Waves of Sobriety Roundup

The Grand, 1045 Beach Avenue, Cape May, NJ
go to www.WavesRoundup.com for more information

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 Vinnie at
pichair@caigrp.org if you
are interested in helping.

7th Annual Waves of Sobriety Roundup is Almost Here!

On Friday November 8th our 7th Annual
Waves of Sobriety Roundup will be happening
at the ever popular beach front resort: The
Grand Hotel in Cape May, NJ at 12 Noon!

We are expecting in upwards of 500 participants
this year, so please get your registrations in!
Also, there's only a few beach front rooms left
(as of this writing) so call the Hotel @ 609-884-
5617 to book your room while you still have a
chance!

Want to find out more about us? Go to: www.wavesroundup.com for a registration form, print
it, and send it in to us!

This year we have some really dynamic speakers
from Canada, California, Ohio, and Florida! It's
always cool to hear "fired-up" speakers that Love
AA that you haven't heard yet.

Our Workshops are centered in the 12 Steps,
our entertainment is booked too! Two forms of
entertainment Friday night. You can enjoy kara-
oke in the Main Ballroom with your friends, or
go upstairs to the "Coffee House", grab a friend
or two for fellowship, and sing along to "Matt
the Entertainer" singing cool tunes from the
60's, 70's, and 80's!!!

Oh, let's not forget the Indoor Pool Meetings,
the walks on the Beach, and the early morning
sunrise meetings!! What????!! You haven't regis-
tered yet??? Whatcha' waiting for?

Our Committee Team of 25 members are ready
to serve you upon your arrival on November
8th See you then!!

In AA Love, Service, and Action,

Robbie W. - Sobriety Date 10/31/83