



## ON ENTERING THE DOORS OF A.A.

On entering the doors of AA, I heard, "Don't drink, go to meetings and read the Big Book." The thought of folks sitting in a boring room, sipping coffee and talking about themselves seemed like a silly waste of time! AND...We read the same antiquated words over and over. Slowly I am coming to understand the far reaching benefits associated with "doing a meeting." It begins for me prior to the Serenity Prayer and continues beyond the Lord's Prayer.

### Pre-Meet

Physical and mental preparation. (Daily grooming wasn't part of my latter days of drinking and the mental status was in a steady state of deterioration) Goal setting and overcoming any obstacles. ( My only goal was to drink) Getting to the physical meeting location ( I seldom left the house except to get more beer )

### Meeting

**WALKING** into a room full of people was most uncomfortable but I now walk with confidence (everywhere). **SITTING STILL** for an hour allows me a break from my own rambling mind and body.

**SPEAKING** was in and of itself a physical challenge...I had to re-train my speech muscles (and alter my limited vocabulary.)

**CONTACT** with other humans on a physical, visual, verbal, and auditory level ...Prior to coming to AA, I tended to isolate (becoming somewhat unhuman. And definitely anti-social.)

**LISTENING** without interrupting. My communication skills had become limited and one sided. (my side)

**SEEING** others model appropriate dress (at first the bright lights were a bit intimidating) repetitious readings. (Thank goodness for large typeface) **INTERACTING** with diverse individuals that mirror the general

populous, (in a safe environment.)

**THINKING** rationally often times gaining insight that wasn't consciously sought. (Often having to think on my feet when called upon to speak.)

### Post Meeting

Heading home without the fear of getting arrested.

Saying good bye without the fear of abandonment.

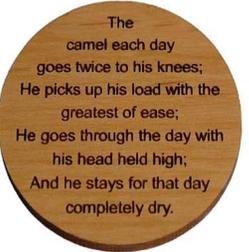
Reviewing and processing all that transpired. Possessing hope that perhaps I will be OK. Arriving home, often tired and ready for a much enjoyed good night's sleep. Waking up the next morning without the dreaded hangover.

If I were to summarize the Meeting Experience, I would have to call it boot camp for successful living in an often challenging world. Am I exaggerating the significance of going to meetings? Anyone have similar feelings or opposing comments?

*Anonymous*

- 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

## Dr. Bob's story of the AA Camel



Dr. Bob, physician, and a cofounder of Alcoholics Anonymous – ". . . would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. 'It's the same with prayer,' Dr. Bob said. 'We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day.'"

Dr. Bob and the Good Oldtimers page 229

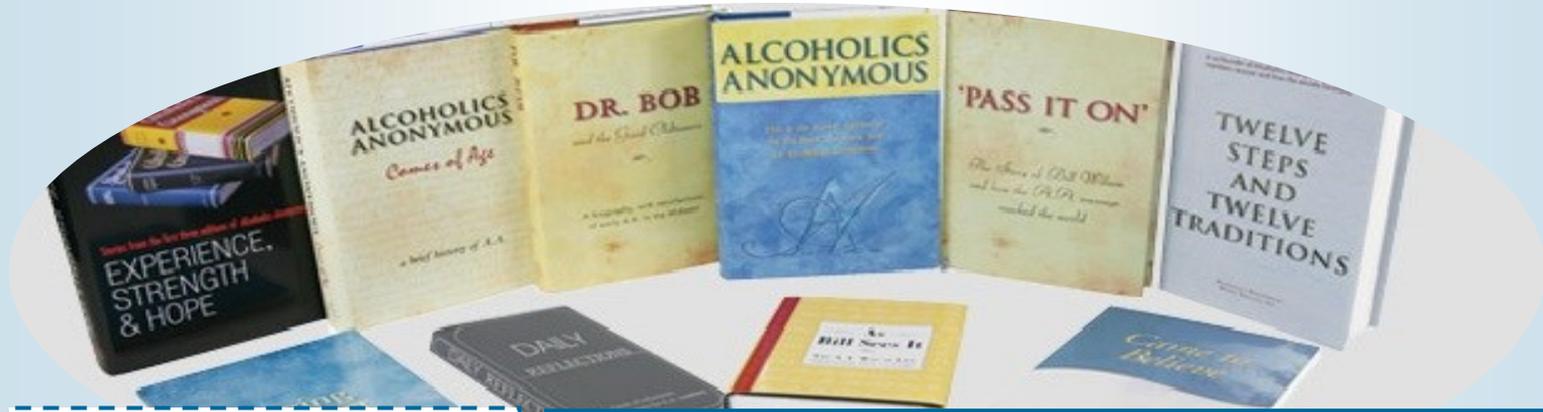


**G**od grant me the serenity to accept the things I cannot change  
 Courage to change the things I can,  
 and the wisdom to know the difference....

## RECOVERY, UNITY AND SERVICE

These are the Three Legacies of our AA experience. Our leaders are but trusted servants, they do not govern. *Our Higher Power*, as He may speak in our group conscience, is our sole Authority. World Service is the heart of our Third Legacy. Our meetings are informative and educational. They are held so that the committee members, GSRs and all interested members may be better equipped to carry the message of World Service back to their home groups and individual members, thus giving a better understanding to our purpose, our hopes and our work. AA world services.

Post Office Box 905  
 3153 Fire Road  
 Egg Harbor Township, NJ  
 08234



### 3 WAYS TO PURCHASE LITERATURE from CAPE ATLANTIC INTERGROUP

**1.** Call (609) 641-8855 and leave a message for Carol Ph.; CAIG's new Literature Chair, be sure to leave your name and call back number.

You will be contacted when your message is received to verify the order and the price and make arrangements for delivery and or pick up.

**2.** Go to the Cape Atlantic Intergroup Website:

[WWW.CAIGRP.ORG](http://WWW.CAIGRP.ORG) and click through the site to email the Literature Chairperson.

[Literature@caigrp.org](mailto:Literature@caigrp.org) Again, please leave your name and phone number, someone will email or call you back with the total price and make arrangements for you to receive your order.

**3.** Also you can pick up your literature at the monthly Business Meeting ,(3rd Wednesday of every month) or at the Steering Committee Meeting, (2nd Wednesday of every month)

*\*Note you may pick up your order monthly at CAIG Business Meeting (3rd Wednesday) if the order has been ordered by the Monday before Business Meeting.*

Cape Atlantic Intergroup  
3153 Fire Road

Egg Harbor Township, NJ 08234

Site: [www.caigrp.org](http://www.caigrp.org)

#### AA Literature Price List

Now available

I got sober in Brooklyn, NY after a number of attempts to manage my drinking successfully and though I was ok living a sober life, there lurked a little nagging voice on occasions whispering in my ear "you can handle a couple of drinks now." I listened and wondered and mulled it over in my mind numerous times as I still attended meetings regularly. I had bartended and frequented quite a number of local gin mills in Bay Ridge and knew a large number of their patrons so it was no surprise when one day a fellow AA friend called "Wheel Chair Andy" approached me at meeting to do a 12 step call. (My first one).

*Andy;* "You know Walter the Pollack from the "Keg"

*Me;* Sure, his son over dosed in Owls Head Park some years ago.

*Andy;* "That's him, he is in a bad way with the booze and living in a rooming house in Sunset Park and is thinking about giving up drinking. Do you want to do a 12 step call on him?"

*'Me;* Sure'.

So off we go to the rooming house in Sunset Park and woke up Walter the Pollack by pounding on his room door, of course by this time Walter is a little sober and not too keen about getting sober as his "SSI" check is about a week away. While Andy is cajoling Walter to get dressed and get in the car, I take a look around which doesn't take long in that coffin sized room.

Well the room didn't smell like a perfumed garden but did smell familiar, not too long ago I had lived like that. Wasn't much to see - an old beat up radio stained yellow by nicotine , a torn window shade dangling half way down , didn't need a shade anyway as the window

was so dirty that one couldn't even see in or out .

After much back and forth we finally got a reluctant Walter into the car and headed off to the Veterans Hospital and ushered old Walter into the emergency room.

The more time we spent there the more Walter sobered up and wanted to go home, of course he couldn't no money and no car. Well somewhere around 1 to 2 am Walter finally was to be examined by the doctor and I am sitting outside the room well pleased with myself on my first 12 step call and listening to the conversation between the Doctor and Walter.

*Doctor;* 'Do you drink much Mr. p....., *Walter;* Well doctor, I might have a six pack when I'm watching the ball game. *Walter had no TV, was bleeding rectally and orally.*

I wanted to rush into the room and make him confess but I didn't but I had a Deja vu moment.

I remembered that I had lied many times to Doctors, family and friends when questioned about my drinking.

Recognizing denial in one's self and acknowledging it can take time and it so easy take note of others character defects and shortcomings and feel so superior.

**The lesson for me was to look at my shaky denial, question my denial and get it to the open, go to meetings and listen, stick close to my sponsor.**

In one of the Greek classics I had read

*"It is only through discourse that truths emerge".*

Sounds like AA to me.

Irish Jim



AA-related 'Alconym' . . .

**H O W = Honesty, Open-mindedness, Willingness.**

## The Healer Bill Wilson

Second Lieut. Bill Wilson didn't think twice when the first butler he had ever seen offered him a drink. The 22-year-old soldier didn't think about how alcohol had destroyed his family. He didn't think about the Yankee temperance movement of his childhood or his loving fiancé Lois Burnham or his emerging talent for leadership. He didn't think about anything at all. "I had found the elixir of life," he wrote. Wilson's last drink, 17 years later, when alcohol had destroyed his health and his career, precipitated an epiphany that would change his life and the lives of millions of other alcoholics. Incarcerated for the fourth time at Manhattan's Towns Hospital in 1934, Wilson had a spiritual awakening—a flash of white light, a liberating awareness of God—that led to the founding of Alcoholics Anonymous and Wilson's revolutionary 12-step program, the successful remedy for alcoholism. Married in 1918, he and Lois toured the country on a motorcycle and appeared to be a prosperous, promising young couple.

By 1933, however, they were living on charity in her parents' house on Clinton Street in Brooklyn, N.Y. Wilson had become an unemployable drunk who disdained religion and even panhandled for cash. Inspired by a friend who had stopped drinking, Wilson went to meetings of the Oxford Group. . And as Wilson underwent a barbiturate-and-belladonna cure called "purge and puke," which was state-of-the-art alcoholism treatment at the time, his brain spun with phrases from Oxford Group meetings, Carl Jung and William James' "Varieties of Religious Experience," which he read in the hospital. Five sober months later, Wilson went to Akron, Ohio, on business. The deal fell through, and he wanted a drink. He stood in the lobby of the Mayflower Hotel, entranced by the sounds of the bar across the hall. Suddenly he became convinced that by helping another alcoholic, he could save himself. Through a series of desperate telephone calls, he found Dr. Robert Smith, a skeptical drunk whose family persuaded him to give Wilson 15 minutes.

Their meeting lasted for hours. A month later, Dr. Bob had his last drink, and that date, June 10, is the official birth date of A.A., which is based on the idea that only an alcoholic can help another alcoholic.

***"Because of our kinship in suffering," Bill wrote, "our channels of contact have always been charged with the language of the heart."***

To spread the word, he began writing down his principles for sobriety. Each chapter was read by the Clinton Street group and sent to Smith in Akron for more editing. The book had a dozen provisional titles, among them "The Way Out" and "The Empty Glass."

Edited to 400 pages, it was finally called **Alcoholics Anonymous**, and this became the group's name.

Bill Wilson was recognized as one of  
The Top 100 Most Influential People of the 20th Century  
by Time Magazine.1999



**Pamphlets are Free  
for the taking  
In  
Questions & Answers  
On Sponsorship  
How should a sponsor be  
chosen?Page9**

**An old A.A. saying suggest,  
"Stick with the winners."  
It's only reasonable  
to seek a sharing  
of experience with  
a member who seems to  
be using the  
A.A.  
program successfully in  
everyday life.**

### 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.

### THE POWER OF PRAYER

Through prayer, we are given a light to guide us through the dark. As I have found through my endeavors, prayer enables one to develop devotion and has untold powers. God is ever ready to guide us through our hardest times and help us through our everyday struggles.

My Granddaughter was diagnosed with leukemia on March 27, 2012. Through the prayer of family, friends and I she is well on her way to recovery. *Prayer takes the weight of our troubles off our shoulders and places it onto God's hands.* Prayer has helped her recovery as well as mine, and without the power of prayer neither of us would be where we are today. ~Rich P.

## Did you know?

The 20 Questions: Are You An Alcoholic? was developed in the 1930s by Dr. Robert Seliger, Department of Psychiatry, Johns Hopkins Hospital, and intended as a self-assessment questionnaire to determine the extent of one's alcohol abuse.

### Here are the questions:

- 1) **Have you lost time from your work because of your drinking?**
- 2) **Is drinking making your home life unhappy?**
- 3) **Do you drink because you are shy with other people?**
- 4) **Is drinking affecting your reputation?**
- 5) **Have you ever felt remorse after drinking?**
- 6) **Have you gotten into financial difficulties as a result of drinking?**
- 7) **Do you turn to lower companions or environment when drinking?**
- 8) **Does your drinking make you careless of your family's welfare?**
- 9) **Has your ambition decreased since drinking?**
- 10) **Do you want a drink the next morning?**
- 11) **Do you crave a drink at a definite time daily?**
- 12) **Does drinking cause you to have difficulty in sleeping?**
- 13) **Has your efficiency decreased since drinking?**
- 14) **Is drinking jeopardizing your job or business?**
- 15) **Do you drink to escape from worries or trouble?**
- 16) **Do you drink alone?**
- 17) **Have you ever had a complete loss of memory as a result of drinking?**
- 18) **Has your physician ever treated you for drinking?**
- 19) **Do you drink to build up your self-confidence?**
- 20) **Have you ever been to a hospital or institution on account of drinking?**



### The conclusions that came with the test

If you have answered YES to any 1 of the questions, there is a definite **warning** that you may be an alcoholic.

If you have answered YES to any 2, the **chances** are that you are an alcoholic.

If you have answered YES to 3 or more, you are **definitely** an alcoholic.

# UPCOMING AA EVENTS

## Panel members and E-Mails:

Chairperson: John H.  
Chairperson@caigrp.org

Vice Chair: Ken T.  
ViceChair@caigrp.org

Treasurer: PJ W.  
Treasurer@caigrp.org

Assistant Treasurer: Alex H.  
AssistantTreasurer@caigrp.org

Recording Secretary: Tressa W.  
RecordingSec@caigrp.org

Corresponding Secretary: Bill T.  
CorrespondingSec@caigrp.org

Trustee Chair : Jim B.  
Trustee@caigrp.org

Archives Committee: Orest Z.  
Archives@caigrp.org

Bookers Committee: **VACANT**  
Bookers@caigrp.org

Budget & Finance: Doug G.  
CAIGBudget@caigrp.org

Hospitality: Davi K.  
Hospitality@caigrp.org

Hospitals and Institutions: George W  
HIChair@caigrp.org

Literature Committee: Carol Ph.  
Literature@caigrp.org

Newsletter Committee: Donna S.  
Newsletter@caigrp.org

Office Coordinator: Orest Z.  
OfficeMgr@caigrp.org

Phone Coordinator: Pat Mc.  
CAIGPhone@caigrp.org

Policy Committee: Joe O  
PolicyCommittee@caigrp.org

Public Inf/Coop Prof Com: Steve H.  
PIChair@caigrp.org

Roundup Committee: Vinnie K.  
Roundup@caigrp.org

Unity Committee: Jerusha M.  
UnityChair@caigrp.org

Website Committee: **VACANT**  
WebChair@caigrp.org

CAYPAA: Ian K.  
YoungPeople@caigrp.org

**Go to our website:** [www.caigrp.org](http://www.caigrp.org)  
For other committee meeting or to contact a committee chairperson

## During this month in A.A.

### History:

*April 1939*

4,730 copies of the first edition of Alcoholics Anonymous were published at a selling price of \$3.50 (\$46 in 2003 dollars). The printer was told to use the thickest paper in his shop. The large bulky volume became known as the

### 'Big Book'.

The idea was to convince the alcoholic that he was getting his moneys worth.



Young People's Meeting  
Celebrates 1 year  
Friday May 16th  
6-10pm

St. Mary's Parish Center  
100 Bishop Lane  
Manahawkin, NJ  
*Bring a dessert...if you can...*

### Speaker Jam

Women's Friday Step Group  
Celebrates "3" Years  
Friday May 30th  
6pm food  
7pm Meeting

St. Paul's Methodist Church  
5630 Rte..9  
New Gretna, NJ  
Food Fun Fellowship  
*Guest Speaker*

### Open Speaker Meeting

Area Assembly  
Saturday May 18th  
8:30am Registration  
10:00 am GSR Assembly

SECTION 3 Host  
Elmer Grange Hall  
535 Daretown Road  
Elmer, NJ  
Lunch 12:30

### All Are Welcome

CAYPAA Hot Dog Jam  
Saturday June 14th 3-6pm  
Find us on the NORTH end of  
Brigantine Beach

14th Street North beach  
Brigantine, NJ  
*Dogs allowed but must be kept on  
leash, bring sun screen, beach towel  
& chair, bug spray*

### On the Beach

## Help Wanted @ The CAIG

### Round Up\*

We are looking for volunteers.  
Committee meets the 4th Wednesday  
monthly @ **7pm**  
Contact : Vinnie  
[roundup@caigrp.org](mailto:roundup@caigrp.org)

### CAYPAA\*

(for the young people in recovery)  
meets 1st Saturday monthly @ **10am**  
If you would like to help us plan our  
summer event,  
Contact: Ian  
[caypaa@caigrp.org](mailto:caypaa@caigrp.org)

### H & I Committee\*

meets 1st Wednesday monthly @  
**8pm**  
Like to join this committee  
contact: George  
[HIChair@caigrp.org](mailto:HIChair@caigrp.org)

### PI / C P Committee\*

Meets the 1st Wednesday monthly  
@ **7:00pm** Contact: Steve  
[pi/cpcchair@caigrp.org](mailto:pi/cpcchair@caigrp.org)

### Unity Committee\*

meets the 2nd Wednesday  
monthly @ **6pm**  
If you would like to participate  
Contact : Jerusha  
[UnityChair@caigrp.org](mailto:UnityChair@caigrp.org)

**\*All committees meetings are  
held at :**

**CAIG OFFICE**  
**3153 Fire Road,**  
**E.H.T., NJ 08234**

### CAIG Business Meeting

Takes place on the 3rd  
Wednesday of every month  
at the:

**Epiphany Lutheran  
Church**  
**Franklin & Tunis Ave.**  
**Pleasantville**  
**PROMPTLY AT 7:30pm**

**12TH STEP WORK OPPORTUNITIES**



**Our office is volunteer-  
staffed Please call first  
(609) 641-8855**

**Save The Date.....8th CAIG Round-Up Nov. 21rd - 23th**