



- 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

## What is Happiness? Where do I get it? Do I deserve it?

Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy. HUH? I cannot possibly be the only person that does not understand this, or maybe I am?

I observed others around me with smiles, giggles, and excitement in their eyes. I did not believe for one second they actually felt that way. So I learned to fake it. I never believed they were authentic. I did not feel that I was worthy of love, compassion, understanding, kindness or general concern from anyone. I picked up my first drink at 10 years old and instantly I felt what I thought others, felt, so I ran with it from that point forward.

I became a hard worker and learned to take care of myself. I would consider myself somewhat of a chameleon, meaning that I am able to fit into most social situations and feel comfortable as long as I had a drink in hand. I learned at a very early age that I had an addiction I just refused to believe that I was powerless. Life wasn't as fun if I was not able to drink. Everything I did revolved around drinking.

I have always know there was a God. I just didn't have any understanding of him at all. I craved some sense of connection with God, my pride however kept me from asking any questions or doing any research to find God.

Well, in short order God took it upon himself to introduce himself to me through an unplanned pregnancy. I was always the person that said I could never be a parent I am way to selfish. I like to go and do as I please and with children you are not able to

do that. So I wanted no part of children. So, at 39 years old I became pregnant. I had fallen in love with someone and said ok this is the time to settle down. Start a family and be one of those happy people that are surrounding me. I was also drinking at the time. Instantly I put the bottle down. I had no intent to stay sober once I gave birth. I just did not want to have a child with fetal alcohol syndrome. The first and only selfless thing I had ever done in my life up to that point. This is when I found out that God has a sense of humor, as I was ex talk about paralyzing fear.

I was homeless now and completely broke. I had no direction and was not willing to take direction from anyone. Somehow during my pregnancy the obsession to drink was removed. It certainly didn't happen because of anything I did. All I did was go to meetings and not drink. That worked a bit.

Somehow God guided me to a sponsor that spoke my language and was able to break through the fortress that I had surrounded myself in. little by little together we chipped away at some of my most glaring defects (there are more, I'm still working on) and I began to trust God. More importantly tough I began to truly know the God of my understanding and to trust him fully.

The promises that we talk about are coming true for me. I am no longer homeless. I have 3 beautiful little girls that are healthy and happy. My bills are paid. I have food on my table. I have friends that actually care about me. I never believed that would ever be possible. I did not deserve it.

I know now that if I surround myself with positivity, positive thing will come my way. My favorite promise is....

"We will lose interest in selfish things and gain interest in our fellows." I am not saying that there are not moments of fear and anxiety. I am human. The 12 steps have given me freedom from self. They are a part of every fiber of my being.

So for me happiness is loving God, myself and others. I live for the moments when one of my children wrap their little arms around my legs and squeeze with all their might. When friends come over for dinner to just enjoy each other's company. I now look for the positive in every situation instead of focusing on everything that could go wrong. Instead I say what if it goes right. I am not surprised when most of the time everything works out perfectly. I still on occasion want to the "Director". Thankfully I have loving friends that remind me that I'm not.

Sobriety is way of life a constant consciousness. All things are possible for me providing I stay Honest, Open Minded and Willing, whenever one of those are off, I am too. For me sobriety is better than I expected. I expected to be bored and lonely forever.....that could not be further from the truth.

Jennifer P

### The Language of the Heart

"In AA we talk a great deal about each other. Provided our motives are thoroughly good, this is not in the least wrong. *But damaging gossip is quite something else.* Of course, this kind of scuttlebutt can be well grounded in fact. But no such abuse of the facts could ever be twisted into anything resembling integrity. It can't be maintained that this sort of *superficial honesty* is good for anyone. So the need to examine ourselves is very much with us. Following a gossip binge we can well ask ourselves these questions: 'Why did we say what we did? Were we only trying to be helpful and informative? Or were we not trying to feel superior by confessing the other fellow's sins? Or, because of fear and dislike, were we not really aiming to damage him?' This would be an honest attempt to examine ourselves, rather than the other fellow. Here we see the difference between the use of the truth and its misuse. Right here we begin to regain the integrity we had lost."

AA Co-Founder, Bill W., August 1961  
"This Matter of Honesty,"

"In the wake of my spiritual experience there came a vision of a society of alcoholics."

**A member shares:**

**Her Experience, Strength and Hope**

I have a disease it's a social disease. My mother was a junky, my father was a drunk. The day I found alcohol I was in love, and the feeling of oblivion was freedom, just what I needed. I was born addicted to prescription drugs and alcohol. The youngest of four we were a close family who loved to party, a lot. Holidays were celebrated all year long, Christmas from December 22<sup>nd</sup> being my father's birthday until January 6<sup>th</sup> my mother's birthday and every month was another birthday. Summers were fun. We went to a beach house that they bought the day I was born. To cheer my mother up as she had many ups and downs. I am sure I inherited that too.

Enough of that it's a very long story, as we all have, right? I must say my mother was a beacon of strength and my father used to say, you can do anything you want if you want it bad enough".

Sobriety has been an achievement in my life. Today I am doing things and going places I never dreamt. Until I could believe in myself my life was unmanageable. Since February 13<sup>th</sup>, 2013(my sober birthday) after many relapses. My son will be getting married, who is also sober, another miracle. I'm looking so forward to this wedding. Having travel to many places I've never travel sober, in March I'll be going overseas, another miracle in my life. Without the work it's been this year by taking suggestions from my sponsor and working with my network, sponsees who have helped me more then they'll ever know. My journey that started out as a rollercoaster is now becoming a calm sail. I will continue to give away what's been given to me, service is the key to continual sobriety.

When I look in the mirror today I like who I see. I will achieve my goals, (bucket list). When I'm anxious or irritable with anyone ;

*I'll say what I mean,  
I'll mean what I say,  
but I will not say it mean.*

Jan



*"First explain to me what a 'slip' is ..."*

**"The parent who overstays his time can only hamper the growth of his offspring. This I must not do. My proper place will soon be along the sidelines, cheering you newer ones as you carry on."**

**Bill W. 1958**



*8<sup>th</sup> Annual Waves Roundup  
"New Adventure of Living"  
Nov 21-23, 2014 Cape May, NJ*

**AA-related 'Alconym'  
A A = Always Awesome**

**Take this opportunity to celebrate not only the holidays, but also your new life of sobriety, which is something really worth celebrating. If you find yourself struggling during the holiday season, please remember that you are not alone.**

**Help is only a phone call or meeting away.**

- 1 Plan each and every day of your holiday season:** Plan to spend the majority of your time with friends and family who are supportive of your recovery.
- 2 Find a meeting in your area:** Many groups have special meetings during the holidays to share their experience, strength and hope. Check the local papers for a meeting in your area.
- 3 Ask for support from family and friends:** Those who are truly supportive of your recovery will be happy to help you throughout the holidays.
- 4 Have a list of ten people you can call:** Make a list and check it twice. Carry your cell phone and list of names at all times.
- 5 Don't forget about regular exercise:** Regular exercise is an essential component of any balanced recovery program.
- 6 Stay away from slippery places:** There is absolutely no reason to ever check out your former favorite establishments.
- 7 Create new traditions to replace your old using patterns:** Buy a new board game or take the family on a sleigh ride. Use your imagination, be creative, & have fun.
- 8 Write out a daily gratitude list:** The quickest cure to get you out of the holiday blues is by counting your blessings and being grateful for what you have every morning.
- 9 Volunteer your services to a charitable organization:** There are many people in your community who are less fortunate than you. You will be helping not only the needy but yourself.
- 10 Write a letter to yourself - "How I stayed sober over the holidays:"** The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy, happy, and sober holiday season.
- 11 Avoid H.A.L.T. (Hungry, Angry, Lonely, Tired):** If you are hungry, get something to eat. If you are angry, talk to somebody about it. If you are lonely, go to a meeting or call a friend. If you are tired, get a good night's sleep.
- 12 Live one day at a time and enjoy your sobriety:** Stay in the moment and live one day at a time. Never mind about what happened or what could happen.

**Enjoy today. Live today. Celebrate your sobriety!**

**NERAASA 2015  
Hosted by Area 44 (N. NJ)  
February 20 - 22, 2015  
Doubletree Hotel, Somerset, NJ**

**What is the purpose of NERAASA?**

**Northeast Regional AA Service Assembly**

General Service Representatives (GSR's), District Committee Members (DCM's), Area Officers, Area Committee Members, District Committee Members, and Intergroup/Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of recovery, unity and service common to the areas of the Northeast Region.

**What happens at NERAASA?**

NERAASA is a weekend of Panel Presentations and Floor Discussions on Issues Affecting A.A. Today; the Northeast Regional Trustee's Report; Saturday Dinner followed by an A.A. Speaker Meeting. In addition, there are several Round Table Sharing Sessions throughout the weekend. They include (but are not limited to); General Service Representatives (GSR's), District Committee Members (DCM's), Archives, Cooperation With The Professional Community (CPC), Public Information (PI), Correctional & Treatment Facilities (CTF), Grapevine, Area/Panel Officers, Central Office/Intergroups, Website, Alternate & Area Delegates.

**When and where is NERAASA held?**

NERAASA is scheduled for the last full weekend of February each year, rotating throughout the different Delegate Area's of the Northeast Region.

**Who should attend NERAASA?**

**ALL A.A. MEMBERS ARE WELCOME**



## An Early History of the Joe & Charlie Big Book Studies

Joe McQ. & Charlie P. met in 1973 when Joe introduced Charlie as the AA speaker at an Al-Anon Convention. Joe had wondered if Charlie might be the country-western singer Charlie Pride. "He wasn't even the right color," Joe laments. They instantly discovered their mutual fascination with AA's basic text "The Big Book". What interested them most was that The Big Book was written in a particular sequence to convey certain ideas. That interest began a close friendship which has lasted to this day. They would frequently meet to discuss the book, often driving 225 miles to meet in each other's homes.

In 1977, some members met in a Tulsa, OK hotel room for a discussion of the Big Book. One asked Joe & Charlie to come to his home group to present a program on the book. An AA taper made a four tape set of their presentation and called it "The Big Book Study". The tapes were gradually circulated throughout the fellowship and invitations were received for Joe & Charlie to present the study at AA conventions, roundups and special events. By 1980, there had been about eight studies offered.

At the 1980 International AA Convention in New Orleans, Westley P. an impassioned Big Booker from Pompano Beach, Florida, organized a lunch for 1,500 AAs from all over the world and gave away 100 Joe & Charlie tape sets as door prizes. Invitations exploded and within a couple of years, Joe & Charlie were presenting about 36 studies a year worldwide. Obviously, the seminars struck a deep chord within AA members ... for the reaffirmation of "this message" as written in April 1939 with the publication of the first edition of Alcoholics Anonymous.

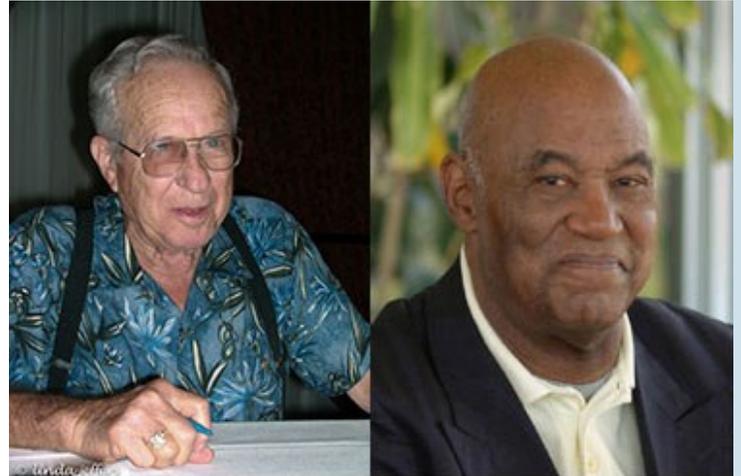
Studies have been given in 48 states and most Canadian provinces. Additionally, Australia, New Zealand, England, Scotland, Ireland, Germany, Switzerland, Sweden and the Netherlands have all hosted the Big Book Study seminars with Joe & Charlie.

All this growth has not come without a measure of turbulence. What spiritual journey does not encounter obstacles? Some fellow AAs have termed the duo, "self-appointed gurus". Others have accused them of making money on these weekends. Actually, only travel expenses, meals and lodging are paid for by the independent AA host committee sponsoring the study.

This is in accordance with the AA Guidelines for Conferences and Conventions, published by the General Service Office.

Since 1977, an estimated 200,000 AA Members have experienced the spiritual benefits of these collective studies.

*On a personal note, both men died sober with over 40 plus years of sobriety .*



Charlie P.

Joe McQ.

THERE ARE 2 MEETINGS IN OUR AREA DOING JOE & CHARLIE BIG BOOK STUDIES  
BOTH ON WEDNESDAYS NIGHTS

**Waretown, Journey to Recovery, St. Stephens Church, Rt. 9, 7pm**  
**West Creek Group, Methodist Church, Rt. 9 & Thomas Ave., 8:00pm**

Pamphlets free for the taking...

*at last A.A.*

***Is it a disgrace to be an alcoholic?***

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***No, it is not a disgrace.***

***Every major medical and scientific organization has agreed that alcoholic is a sick person, not a moral degenerate.***

### 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.**

## Did you know?

The man who carried the message to Bill W.?

It was Ebby T. who found relief from his alcoholism in the simple spiritual practices of the Oxford Group which was an attempt to return to First Century Christianity - before it was complicated and distorted by religious doctrines, dogma and opinions. The program offered by Ebby to Bill involved taking a personal moral inventory, admitting to another person the wrongs we had done, making things right by amends and restitution, and a genuine effort to be of real service to others. In order to obtain the power to overcome these problems, Ebby had been encouraged to call on God, as he understood God, for help.

In 1960, at the Long Beach, California Convention of Alcoholics Anonymous, Bill Wilson wrote this dedication in an AA book

*Dear Ebby,*

*No day passes that I do not remember*

*that you brought me the message that saved me -*

*and only God knows how many more.*

*In affection, Bill*



# Upcoming Events

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## 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: Jenna  
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Corresponding Secretary: Bill T.  
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Trustee Chair : Jim B.  
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Archives Committee: Orest Z.  
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Bookers Committee: **VACANT**  
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Budget & Finance: Doug G.  
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Hospitality: Davi K.  
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H&I Committee: George W  
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Literature Committee: Carol Ph.  
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Newsletter Committee: Donna S.  
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Office Coordinator: **VACANT**  
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Policy Committee: Joe O  
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PICP Committee: Kimberly  
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Roundup Committee: Vinnie K.  
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Unity Committee: Jerusha M.  
 UnityChair@caigrp.org

Website Committee: Jen R  
 WebChair@caigrp.org

CAYPAA: **VACANT**  
 YoungPeople@caigrp.org

**Go to our website:**  
[www.caigrp.org](http://www.caigrp.org)



**NOVEMBER 1ST**  
 DISTRICT 16/17  
 SERVICE in SOBRIETY  
 10AM-2PM

Mission Point Church  
 West New York Ave  
 Somers Point, NJ

**NOVEMBER 5,2014**  
 ABSECON SPEAKER GROUP  
 ANNIVERSARY  
 6:30 PM FOOD/8PM MEETING

Absecon Presbyterian Church  
 208 New Jersey Ave  
 Absecon, NJ

**NOVEMBER 21ST,22ND & 23**  
 WAVES of SOBRIETY  
 8TH ANNUAL ROUNDUP  
 NEW ADVENTURE of LIVING

The Grand Hotel  
 1045 Beach Avenue  
 Cape May, New Jersey

**DECEMBER 1,2014**  
 HARBO LIGHTS GROUP  
 35TH ANNIVERSARY  
 7PM FOOD/8:30 MEETING

ZION LUTHERAN CHURCH  
 312 PHILADEPPHIA AVE  
 EGG HARBOR CITY, NJ  
*This location for one night only*

**DECEMBER 31, 2014**  
 NEW YEARS EVE  
 Dinner DANCE  
 Speaker Meeting 7:30  
 Doors Open 6:30  
 \$20.00

Methodist Church  
 100 Pitney Rd  
 Absecon, NJ

## Cape Atlantic Intergroup Business Meeting

The CAIG Business meeting takes place on the third Wednesday of every month at the:  
 Epiphany Lutheran Church  
 Franklin & Tunis Ave.  
 Pleasantville, NJ

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

**CAPE ATLANTIC INTER-GROUP**

**OFFICE**

**3153 Fire Road  
 Egg Harbor Town Twp., NJ**

*12th Step Work Opportunities*

Help Wanted! Looking for volunteers to fill the following positions:  
 Bookers /Cape Atlantic Young People  
 Interested? Contact CAIG Chair John H. at 609-377-2410

## Alcoholics Anonymous Meetings

So, you've decided you want to stop drinking and were thinking of going to a support group to get help. You're in luck because alcoholics anonymous meetings can be found almost anywhere. Alcoholics Anonymous is an organization of people who want to share their experiences, lend strength and help the members and others recover from alcoholism. To be a member, all you have to do is want to stop drinking. You don't even have to pay dues to go to alcoholics anonymous meetings. They pass the basket but payment is not required.

There are two types of alcoholics anonymous meetings – the *open meeting* and the *closed meeting*. The open meetings will have speakers who will talk about how they drank, how AA helped them and people will share experiences. Family members and people interested in AA are welcome to attend open meetings. Closed meetings are for alcoholics only. At these meetings members may talk about personal problems, issues they have with sobriety, and can get direct, personal help as they commit to staying sober day by day. Other members may talk about the problems they encountered and give strategies for how they overcame them.

