



JANUARY/FEBRUARY NEWSLETTER 2015

PAGING BILL W. ?

Grace was a flight attendant and had been suspended from her job with a major airline due to her untreated alcoholism. She had been stealing the little miniature liquor bottles and drinking in airport bars in uniform, etc. Her employer, realizing she needed help, sent her to treatment.

After the eight week program, it was suggested to her it might be a good idea to solidify her foundation in recovery before returning to work as she would be working in a high-risk environment (serving alcohol, being out of town alone, etc.). Grace did, however, return to work shortly after completing outpatient treatment.

One day while she was departing from a plane at the end of long day a major craving for alcohol overpowered her. There she was, in the Los Angeles International Airport pulling her roller-bag behind her when this massive craving to drink came over her. She tried to just 'think through it,' or 'just forget about it,' but it was way too powerful. It was so powerful, in fact, that she had resigned to herself that she would just go drink. Grace thought, Oh, heck with it, I'll get another job; or maybe no one will find out anyway.' But deep down inside Grace did not want to drink. She truly had wanted to stay sober, but she was in trouble.

On her way to the bar in the airport, Grace had a moment of sanity. She stopped, picked up the airport paging phone and said, 'Will you please page friends of Bill W.,' she paused, quickly looking around for an empty gate, ? *to come to Gate 12?*

Within minutes, over the paging system in the LA International Airport came, 'Will friends of Bill W. please come to Gate 12. *Will friends of Bill W. please come to Gate 12.* Most people in recovery know that asking if you are a friend of Bill W. is an anonymous way to identify yourself as a member of AA.

In less than five minutes there were about fifteen people at that gate from all over the world. That brought tears of amazement, relief and joy to Grace. They had a little meeting there in that empty gate, total strangers prior to that moment. Grace discovered that two of those people had gotten out of their boarding lines and missed their flights to answer that call for help. They had remembered what they had seen on many walls of meeting rooms:

'When anyone, anywhere reaches out their hand for help,

I want the hand of AA always to be there and for that I am responsible. '

Grace did not drink that day. I would venture to guess that none of the people who came to Gate 12 drank that day either. Instead Grace had a moment of sanity, realized she could not do it on her own, took the action of asking for help and received it immediately.

This help is available to all of us if we want it and sincerely ask for it.

It never fails.

ANONYMOUS



Dr. Bob on the 12 Steps

The Twelve Steps ... are simple in language, plain in meaning. They are also workable by any person having a sincere desire to *obtain and keep sobriety*. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living which we achieve is in direct ratio to our earnest attempt to follow them literally under divine guidance to the best of our ability."

AA Co-Founder, September 1948

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

PO Box 905
3153 Fire Road
Egg Harbor Township, NJ
08234
(609) 641-8855

"My miracle occurred when I became willing to go to any lengths to take action."

SERENITY PRAYER

1-2-3 *Formulae*

For many years, long after the Serenity Prayer became attached to the very fabric of the Fellowship's life and thought, its exact origin, its actual author, have played a tantalizing game of hide and seek with researchers, both in and out of A.A. The facts of how it came to be used by A.A. a half century ago are much easier to pinpoint.

Early in 1942, writes Bill W., in A.A. Comes of Age, a New York member, Jack, brought to everyone's attention a caption in a routine New York Herald Tribune obituary that read:

*"God grant us the serenity
to accept the things we cannot change,
courage to change the things we can,
and wisdom to know the difference."*

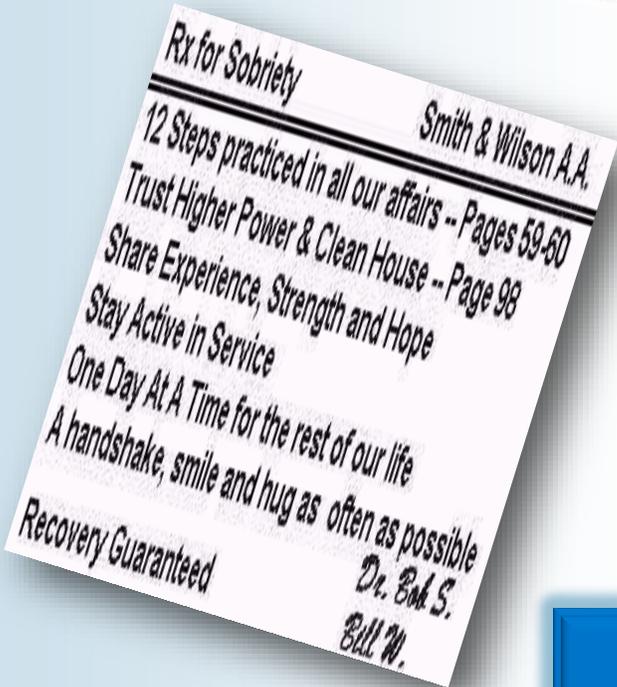
Everyone in A.A.'s burgeoning office on Manhattan's Vesey Street was struck by the power and wisdom contained in the prayer's thoughts. "Never had we seen so much A.A. in so few words," Bill writes. Someone suggested that the prayer be printed on a small, wallet-sized card, to be included in every piece of outgoing mail. Ruth Hock, the Fellowship's first (and nonalcoholic) secretary, contacted Henry S., a Washington D.C. member, and a professional printer, asking him what it would cost to order a bulk printing.

Henry's enthusiastic response was to print 500 copies of the prayer, with the remark: "Incidentally, I am only a heel when I'm drunk . . . so naturally, there could be no charge for anything of this nature."

"With amazing speed," writes Bill, "the Serenity Prayer came into general use and took its place alongside our two other favorites, the

Lord's Prayer and the Prayer of St. Francis."

Thus did the "accidental" noticing of an unattributed prayer, printed alongside a simple obituary of an unknown individual, open the way toward the prayer's daily use by thousands upon thousands of A.A.s worldwide.



I have suffer to be unique most of my life. I have never worn your shoes nor have you worn mine. My past experiences and my present circumstances greatly influence how I will deal with today. I nor anyone on this entire planet is capable of teaching another unless the other party is ready to listen. Perhaps then the most important ingredient to discuss is willingness. I am not happy with my life, who is at fault? To blame my behavior on anyone or anything other than the one looking back in the mirror is a waste of time. I am responsible for my own actions. The devil made me do it doesn't cut the mustard. It puts me into the worthless condition of *denial*. Out there are my problems, doesn't get to the heart of the matter. I need to focus on me, not on you, if any progress is to be achieved. I then ask to discuss exactly what changes are necessary.

Perhaps the easiest question that will ever be ask. *When a new life is to be realized, everything must be changed.*

Life is lived in moments. Perhaps one of the most essential ingredients to a new life. Focusing on the present moment lessens the burden my EGO wishes to bring into my thought process. My EGO is what has got me into the position I am in and it wants to maintain control. When I start to look at all the negatives in my life a hopeless condition is all I can see. Perfect to help justify my repeating doing the same thing hoping for different results, sound familiar? Let's go out and get drunk or perhaps do drugs. What I've done before hasn't worked, time to set out on a new path. Just a thought, *something to consider.*

I have heard it said that *we all are on a journey*. Sometimes I need to get to a very bad situation in order to decide it is time to turn my will and life over.

Remember this essential fact, when I decide I need help, all the help I need will be there if I just seek it. I think another saying that hits at the heart of the situation is that when the *pupil is ready the teacher will appear*. God could and would if sought. Perhaps the most dangerous person I have to deal with during the transition to a new life is the one looking back in the mirror. Help understanding that person is essential. Why do I do what I do? What should I do now, to not repeat what I've done before? I need help answering these questions and that help cannot come from the same people who helped get me to where I am right now. I need to establish new friends, away from the old influences. Painful experiences are steppingstones to right direction. Rather than considering them curses or crosses to bear, I regard them as *wake-up calls or course corrections*. While I may have gone through a difficult ordeal and wished it had never happened, *the only thing worse may have been to go on as I was.*

How do I get started? What should I do now? I have a very simple formulae that has helped me to the life I experience today. I do the next right thing. I put in my best effort. I allow God to have all outcomes. The life I live today is more fabulous than any I could have ever imagined possible. Life is lived in moments.

Am I following the above formulae?

1 -Honesty 2 -Hope 3 -Faith

Tom C.

AA-related 'Alconym' . . .
B E S T = Been Enjoying Sobriety Today?



PHILIP SEYMOUR HOFFMAN
1967-2014

THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away

Pamphlets are Free for the taking :
"A Newcomer Asks..."

Q: "There is a lot of talk about God, though, isn't there?"

Pg.24

A: The majority of A.A. members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others it is the A.A. group, still others don't believe in it at all. There is room in A.A. for people of all shades of belief and non-belief.

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 on to the *alcoholic who still suffers*.

Open Letter to Philip Seymour Hoffman I Wish I'd Sent

I first saw you in the movie Happiness. Your raw-ugly-beautiful performance cut through to my heart in a way I had never experienced before. "This guy isn't afraid of anything," I thought. "He's fearless." And you did it again and again: in Magnolia, Boogie Nights, Capote, Synecdoche, Jack Goes Boating, A Late Quartet. Balls out, I would call it now, with great admiration. Drinking helped. It numbed me to my experience and allowed me to get away from myself and my pain, if only temporarily. But after a while I realized it didn't really help. And worse than that, it added to my pain by convincing me that I was weak, incapable of dealing with reality, altering my experience in a way that was wasting my life. Eventually even the slightest discomfort led me to the bottle, creating a vicious cycle. When I stopped drinking years ago, those feelings got worse. Without my predictable anesthesia, I felt overwhelmed by suffering, my own and that of others. When I found the practice of meditation, though, I started to build up my tolerance to such discomfort. Like exercising a muscle that had wasted away, I am gradually becoming more resilient, more loving and gentle to myself.

When I learned that you left rehab a few months ago, I wanted to reach out to you. I started writing a letter, telling you that even though we have never met, in a very real way I know you and feel your pain. I wanted to remind you how strong and beautiful you are, that you are deeply loved and appreciated for your imperfect self. Even if you didn't believe it at first, I wanted you to take my word for it and eventually you'd see. I wanted to invite you to meditate, to have the experience of sitting with that seemingly solid and immovable discomfort without reacting with drinking or shooting up or even going down the rabbit hole of habitual thoughts. To watch how the pain changes, even if only minutely, from moment to moment. I wanted to tell you that it doesn't get easier, but it does get better.

But I put the letter away. I lost my nerve when I realized you might think my lightweight addiction couldn't measure up to yours, that my suffering was nothing in comparison. I couldn't see past my own insecurities, couldn't be fearless like you were in Happiness, and chose not to put those thoughts of love and support out there, even if you never read them. Now I wish I had.

You will be missed
Editor

(H&I) Committee

What does H&I do?

We book AA speaking commitments for different facilities, ranging from Rehabs, Psych Units, MICA units, Hospitals and Institutions. Carrying the message to those in Hospitals and Institutions is a great way of getting into service.

IT'S IMPORTANT THAT YOU CONTACT US TO TAKE THE COMMITMENT

All are always welcome to book H & I speaking commitments in person at;

Cape Atlantic Inter-Group's Monthly Business Meetings

7:30 PM

the 3rd Wednesday of every month location

Epiphany Lutheran Church,
Franklin Blvd. and Tunis Ave.,
Pleasantville, NJ



Did you know?

Historic development of the 12 concepts

Bill W. first introduced the Concepts as "principles" at the 1956 General service Conference.

Although undefined as "concepts," he suggested that these principles had already been unconsciously practiced in the Fellowship.

In his address to the Conference Bill said:

So I now offer you **four principles** that might someday permeate all of A.A.'s services, principles which express tolerance, patience and love of each other; principles which could do much to aver friction, indecision and power-driving. These are not really new principles; unconsciously we have been making use of them right along. I simply propose to name them, and if you like them, their scope and application can, over coming years, be fully defined. Here are the words for them: *petition, appeal, participation and decision*.

UPCOMING A.A. 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: Jenna W
 RecordingSec@caigrp.org

Corresponding Secretary: **VACANT**
 CorrespondingSec@caigrp.org

Trustee Chair : Jim B.
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Archives Committee: **VACANT**
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Bookers Committee: **VACANT**
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Budget & Finance: Doug G.
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H&I Committee: George W.
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Literature Committee: Chris S
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Newsletter Committee: Donna S.
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Office Coordinator: **VACANT**
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Phone Coordinator: Tressa W.
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Policy Committee: Joe O
 PolicyCommittee@caigrp.org

PIC/PC Committee: Kimberly
 PICChair@caigrp.org

Roundup Committee: Jen R.
 Roundup@caigrp.org

Unity Committee: Jerusha M.
 UnityChair@caigrp.org

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

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

VISIT OUR WEBSITE:

www.caigrp.org



AREA 45 Convention

January 13, 2015

Getting Sober Young
 1 year Anniversary
 7pm Margate

Jewish Community Center
 501 N. Jerome Ave.
 Margate, NJ 08402

January 17, 2015

Woodstown Group
 60th Anniversary
 6:30PM Woodstown

Presbyterian Hall
 46 Auburn Rd.
 Woodstown, NJ
 08098

January 24, 2015

ACYP Quarterly Celebration
 Starts: 6:30 PM

2125 N. Riverside Drive
 Atlantic City (Venice Park)
 NJ 08401

Speaker Meeting will follow, then food, fun, fellowship

March 20th,

21st & 22nd, 2015

THE CROWNE PLAZA HOTEL
 2349 MARLTON PIKE (RT 70)
 CHERRY HILL, NJ, 08002

A dollar doesn't go as far as if once did. Keep in mind, that \$1.00 in 1938 could buy, what today \$11.84 can. A post card needed a 1 Cent stamp only and the average monthly income of an employed worker was around \$40. Just a thought as we pass the basket for our Tradition 7, we are self supporting threw our own Contributions.



Help Wanted

Cape Atlantic Inter Group Office
 3153 Fire Road
 Egg Harbor Township, NJ 08234

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

**Cape Atlantic Intergroup /CAIG
 Business Meeting**
 The CAIG Business meeting takes place
 on the 3rd Wednesday of every month at :
 Epiphany Lutheran Church
 Franklin & Tunis Ave.
 Pleasantville
 PROMPTLY AT 7:30pm.

The following Chair positions are open:

- ◆ Corresponding Secretary
- ◆ Bookers Committee Chairperson
- ◆ Office & Archives Chair
- ◆ CAYPAA Chair
- ◆ Website Chair

For Committee Descriptions: Interested?
 Contact CAIG Chair John H. at 609-377-2410

NEW MEETINGS

Tuesday 7:30 AM: GMOC South at Our Lady of Good Counsel, 40th & Central Ave. Ocean City
 Tuesday 8:00 PM: Egg Harbor Speakers Group at Hope All Day 600 S. Odessa Ave., Egg Harbor City
 Thursday 7:00 PM: "It's a Beautiful Thing" Meeting at Highlands Community Church 515 S. 4th St., Galloway

MEETING CHANGES & ANNOUNCEMENTS

Friday night 7:00pm Beach Haven Terrace Women's meeting is cancelled.
 Time Change: Sea Isle City Monday Night 8pm Survivor's Big Book will meet at 7pm November - March
 All 7am Daily Reflection Group meetings (temporarily held at Holy Sprit Lutheran) have moved back to
 The Manahawkin Baptist Church. (400 Beach Ave at Hilliard)
 ***The 7pm Friday Night Women's Step Meeting in Atlantic City is cancelled. ***
 The Beginner's Meeting on Thursday nites in the Villas is no longer at 7:30 PM at LHOB (Last House on the Block).
 The Millman Center has re-opened -- we are back there every Thursday at 7:00 PM.

