



- 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

Dr. Bob's Last Talk

Sunday, June 30, 1950

My good friends in A.A. and of A.A. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland – not only to this meeting, but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you- not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable.

I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago played an infinitely small part on making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness (perseverance persistence).

If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief. But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis.

One is the *SIMPLICITY OF OUR PROGRAM*. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual **A.A. Work, Our 12 Steps**, when simmered down to the last, resolve themselves into the words; **LOVE & SERVICE**.

We understand what love is and we understand what service is. So let's bear those two things in mind.

"Let us also remember to guard that erring member – the tongue, and if we must use it, let's use it with kindness and consideration and tolerance"

And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend, or attempt to, that help which has been so beneficial to us, to our less fortunate brothers....

Thank you very much.



Dr. Bob

Bill W.

My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you ; He told me it was an ancient Arabian salutation. Perhaps we have no Arabic groups, but it still seems a fitting expression of how I feel for each of you. It says, "*I salute you and thank you for your life.*"

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace. If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "*Concept of Anonymity.*"

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace. And so -- once more, *I salute you in that spirit and again I thank you for your lives.*

May God bless us all now, and forever. Bill W

My Sponsor told me....

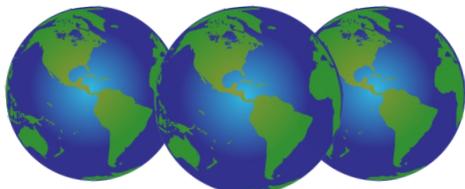
In some respects, alcoholism is a hearing disorder. Lot's of folks tried to tell me I was out of control, but I didn't hear them.

Tell us what your sponsor told youlately

"Alcohol robbed me of my adolescence. But I've learned to grow up in AA."

But we do have expenses....."
 When you "put money in the basket",
 Support your group and AA worldwide.
 You help make sure that:
 Your group gets meeting space
 Phones get answered
 Alcoholic inmates get Big Books
 Professionals get correct information about AA
 Loner AA's get letters
 Newcomers get literature & meeting lists
 AA's around the globe share experience, strength and hope.

REGION, COUNTRY, WORLD PARTICIPATION



"I WANT THE HAND OF A.A.ALWAYS TO BE THERE..."

Love & Service

The 4 Absolutes

The Absolutes were borrowed from the Oxford Group Movement back in the days when our society was in its humble beginning. In those days our founders and their early colleagues were earnestly seeking for any and all sources of help to define and formulate suggestions that might guide us in the pursuit of a useful, happy, and significant sober life.

Because the Absolutes are not specifically repeated in our Steps or Traditions, some of us are inclined to forget them. There could be unanimity on the proposition that living our way of life must include not only an awareness of the Absolutes, but a constant striving toward greater achievement in the qualities that they represent.

What do the four Absolutes mean to most of us? Words are like tools. Like any other tools they get rusty and corroded when not used. More importantly, we must familiarize ourselves with the tools, understand them, and ever improve our skill in their use. Else the end product, if any, is pathetically poor. Such lack of quality can only mean lack of objectives or lack of all-out effort toward such objectives. We must recognize the Absolutes as guideposts to the finest and highest objectives to mortal man.

But recognition is not enough.

We must use the tools. If you will revisit the Twelve Steps with care, you will find the Four Absolutes form a thread, which is discernible in a sober life of quality, every step of the glorious journey.

- Absolute Honesty
- Absolute Unselfishness
- Absolute Love
- Absolute Purity

Submitted by Patti P.

International Convention 2015

NEW JERSEY going to ATLANTA, GEORGIA

AT THE 2015 INTERNATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS

Peach Cans – Area 44 & Area 45 have been asked to bring Archives to display and provide mementos and refreshments at the 2015 INTERNATIONAL CONVENTION JULY 2-5, 2015 Atlantic, Georgia .

Expected to have 75,00 people attend.

Please drop off your donations or Peach Cans at the Spring Assembly May 17th, or you may mail your groups donation to :

Southern New Jersey Area 45 Treasurer

PO Box 3724

Cherry Hill, NJ 08034

Historically Area 44 and Area 45 have teamed up to host a hospitality suite if you are at the convention

Stop by and see NJ in Atlanta.....

Personal donations accepted too...

** please note in the memo of your check, "International Convention Contribution"*

**A.A. & AL-ANON
 SAVE THE DATE
 WAVES OF SOBRIETY ROUNDUP
 JOIN US NOVEMBER 20TH 21ST & 22ND 2015
 HOSTED BY CAPE ATLANTIC INTERGROUP
 AT THE GRAND HOTEL IN CAPE MAY, NJ**

**AA-related 'Alconym' . . .
 F A I T H = Finding Answers In The Heart**

*The Unity Declaration reads:
 This we owe to A.A.'s future:
 to place our common welfare first;
 to keep our Fellowship united.
 For on A.A. unity depend our lives
 and the lives of those to come.*

The Inflated Ego...
My #1 enemy in the rooms of A.A.

Confusing cockiness with self-confidence happens often to unsuspecting AA's in early sobriety. As a multiple relapser, I know first hand the symptoms of the inflated ego. One deadly killer is a loss of gratitude-another is a lack of humility. From personal experience I have learned that some of the best ways to treat this horrible defect are to tell on myself openly in meetings, be willing to absorb and follow suggesting, accept constructive criticism without challenging it, practice kind unselfish acts toward other people and fellowship with the new-comer that is counting days. It also helps to report my efforts to my sponsor daily. These are some of the many wonderful things I can do to help maintain my sobriety one day at a time.

Al V.

Pamphlets are Free for the taking :

How to tell when drinking is becoming a problem
ALCOHOLISM???

Alcoholism is a rough word to deal with. Yet nobody is too young (or too old) to have trouble with booze.

That's because alcoholism is an illness. It can hit anyone. And it doesn't matter how long you've been drinking or what you've been drinking.

It's what drinking does to you that counts. To help you decide whether you might have a problem with

your own drinking, we've prepared these 12 QUESTIONS.

The answers are nobody's business but your own.

12 Question Quiz can be found in the Pamphlet

a

Message

to Teenagers

And pamphlets are always free for the taking...

As Bill Sees It

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Circle and Triangle

Above us, at the International Convention at St. Louis in 1955, floated a banner on which was inscribed the then new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies: Recovery, Unity, and Service. (It is perhaps no accident that priests and seers of antiquity regarded this symbol as a means of warding off spirits of evil.)

When, in 1955, we old-timers turned over our Three Legacies to the whole movement, nostalgia for the old days blended with gratitude for the great day in which I was now living. No more would it be necessary for me to act for, decide for, or protect A.A.

For a moment, I dreaded the coming change. But this mood quickly passed. The conscience of A.A. as moved by the guidance of God could be depended upon to insure A.A.'s future. Clearly my job henceforth was to let go and let God.

A.A. COMES OF AGE

1. P. 139

2. PP. 46, 48



When I feel like throwing in the towel for a while, I revert back to a *not-so-nice* habit because it feels familiar. Maybe it's a brownie laden with ice cream and hot fudge eaten in secret, a somewhat steamy show or questionable novel, or perhaps a phone conversation to "let off steam" while engaging in gossip.

My hidden habits and annoying wickedness seduces me to participate just a little. They promise to offer me rest and a feeling of familiarity, but in reality they are dangerous places for me to lodge.

Determine today to stop hiding out in old destructive habits. Instead, come out into the light of God's glorious grace and learn a new method of coping. **Race to GOD** instead of running back to my old ways. His World is alive and active. It can help me break horrible habits and form new, -pleasing ones as I reply with a resounding

"No" to returning to the dangerous familiar.

Ava Grace



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.

Did you know?

Alcohol does not "cook out" of food in most cases.

The myth that alcohol does cook out stems from the fact that alcohol has a much lower boiling point temperature (173° F / 78.5° C) than water (212° F / 100° C). Thus, if the temperature is above 78.5° C, then the alcohol should boil off, right? Wrong.

A group of researchers in 1992 at the U.S. Department of Agriculture decided to find out. In the end, what they discovered was that the "alcohol cooks out" assumption didn't turn out to be correct for the vast majority of ways most people prepare food with alcohol. What they found was that the amount of alcohol remaining after cooking was in the range of 4%-85%. The variations weren't just dependent on how long you kept the temperature above alcohol's boiling point either.

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: Tina R.
 CorrespondingSec@caigrp.org

Trustee Chair : Jim B.
 Trustee@caigrp.org

Archives Committee: Steve G.
 Archives@caigrp.org

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

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

Hospitality: Davi K.
 Hospitality@caigrp.org

H&I Committee: George W.
 HIChair@caigrp.org

Literature Committee: Chris S
 Literature@caigrp.org

Newsletter Committee: Donna S.
 Newsletter@caigrp.org

Office Coordinator: Vinnie K.
 OfficeMgr@caigrp.org

Phone Coordinator: Tressa W.
 Phone@caigrp.org

Policy Committee: Joe O
 PolicyCommittee@caigrp.org

PIC/PC Committee: Kimberly R.
 PICChair@caigrp.org

Roundup Committee: Jen R.
 Roundup@caigrp.org

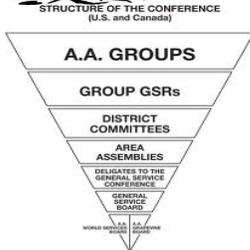
Unity Committee: Jerusha M.
 UnityChair@caigrp.org

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

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

VISIT OUR WEBSITE:

www.caigrp.org



South Shore's 33rd Anniversary Party
 May 16th
 Doors open at 7pm

Doran Ave & Bethel Rd.
 Somers Point, NJ

Unity Picnic
 May 16th

Birch Grove Park,
 Northfield, NJ

AREA 45
 SPRING ASSEMBLY
 Sunday, May 17, 2015

Elmer Grange Hall
 535 Daretown Rd
 Daretown, NJ

NE Region Forum May 29, 30 & 31
 Albany NY –flyers available online
 Free registration

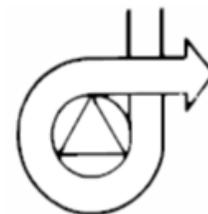
Albany Marriott Hotel
 189 Wolf Road
 Albany NY

NEW MEETINGS

Tuesday 5:30 PM: Stafford Community Center, 775 Delaware Ave., Manahawkin
 Wednesday 6:00 PM: "Midweek Love and Service" Hope All Day, 600 S. Odessa, Egg Harbor City
 Thursday 5:30 PM: Stafford Community Center, 775 Delaware Ave., Manahawkin
 Friday 7:00 PM: "Friday Beginners" Hope All Day, 600 S. Odessa, Egg Harbor City
 Friday 8:00 PM: "Friday Night Power Hour" (MYP) St. Mary's of the Pines, Manahawkin

MEETING CHANGES & ANNOUNCEMENTS

Monday night 7pm Leader Group Meeting will be cancelled after 1/12/2015...
 Thursday night 7:30 is still on.
 Manahawkin Monday Night Into Action AA Group(8pm) is now cancelled.
 Thursday Clam Diggers in Beach Haven now meets at 7pm(not 8)
 Wednesday 10am Primary Purpose in Cape May Courthouse is CXL



When I started in AA people talked about developing a sense of gratitude. At first due to the alcoholic fog I was in that didn't make much sense. After 35 years of sobriety I now know that having a sense of gratitude for the things around me and the people in my life are paramount to any feeling of success today.

John

Sobriety delivers everything that alcohol promised

Help Wanted

All committees meetings are held at the:
 CAPE ATLANTIC INTER-GROUP OFFICE
 3153 Fire Road
 Egg Harbor Town Twp., NJ
 Our office is volunteer-staffed Please call first:
 609-641-8855

*Do you have a story
 you would like to share?
 Send an email to:
 newsletter@caigrp.org*

Pass It On

