



- 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

Meetings – An Important Part of the Solution

Sometimes, I find the challenges and frustrations of everyday life draw me away from things I have learned in recovery. In the past, this caused me to drink. Today, since I have chosen the journey of recovery in Alcoholics Anonymous, I have learned new tools to change my behavior. But there are times I am tired, haven't eaten, or just had a bad day, and my recovery tools slip to a back burner. Life gets hard. My tank feels like it's headed toward empty. There come times when the changes I have learned from working the Twelve Steps seem to go right out the window, and the ugliness of past times seems to come right in the front door. I don't want to drink and I don't want to return to my old ways. Something stops me. A still, small voice inside taps me on the shoulder, reminding me there is another way. I know there is a solution – even an immediate solution. Meetings! I can probably get to a meeting real soon. I'm a little early, and am still angry and frustrated. But when I walk into the meeting room, the room is warm and friendly. They don't know about my anger or frustration yet, and I may get a chance to share it. However,

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Where did the spirit of rotation come from?

The 12th Tradition emphasizes the change that needs to happen for good leadership in AA. To let "trusted servants" be just that trusted servants. It helps to keep the ego out and lets God in for direction. I've asked why we have elections every two years, and came to the question "who wants to be a forever IGR?" I have seen IGR's hold their positions for long periods of time, some as long as 10 years. They've explained that "no one else will stand for the position."

However, in our Service Manual, it says that it's better to leave the position unfilled than to hang on to it, or rush to fill it. That is why we have alternates, so they may step in when we are done with our terms. It is our jobs as sponsors and members of AA to teach the ones coming in after us. We need to explain to them the importance of service and why we all have the responsibility to pay it forward. If members are not responsible, then what happens to AA? Just as Bill W. said in the 12 & 12, positions would not be filled, doors to meetings would be closed and AA would fall apart from within. Then what happens to the next drunk needing help?

Spirit of Rotation: An Exercise in Humility

Teresa K

As an active alcoholic, I did not understand the selfish nature of my disease. I did nice things for other people at times, but for the wrong motivation. I wanted you to like me. I cared what other people thought of me. I tried a few times to get sober, but wanted to do things my way, and as the Big Book points out the results were nil. I was fortunate to choose as a sponsor, a man who participated actively in service work. He has served in various positions from home group to Area service.

This time, I had a little willingness to do as was suggested. My first service position was door greeter. I eventually became the group secretary, GSR, etc. I found that I liked doing positive things and began to feel better about myself rather than feeling like the dwarf of my fears. The more responsible I became, the more service work became the icing on the cake of my sobriety

In 2008, my son came to me and said "Dad I can't stop drinking." He asked if I would help him. I knew what to do. I took him to my home group where he was treated with love and kindness. He has been sober for five years. I understand why we have a responsibility to keep A.A. functioning for our children, spouses, friends and neighbors.

As an active alcoholic, I used to dream of having a life with friends who loved and cared about me — for all that I am and am not. I have a life today full of love and contentment. Through A.A. service work, I have been brought in contact with countless fine people who think of others whom they may not yet have met. I live alone today, but never feel alone because I have my higher power and you. As I look back at my insanity, that's all I ever really wanted.

John K

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

Seeing much of each other, scarce an evening passed that someone's home did not shelter a little gathering of men and women, happy in their release, and constantly thinking how they might present their discovery to some newcomer. In addition to these casual get-togethers, it became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life. *Aside from fellowship and sociability, the prime object was to provide a time and place where new people might bring their problems.* -

Alcoholics Anonymous, "A Vision for You," p. 159-160

Talking about the Solution

When I first came to AA, I was drawn to the fellowship. I remember my first meeting, and the connection in the camaraderie. As people shared, I felt like I belonged. Today, I go to a meeting to help others. It's an opportunity to share about how the power of God has - and continues to work - in my life through the action of the 12 Steps. I didn't come into the rooms practicing manners: AA taught me how to treat others. Part of treating others with respect was to know what to bring to a meeting. I learned I needed to take my problems to my sponsor and bring the solutions to the meeting. If talking about my problems with alcoholics was an effective solution for the disease of alcoholism, I would've gotten sober sitting at the local bar. I learned AA etiquette: sharing only my experience, shaking people's hands, and being willing to help wherever needed.

Today, talking about the solution, as it's outlined in the Big Book, helps maintain my spiritual condition. Meetings are not the program. They are not group therapy or an opportunity to talk about our day. They are a place where we can talk about the power of God, how the 12 Steps have changed our lives, and how we can stay sober one day at a time. That's the solution.

David S,

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suddenly that doesn't matter so much, because I am in a place of peace. I am with people who share a common goal with me. They too want to stay sober, in spite of sometimes feeling angry and frustrated. They are trying to live in the solution, just as I am. This is where I belong. This is the serenity and place of unity and hope I sought all my life - Here in the rooms of Alcoholics Anonymous.



Don't Talk — Do!

For me, service personifies "attraction rather than promotion." Or as I like to put it: "*don't talk - do!*" And when I do, it is my responsibility to do the very best that I can. How do I serve? I serve the Fellowship of Alcoholics Anonymous by showing up at my home group faithfully (and a little early), so that I can welcome others. I offer to get a cup of coffee for the newcomer. I pass the cookies. I participate in the discussion. I put something (maybe a little extra) in the basket.

I serve by being willing and available. I also serve by practicing (to the best of my ability) these principles in all my affairs. I am mindful that the Traditions are the glue that holds us together. I remember that not only might I be "the only Big Book that someone reads," but that I also might be the only Service Manual that someone reads! I have had the honor and privilege of not just serving at the group, district, and area levels, but also AA as a whole .

Jean M,

Service is my gift back to AA for the sobriety that I was so freely given.

Origin of the Ask-It-Basket

When the 2nd General Service Conference was preparing for a Question & Answer Session, Dennis Manders, GSO's (nonalcoholic) bookkeeper at the time, was sent out to find a "box with a slit in the top." Dennis, who would eventually serve as GSO controller for many years, came back with a fishing creel he had spied in the window of Abercrombie & Fitch. Thus, it became known as the "Ask-it-Basket" and was used at many future Conferences.



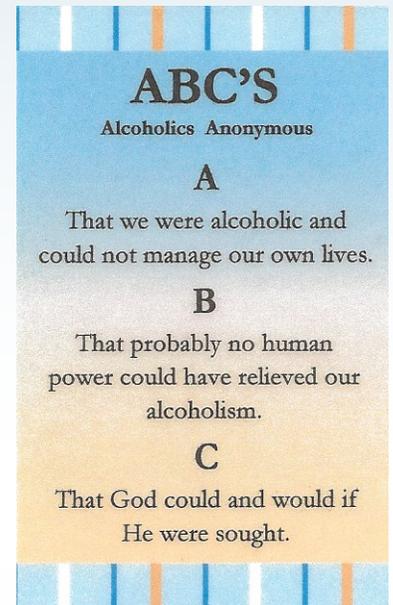
Service Makes 12th Step Work Possible

When the subject of AA service comes up, you sometimes hear a member say, "I don't care about that stuff. It's just business and politics. All I need is my own recovery in my home group." What this member doesn't realize that he has been dependent on AA service, not just from the time he called AA, but...before that. How did he know there was an AA to call? Or how did his wife or doctor or pastor know about AA to tell him? Because a basic part of the service effort (PI) has worked for years to tell people what AA is and how to reach it. How did AA's number get into the telephone directory? Why was a concerned AA at the other end of the phone when he called for help? AA service put them there. He received AA literature. How did that literature get written and printed and distributed so it would be there for him when he needed it? The member who dismisses service as having no relation to his own recovery has missed the point. He is sober today because service made it possible.

The local group is where service begins...in the form of coffee-making, ashtray-emptying, serving as group officer...when a group elects a GSR/ Intergroup rep, it gains a voice in worldwide AA... Selfishness and self-centeredness— this very basic problem can prevent us from placing AA principles over our own personalities. If service has not enhanced your sobriety, (could it be that) your true motive is still somewhat selfish?

Our primary purpose is to stay sober and help others to achieve sobriety.

Box 459



Sleeping well...through Service

"When I'm with you I'm not with me." I heard this in my first months and it taught me a lot about the program and about staying sober. The more I listened in the rooms, the more I heard others say that helping someone was the fastest way to get away from negative thinking or thoughts of a drink. I know for me that when meetings were hard to drag myself to that offering other AA's rides got me to more meetings and gave me sober buddies in the bargain. I know that just by making a newcomer feel welcome that I help someone stay sober that day.

I hear those newcomers talk about how a strange woman just said hello and started chatting with them at their first meeting and they felt better about being there, only because I was practicing service. Saying "yes" to AA requests, greeting newcomers at the door and staying after, visiting AA's in the hospital, taking on a sponsee,

We Are Responsible; being secretary of my home group, helping set up or clean up a meeting, offering to have coffee with an AA who needs to talk, all these actions have taken away a little piece of the woman I didn't care about, and gave me a life that matters to others. And best of all, it has kept me sober. I do all this because the Program tells me it will keep me sober, and it does. I go to bed knowing that Service, no matter how big or how small, matters to another alcoholic. "We are not Saints," and neither am I, but every night I sleep better.

Kate L

Panel Emails

- Chairperson@capeatlanticaa.org
 - ViceChair@capeatlanticaa.org
 - Treasurer@capeatlanticaa.org
 - AssistantTreasurer@capeatlanticaa.org
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 - Phone@capeatlanticaa.org
 - PolicyCommittee@capeatlanticaa.org
 - PIChair@capeatlanticaa.org
 - Roundup@capeatlanticaa.org
 - UnityChair@capeatlanticaa.org
 - WebChair@capeatlanticaa.org
- VISIT OUR WEBSITE:**
www.capeatlanticaa.org

Save the dates 14th WAVES OF SOBRIETY

NOVEMBER 13TH, 14TH AND 15TH, 2020

AT THE SEAVIEW HOTEL IN GALLOWAY, NJ

**Area 45 - Southern New Jersey
55th Annual Convention**

March 27-29, 2020

The Hotel ML
915 NJ Route 73
Mt. Laurel, NJ 08054



GREAT Speakers
Skits
Marathon Meetings
Workshops

Friday Night:

Ice Cream Social (Guests Welcome)
Casual Buffet Dinner
Evening Speaker
Open MIC

Call Rickey S. for details
609-963-7669



Saturday Night:

Masquerade Banquet Ball
Speaker Meeting & Sobriety Countdown
DJ and Dancing including Masquerade Winners
Karaoke, Photo Booth & lots of fun n fellowship

THEME: SHAMROCKS & SHENANGANS
70 yrs. happy hrs?



Sunday Morning:

Spiritual Speaker Meeting



Register Now

Registration (\$40)

Meals Available (individually priced)
Hotel Rooms with Discount (\$108 + taxes/fees)

Merchandise
Zipper Hoodies
T-Shirts
Coffee Mugs

Area 45 Convention Website
<https://area45convention.org/>
Walk-in Registration (cash or credit only)

Get on the HOTLINE

Looking to be of service?
Answer the hotline for Cape Atlantic Intergroup
Commitments are once a week for two hours
Calls can be received at the intergroup office or forwarded to your phone.
Six months of sobriety required
If interested contact the Phone Chair at capeatlanticaa.org or
Call the hotline at 609-641-8855

NJYPAA
Presents
Day of Sharing
Service Outside of the Homegroup
Saturday March 14, 2020

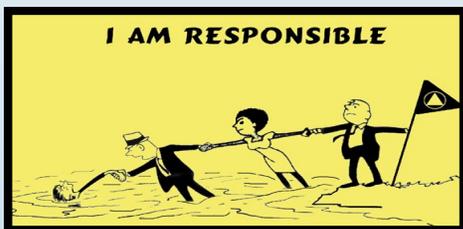
11:30 AM - 3:30 PM
Clark Recreation Center
430 Westfield Ave.
Clark, NJ
Coffee & Lunch Provided

"A textured and truthful telling of AA's story.
The play shares evocative portraits of two complex men without portraying either as an untamed hero. **INSPIRING**" --Boston Globe

BILL W. and Dr. BOB
Saturday, March 7th from 12- 4 pm at the
Crest Community Church
8901 Pacific Ave. Willow Crest N.J. 08260
We will be showing the
THE ORIGINAL OFF-BROADWAY PLAY PRODUCTION OF
BILL W. AND DR. BOB
By Stephen Bergman
Pizza, Drinks and Snacks will be provided
(Feel free to bring along any dessert you wish)
With LIVE MUSIC before and during intermission, for your
LISTENING PLEASURE provided by Jimmy D.
Come down for the fellowship and sit and watch how
and where this amazing fellowship all began with the
innovators who started this whole thing, we have all
come to know and love!!!

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.



CAIG MONTHLY BUSINESS MEETING
EVERY 3RD WEDNESDAY OF EVERY MONTH 7:30PM
Epiphany Lutheran Church
306 S. Franklin Blvd
Pleasantville, NJ
FOR ALL PANEL MEMBERS, COMMITTEE CHAIRS AND INTERGROUP REPS (IGRs).
ALL ARE WELCOME.