



- 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

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I always need meetings to stay grateful. So, when the meetings shut down, I knew immediately to get on-line meetings. They weren't the same as regular meetings, but they worked for me. But something odd started happening in these on-line meetings. Two three-quarter houses were coming to the meetings and the people in lockdown at the Salvation Army showed up. A few folks from different states were becoming regulars. We all started "zoom-bonding." When an outside meeting became available, I showed up. But I missed my on-line crew. I realized that this is a strange time in A A. For me, the on-line meetings were magical. We were able to all get so vulnerable with each other. We're going to continue on-line, one night a week, even when the world is back to normal. I'm not sure if it will fade away, but until then, I am going to enjoy the computer meetings. And some F2F, too.



All are welcome, because of it's AA

A NEW FREEDOM

Experiencing feelings and emotions honestly with courage... is that emotional sobriety? Turning to God, my sponsor, or a trusted friend during times of fear and doubt maybe this is emotional sobriety?

Perhaps it's just learning how to live life on life's terms... I've struggled to define emotional sobriety, but I believe I know the essence of it. I believe that forgiveness, tolerance, patience, honesty, courage, humility, faith, kindness, and gratitude to list a few. If I choose to:

TRUST GOD, CLEAN HOUSE and WORK WITH OTHERS...

I can freely experience a new freedom...a freedom from the bondage of self. A freedom from fear, anger, worry, doubt, self-pity, pride, dishonesty, intolerance, and all other self-destructive emotions.

What it was like? I was having trouble with my personal relationships, I couldn't control my emotional natures, I was prey to misery and depression, I couldn't make a living, I had a feeling of uselessness, I was full of fear, I was unhappy and I couldn't seem to be of any real help to others.

What happened? I saw others solve their problems by a simple reliance upon the Spirit of the Universe...I stopped doubting God.

What it is like now? I feel a new power flowing in and enjoy peace of mind. I am discovering I can face life successfully when I am conscious of God's presence. I've begun to lose my fear of today, tomorrow or the hereafter. I have been reborn!

(Redacted from pg. 52/63 of the Big Book of Alcoholics Anonymous.)

It's a great day to be sober!



Peace be with you,
Julie A.

A man walks into an antique store and buys a grandfather clock. As he carries it out of the shop, he accidentally crashes into a drunk and they both fall over, smashing the clock to bits.

The man looks at the drunk and says, "why don't you look where you're going?" the drunk replies, "Why don't you wear a watch like everyone else?"

Heard at a Meeting
Despite sometimes having an arrogant exterior, an alcoholic is very much capable of such feelings as love, affection, intimacy and caring. However, these feelings usually don't involve anyone else.



Dear Higher Power,
So far today I've done all right. I haven't gossiped, lost my temper, been greedy. Grumpy, nasty, selfish or overindulgent. I'm very thankful for the kind of day you have given me. But in a few minutes HP, I'm going to get out of bed, and from then on I'm going to need a lot more help
AMEN

A drunk goes up to the counter and shouts, "HEY! Can I have a cheeseburger and fries?"

The woman at the counter quickly replies, "Sir, this is a library."
"Oh, sorry, the drink whispers, " can I have a cheeseburger and fries?"



A drunk named Joe put his shoes on after a long night and a terrible hangover. His wife noticed that his left shoe was on his right foot.

"Joe, your shoes are on the wrong feet", she told him.

He looked up with a puzzled expression and said, "Oh no, honey, these are my feet!"



TRUE LOVE
AA ROMANCE: SHE MET HIM ONLINE. HE SAID HE LIVED IN A GATED COMMUNITY. HE WAS BEING HONEST. HE WAS IN STATE PRISON.



YOU'RE RIDING A HORSE AT FULL SPEED. THERE'S A GIRAFFE ON YOUR RIGHT, KEEPING UP WITH YOU, AND THERE'S A LION DIRECTLY BEHIND YOU, RIGHT ON YOUR TAIL. WHAT DO YOU DO?

GET YOUR DRUNK ASS OFF THE CAROUSEL!



"How long have you been driving without a tail light?" asked the policeman after pulling over a motorist.

The driver leaped out of his car, ran to the back and gave a long, painful groan and put his face in his hands. He seemed so upset that the cop was moved to ease up on him a bit.

"Come on, now," the policeman said, "you don't have to take it so hard. It isn't that serious."

"It isn't?" cried the motorist. "Then you know what happened to my boat trailer and my six cases of beer in the boat?"



HAVE A LAUGH WITH US

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh. In, AA we learn to not take ourselves too damn serious, to be happy, joyous and free. Luckily, sobriety can be pretty darn amusing.

"Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past," our cofounder, Bill W. , writes in Alcoholic Anonymous.

"But why shouldn't we laugh? We have recovered, and have been given the power to help others.

We hope to brighten your day and give you some hearty, well-earned laughs.

Me: My name is Matt, and I'm an alcoholic.
AAA: This is AAA, not AA.
AA:

Me: Yeah, I was just explaining how my car got in the lake.

Experience Strength and Hope

A SOCIAL DISTANCING A.A. Member....

I know the term is social distancing but it feels more like social isolation some days. Not being able to walk into a room of my AA family and say hello or hug my friends, my fellow alcoholics, and see the hope and smiles is greatly missed. It gives me a time to pause to really appreciate the fact that I have those meetings to walk in to. They are just temporarily suspended with alternative ways to meet. I didn't know my appreciation for our spiritual ancestors could be any deeper but it has grown.

I'm understanding better exactly how hard it was to get sober before the fellowship sprang up. I don't know if my desperation would have lasted while I wrote to New York and waited for the literature or Big Book to arrive in the mail. My best guess is I would have been drunk by the time I received it and would have put it somewhere I didn't have to be reminded of the desperation I felt when I ordered it or had gone back into the delusional belief I did not have a drinking problem. If I was still having my moment of clarity when it did arrive, again, I don't know if I could have held onto it, tried to understand the program without meetings and a sponsor or until a recovered traveling salesman came to my area to help me understand it, go through the steps and learn how to start a meeting.

Today, we have a fellowship that came together to make sure we have options to stay sober while we are forced to stay in our homes. Our fellow AA's have put even more online meetings together so they are available throughout the day. Not only can we go to online meetings with our local AA family, we can join other area meetings and make new friends and get the message of recovery. I feel so blessed to have the options I do. I can pick up the phone and reach out to give hope or get it when I need it. I can go to an online meeting just about anytime throughout the day. I have been through the Big Book and Steps and I have learned how to apply them in my life so while I may be a little stir crazy now and then not being able to run and go whenever I want, I have a God that gives me the strength and guidance to get me through the day.

Not only get me through the day, but to get me through it with a heart full of love and joy. I have learned through this program to be disciplined. I don't get up and wonder which pajamas to wear that day or what movie to put on. I have my coffee, shower, pray and go for a walk (alone). Then I'm rewarded with more coffee and the to do list I have prepared for the day. Don't get me wrong, some days after my walk, I've come home and made the decision its movie day but I limit those. I have to for my own sanity. I have always been in the habit of having the radio on whenever I'm home so I don't sit in front of the television. I love my rock 'n roll. If it's a good song, which all of them really are to me, I sing and dance to it. I don't care who looks in my window. If I'm on the patio, I rock out too. Music has always been mind and mood altering in the best way for me.

If I want to laugh at myself and see how much fun I was having by being in the moment I can just rewind my in house cameras and watch myself rocking out. It can be pretty funny sometimes because I like to think I'm a good dancer until I watch myself. But, I'm seeing that I am living in the moment, enjoying myself without a care in the world in those moments and just having fun.

Fun because life is good even though we are going through hard times and I am doing it sober. I am doing it sober only because of this program, my fellow AA's and the God AA brought me to. I am away from my mother who is at end of life and I am no longer allowed in the facility. I don't want to drink over it. I just call her more and keep in touch with her nurses. My mother's roommate had to be tested for the virus and I had to wait twenty-four hours for the results. I learn to depend on God more and more every day. During a conversation with my mother today she said thank God I have enough faith for both of us. That gave me a moment of pause. It made me realize how this program is working in my life and how over the years I have come to depend on God in all things that I don't even think about it, I just give hope and pray harder. I am away from others that I love and cannot be with or see and I just keep praying for patience and the health and well-being of all of us because it's about doing the right thing today and following direction even if that direction is to stay in quarantine.

One thing I am certain of is the situation we are in is not a reason to drink. This is a time to practice these principles in all my affairs. Even in social distancing / isolation, I am never alone. I am a text message, a phone call, an online meeting away from anyone at any time. Today, I have a God of my understanding and the program of A.A. and to live one day at a time.

Dewaine G

1945

Knickerbocker Hospital Treats Alcoholics At New York's Knickerbocker Hospital, a pioneering experiment accepting alcoholic patients for treatment begins. The A.A. ward is headed by our first friend in medicine, Dr. William Silkworth.

Heard at the meeting : I have too many flaws to be perfect, but I have so many blessings not to be grateful.

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*.

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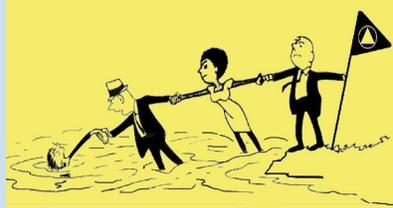
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**CAPE ATLANTIC
INTERGROUP**

**SINCERELY THANKS EACH
AND EVERY ONE FOR
HELPING TO SUPPORT AA IN
OUR AREA!
7TH TRADITION**



I AM RESPONSIBLE



Taking Suggestions

When drinking, people would give me suggestions on how I should do things or that maybe my drinking was a little bit out of control. I never took any of those suggestions because I was certain I knew better. Through coming to AA and getting sober, I've finally learned to not only listen to what other people are telling me, but to take most (sometimes my will and ego still get in the way) of the suggestions given to me. My coming to AA was not by choice. I crashed my car into a tree while drinking and driving. I was totally black-out drunk and woke up in the drunk tank of the local municipality building thinking "not again!" My lawyer suggested that I start going to AA meetings so that the judge would have more leniency with me. I remember getting to my first meeting and being afraid because I had no idea what was in store. When a guy asked me if he could be my sponsor, I thought he was going to pay me to come to meetings!

At my first meeting it was suggested that I go to 90 meetings in 90 days. I was open to this because I wanted the judge to go light on my sentence and thought this would help. During those 90 days, though, I found something of extreme value in the fellowship and knew that I was where I needed to be. It was suggested that I get so deep in that I couldn't get out, and I found that this was easier to do than I thought. I took the suggestions my sponsor gave me of calling him and other guys every day, to read the literature and to ask for help daily from a higher power. Great things have resulted in my life from taking suggestions from other alcoholics. For one, I met the love of my life. I was set up to go on a blind date, but didn't want to go initially because of fear. I talked about this with other alcoholics and they suggested that I go. I met my now wife on that blind date. The place where I am currently employed is also the result of taking a suggestion from fellow alcoholics. I have never worked for a better company. I am convinced that if I were still drinking I would have missed on so many good things in my life that are the result of taking suggestions from fellow alcoholics. My best judgments only ever got me in trouble. AA has given me the ability to listen, take suggestions, and finally take action.

Grateful Tom L



With so many inquiries to Central Office regarding how to keep the 7th Tradition. Please note the following: Many Zoom Meetings are beginning to collect contributions using "Venmo" which can then pay for the Zoom subscription and distribute to various arms of service. If you are attending Zoom meetings that are not collecting for distribution, please consider supporting this office individually. We have "Venmo" and "PayPal" links on our Homepage for direct digital payment. Please consider this to help us retain as much of our Prudent Reserve as we can during this time when regular meetings are not sending any support. Of course, regular checks can be sent via Postal Mail as well.

TO SERVE IS TO LIVE. . . Bill W.

The Shared Gift A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Faith is more than our greatest gift ; its sharing with others is our greatest responsibility. May we of A.A. continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the Giver of all perfect gifts has placed in our hands.

Fun fact from a friendly Tradition geek...

The reason we changed the name of "Alcoholic Foundation" to the General Service Office (GSO) when the Traditions were adopted in, because words like "foundation" and "donation" imply charitable causes. One of the things I try to do in respect to the spiritual principle behind our 7th Tradition is I try to remember to use the word "Contribute" rather than donate. AA is not a charitable organization and donate implies giving to charitable cause. I don't donate to the IRS. I am contributing member of society. I don't "donate" to my household bills at home. I contribute. I donate to the animal shelter. AA does not accept "donations" because we are self-supporting. The word "Contribution" is consistent with our AA Conference approved literature and service material. I am part of AA. It's my responsibility to contribute. If my group is part of AA as a whole we want to contribute. Just some food for thought. Thank you so much for allowing me to share. I love Alcoholics Anonymous.

Submitted by AA Member Carrie