



- 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

As the world began to rapidly shut down in the middle of March, Alcoholics Anonymous and our Intergroup were faced with serious questions like “How would members stay sober without the meetings we have become so accustomed to?” and “How would Intergroup function and survive without the regular support of its member Groups?” and “How would we provide the vital services to the AA member and wet drunk?”

These were very serious questions that we faced in early 2020. The solutions to these very issues were found in the way AA had survived and flourished in the past – through World Wars, natural disasters and terrorist attacks. Cape Atlantic Intergroup and its Home Groups collectively bound together in a common “COVID Solution.” For Groups that could no longer meet in person, the Intergroup opened an account on the Zoom platform and made sub-accounts for any Group that wanted one for their meetings – at no cost to them. Some raised an eyebrow and asked: “Is this self-supporting? Shouldn’t the Groups do it on their own?” That gave us pause. We prayed and considered this. The answer came quickly and clearly. It is not Intergroup’s money in the bank, we are just the trustees of the money the Groups have donated to us! If there was ever a time for us to dip into our Prudent Reserve, this was it! We continue to host 25 area Home Groups, as well as Groups from Seattle and London. Was this successful? You bet your bottom dollar, ladies and gentlemen! Since the start of our hosting virtual meetings – March 22, 2020 to be precise – as of December 16, 2020, 119,749 folks have been participants in our meetings! Can we get a round of applause on that number?! Old-timers, middle-timers and newcomers alike have found the AA message of hope and recovery within the virtual walls of these Group meetings.

Come to think of it, we never had to dip into our Reserves, thanks to the generosity of individuals and Groups who were able to contribute via a new link that our Website Chair Penni N. put on our website – we now accept “virtual” contributions.

Our H&I Chair, Nick B. (with the help of our Vice Chair, Damon B.) went into scramble mode and got rehabilitation facilities set up with Virtual meetings for the first 6 months of the Pandemic. When things started to open back up, Nick got willing members to take the message inside, and then switched some facilities back to virtual meetings when the State tightened the reins again. I’m not sure how his head is still attached to his body with all of the changes that have taken place, but he has done a wonderful job!

The Website...what can I say? Normally it is one of the most chill positions at Intergroup, which may have been why Penni N. accepted the role. But boy, did God have other plans. Talk about a pinball job, phew!! To say Penni did a good job, would be akin to saying Mozart was “just” a musician. It would not do justice to the job she has done! Not only did she balance dozens and dozens of Groups going virtual almost instantly, but she kept us well informed on the State Guidelines, provided great information on how Groups could set up and keep their virtual rooms safe, and to top it off, she also did a complete facelift on the entire website. I’m beaming with pride over her hard work and dedication and am honored to be called Penni’s husband.

One thing that Intergroup could not have weathered the COVID storm without was great financial guidance. Between Tanner S. and PJ W. keeping our accounts in great order, Chris, making his Audit list and checking it twice... Captain Ray B. made sure we stayed on Budget throughout the whole year. We also went 21st Century, moving to online banking and bill-paying, while integrating a new accounting software! Hats off to the financial team on a job well done.

Matt W. and Gabe M. had that Secretary “ish” on lockdown. Everyone got plenty of timely Minutes and Thank-You cards for their generous contributions. The Stoics, Doug and Bruce – Policy and Structure and Trusteeship – kept us all in line as Yours Truly fervently closed out old Committees that were no longer serving us and created new ones in the hopes of better reaching our fellowship.

We created a new Workshop Committee spearheaded by our ever-enthusiastic and trusted servant, Robbie W. I gave him the goal of hosting 4 Workshops spread throughout our region and basically create a Cape Atlantic Intergroup Roadshow, in the hopes of reaching a couple hundred drunks. When the Pandemic hit, we decided to press forward and have them virtually. And boy did we strike gold!! Between the 4 International workshops, Robbie and his Committee were able to bring hope, joy, laughter and serenity to over 3,000 drunks in total. You see, God can take anything, even a Pandemic, and craft something amazing out of it.

Dawn I. followed suit, and hosted our first ever Gratitude Breakfast, Pancakes and Pajamas, to a rousing success with a phenomenal speaker! Thanks to all who supported her *Step-tacular* “Countdown to 2021!” with a fast-paced journey through the 12 Steps on New Year’s Eve!!

Continue page 3: Busy Intergroup

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HELP CARRY THE MESSAGE BECOME A HOT LINE VOLUNTEER



A COLD WIFE
I JUST GOT OFF THE PHONE WITH A FRIEND WHO LIVES IN NORTH DAKOTA. SHE SAID THAT SINCE EARLY THIS MORNING THE SNOW HAS BEEN NEARLY WAIST HIGH, AND IT'S STILL FALLING. THE TEMPERATURE IS 32 BELOW ZERO, AND THE NORTH WIND IS INCREASING TO NEAR GALE FORCE. HER HUSBAND HAS DONE NOTHING BUT LOOK THROUGH THE KITCHEN WINDOW AND JUST STARE. SHE SAYS IF IT GETS MUCH WORSE, SHE MAY HAVE TO LET THE DRUNKEN BUM IN.



OLDIE BUT GOODIE
A BADLY HUNGOVER HUSBAND SAT AT THE BREAKFAST TABLE, HIS EYES HALF SHUT AND HIS TONGUE FEELING AS THOUGH HE HAD BEEN LICKING A DUSTY RUG. MOODILY TOYING WITH HIS FOOD, HE COMPLAINED, "THESE EGGS TASTE FUNNY," HE SNAPPED HIS SPOUSE. "THEY'RE PANCAKES."

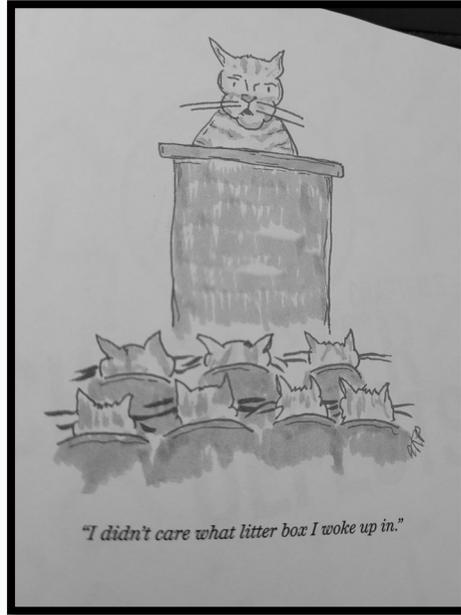


DOUBLE DILEMMA

A NEWCOMER TOLD HIS SPONSOR THAT HE WAS ENGAGED IN A MAJOR CUSTODY BATTLE. HIS WIFE DOESN'T WANT HIM AND HIS MOTHER WON'T TAKE HIM BACK!

text

TEXT TO WIFE;
MARY, HAVING ONE PINT WITH THE GUYS.
IF NOT HOME IN 20 MINUTES, READ THIS
MESSAGE AGAIN.



THE HITCHHIKER
A SLICK CITY MAN DRIVING PAST A SMALL TOWN PICKED UP A DRUNKEN HITCHHIKER. AS THEY WERE DRIVING ALONG, THE DRUNK NOTICED A BROWN PAPER BAG ON THE DASHBOARD AND INQUIRED AS TO ITS CONTENTS. THE CITY MAN REPLIED, "IT'S A BOTTLE OF WINE. I GOT IT FOR MY WIFE."
THE DRUNK, LOOKING PENSIVELY DOWN THE ROAD, NODDED HIS HEAD SOLEMNLY AND SAID, "GOOD TRADE."



REJECTED AGAIN

I WAS AT A PARTY WITH SOBER FRIENDS WHEN I MET THIS ATTRACTIVE WOMAN WHO SEEMED INTERESTED IN ME, SO I ASKED HER OUT. SHE POLITELY SHRUGGED AND SAID, "NO THANKS," WHICH REALLY SURPRISED ME. I ASKED, "WHY IS IT MY AGE?" SHE REPLIED, "NO, AGE DOESN'T MATTER." WELL THEN, I ASKED, IS IT MY RELIGION?" SHE SAID, "NO, RELIGION DOESN'T MATTER EITHER."
BEWILDERED, I ASKED, "I DON'T GET IT, IS IT BECAUSE YOU'RE MARRIED?" SHE REPLIED, "NO, I'M SINGLE." I WAS TOTALLY PERPLEXED. SO I SAID, "IM CONFUSED. WHY WON'T YOU GO OUT WITH ME? IS IT BECAUSE I'M SOBER?" "NO," SHE SAID, "IT'S BECAUSE I'M SOBER!!!"



DOCTOR'S ORDERS

A DOCTOR TOLD MRS. MURPHY TO GIVE HER HUSBAND ONE PILL A DAY AND ONE DRINK OF WHISKEY TO IMPROVE HIS STAMINA.
A MONTH LATER, WHEN MRS. MURPHY CAME IN FOR ANOTHER VISIT, THE DOCTOR ASKED, "HOW ARE WE DOING WITH THE PILL AND THE WHISKEY?"
"WELL, HE'S A LITTLE BEHIND WITH THE PILLS," SHE ANSWERED, BUT HE'S ABOUT SIX YEARS AHEAD WITH THE WHISKEY."

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.

Heard at the meeting : If your butt falls off, put it in a wheel barrel and get to meeting.

Busy Intergroup Cond. From Page 1

Brad started off the year completely revamping our Literature service, making it more modern and accessible to our members! He then handed the baton off to our Office Manager Kim H., who jumped in with both feet, all the while keeping our office super-organized. We took many loads of previously-hoarded paper to the recycle bin!!

Another one of the new Committees is Group Access, and it is a work in progress. This Committee is led by one of our former Intergroup Chairs, Wendy M., whom we recruited all the way from Kentucky. Wendy has helped coordinate Groups getting set up with hybrid meetings and created a new chat feature in coordination with our Web Chair Penni!

And how about that Round Up?? Jim B. had the daunting task of taking an event that was in-person for 13 years, and mid-stream, turn it into a virtual event. Under Jim's capable leadership, he and his Committee changed on a dime, and pulled together an absolutely amazing event attended by hundreds of recovering alcoholics. A great message was carried throughout the event!!

Eve C., our Archives Chair, did a stellar job throughout the year putting together information on the oldest Group in our area, Room 41. She attended many other Archive events, bringing back great information to help us maintain our history.

Lynn T., who chaired PICPC, did a wonderful job of carry the message throughout the year to the general public!! Donna, our Newsletter Chair, has put together some fantastic newsletters, all of which are available on our website so be sure to check them out!! CAYPAA was able to hold its "Burn Your Resentments Bonfire," and is planning a new event at the skating rink soon!

Last but certainly not least, our Phone Coordinators Joe P. and Jess G. have done an uber-amazing job taking over our hotline. This vital service touches so many drunks in need, and we have not missed a beat.

All of this is to say as the first year of being Chair of Cape Atlantic Intergroup winds down that I am so very proud of you and grateful to have you as part of our Team. I am grateful that you continued to put in time and effort to serve those alcoholics who still suffer. You have helped the Intergroup remain a strong and vital organization that I can be proud to say I was a member of during the most trying time in recent memory.

Are we looking forward to 2021?

YOU BETCHA!

Ben Intergroup Chairperson

I got sober in August of 2010 and it has been one of the single hardest things I have ever done. My drinking career lasted for over 20 years and as many times as I tried to stop on my own, I just couldn't. I failed miserably every time. Each time I failed, I felt more and more defeated. Towards the end, I saw little to no point to waking up each day. It was a monstrous chore. I had single handedly alienated everyone that cared about me. I was alone and as much as I despise the thought of being alone I couldn't imagine existing (I say existing because there was no living happening) any other way. I had managed to perfectly build a self-constructed prison.

It wasn't until I was in enough emotional pain that I had finally had enough. I grabbed ahold of that little bit of feeling of wanting to live and not die that I asked for help. Turns out that help came in the form of my children's father who I call "my angel" Because he picked me up and move me into his home and that is where my journey into sobriety began.

I started to go daily to meetings and met many people (both men and women) who agreed to help me to stay sober one day at a time. At 1st it was very difficult to be around anyone as I was afraid to allow you to see the real drunken woman I had become. I was afraid and ashamed but you told me that I'd never have to feel that way again and by God's Grace, I haven't in over 10 years. I have found that I have to work harder at my sobriety now. This pandemic has shown me that especially. My default thinking will often times tell me "you don't need AA or those people" The lies my brain tells me can be so deceiving to the point where I often times want to isolate. How easy it would be for that to happen especially during a time where gathering is restricted. What does all this mean for the alcoholic? It means I've got to put in the work and step it up. I have to go hard for my sobriety, the same way I did for my drinking. And doing that through a worldwide pandemic is no exception. I do attend a couple in person meetings however the majority have been virtual and how very grateful that we have the technology to do that. I also throw myself all the harder into helping others. I sponsor women today which is an incredible gift from God. We meet virtually and connect on an almost daily basis. I also hold myself accountable and reach out to my sponsor regularly to stay current with her. Sobriety for me is all about connect-edness and this pandemic has given me the needed shove to stay connected with my peeps. Please if you're struggling, reach out. We're here. Get connected to other like-minded folks so you don't have to be in pain.

Terri V

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.***

Experience Strength and Hope

As I sit here reminiscing over the past year, I appreciate all that my sobriety has given me. When the beginning of the pandemic started I just received my 3 year medallion at my home group, and no more than three weeks later most meetings were cancelled and life as we knew it would change forever. My new normal consisted of adjusting to zoom meetings and less live meetings.

I was also planning my wedding for May, but had to push that back to August in fear that my guests would be put at risk of exposure to the COVID-19 virus. Everything was happening so fast and at that point I had no idea how things would play out. I do remember frequently stating to my sponsor how grateful I was to have a program because I had already learned acceptance.

I had lost my job also, but thanks to my Higher Power I was able to collect unemployment and financial hardship was something I have not had to face during the pandemic. My 7 year old daughter was now home full time remote learning for the remainder of the school year and this was a learning experience for the both of us. My husband and I found out in June 2020 that we were expecting our first child, and we were over the moon with happiness as we were planning on growing our family. This bundle of joy would be due February 2021, and she would be the greatest anniversary gift God could give me. I found out a few weeks prior to this that I had also been accepted into an advanced standing graduate program at Rutgers for my Masters in Social Work. I was still reaping the rewards of sobriety and the gifts kept coming. Despite all the sadness and division in the world, we were still able to hold onto happiness we found in one another. Before I knew it the summer was coming to an end and we celebrated a beautiful outdoor ceremony with our friends and family while we said our vows in the pouring rain. My guests literally had their shoes off, pants rolled up, and umbrellas in hand. We knew this was good luck and didn't once complain about the rain ruining our special day.

Less than a week later my daughter started her second year remote, I was starting my first semester of graduate school, and life kept going on. There were hard days, where meetings didn't feel like enough, and I didn't want to pick up the phone. I forced myself to stay part of the fellowship as much as I could, but I struggled not having the hands to hold, and hugs from the women in the rooms. My physical health was a mess with the pregnancy and my emotional health was also off due to the impending hormonal shifts. However, my sister sponsees and sponsor still helped me keep my faith. This was by far my most difficult year yet in sobriety.

Once the semester ended I was happy to be home resting before the holidays. I had gotten diagnosed with a pelvic dysfunction that caused chronic pain and required bed rest. Self-isolation was now even more painful for me, as I could barely move around our home and keep myself busy. My husband and daughter have been such a huge help and with the support of friends and family I held it together. Not once was a drink on my mind, but depression was settling in and my sobriety was suffering. Every day I knew I needed a meeting, but just couldn't find the strength or motivation to sign onto one. I did volunteer myself to chair my regular Thursday night Women's virtual meeting. I had to hold myself accountable. I needed to pray more, I needed the relief from bondage of self.

When New Year's Eve came, we entered a new year and the only thing that changed was the date. However, I still maintained hope that I could get through my pregnancy with the love and help of my Higher Power. This would guide me along the way. Anyone who has maintained sobriety, relapsed and returned, or became sober since this pandemic has started is a hero. We will continue to stay sober together and will find a new normal. I am grateful for my Higher Power, health, family, and for Alcoholics Anonymous. Without these things, and in that order, I would not be a sober woman today.

Mallory

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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



**We at intergroup have gone LiveChat
We are answering questions on the website from people who are online
"real time" and it would be nice to have more volunteers.
Contact Wendy M.
socialabundancemarketing@gmail.com
Please join us for some on-line training.**