



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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“CHOICE” - A VITAL TOOL

It has been written that the main thing that separates humans from animals is the power to make choices. It has also been said that choice is the most powerful tool we have. Everything boils down to choice. We exist in a field of infinite possibilities. Every choice we make either shuts or opens an infinite number of doors. At any given point we can change the direction of our lives by a simple choice.

The moment I open my eyes, my choices begin. I choose whether or not my day is going to be good, bad or indifferent. For this alcoholic, it starts by choosing to talk to my Higher Power. I ask Him to step in and guide my day; to give it direction and purpose. I ask Him to allow me to be open to all the opportunities for any service that may come my way.

As my day continues, the occasions to make choices are abundant. What to wear? What to eat? Who to interact with?..... And with each of these decisions I make, more choices are available.

Some are common sense - What to wear; what's the weather? What to eat; healthy or unhealthy? Who to interact with; is not so easy.... There are some things we are not in control of. I truly believe people are placed in our paths for reasons. We can't always choose our co-workers, family or who we have to interact with on a daily basis, but I CAN choose how to react to those people and their personalities.

Then there are the choices made with our hearts and souls. Do we choose, every opportunity we get, to be loving, kind, caring and compassionate? Or, do we choose to be hateful, mean, vengeful and spiteful? Do we stop to reflect on what choices our Higher Power would want us to make? Do we allow self-centeredness to sway our choices?

When we FINALLY understand that choices ARE POSSIBLE, that we can actually say “Yes” or “No” (and guess what, NO is a word!) we find it is profoundly liberating. I believe life boils down to two choices: Evolve or Repeat. Today, by the Grace of God, I choose to GROW with AA and this amazing fellowship.

Respectfully submitted by Dawn I

Always remember:

“Day by day what you choose, what you think and what you do is who you become.”

- Heraclitus, ancient Greek Philosopher

I have a great fondness of butterflies. I see their life cycle as symbolic to my own journey in life. They go through all of the stages of metamorphosis only to evolve into one of nature’s most beautiful creations. To me, the spiritual awakening that comes from working the 12 steps was always similar to the butterfly emerging from its cocoon.

Not long ago, I took my little girl to Butterfly Wonderland. Before entering the conservatory, we first walked into a room that had a wall full of glass cases. Inside of those cases were cocoons. We oohed and awed while watching the newly emerged butterflies flap around as they became familiar with their new wings. I happened to notice a butterfly in the process of exiting its cocoon and immediately took out my camera to record this event that I would have likely only witness once in my lifetime. I tingled with excitement! After what seemed like a very long time, I asked the nearby worker “About how long does it take for them get out?” She politely said “not very long” so, I continued to wait. The worker soon came over looked at the partially emerged butterfly and said without regard, “it’s dead.” I was shocked! How? Why? It went through all of the stages! How does it get all the way to the end and just die? I had to know! She explained to me that going through all of the stages doesn’t guarantee that it will live. She told me that it is very difficult for the butterfly to get out of its cocoon. “It has to work hard to free itself” she said as though this was common knowledge. It turns out, that if the butterfly does not work harder than it ever has before to free itself then it will die right there in its cocoon. It was at that moment that I realized; I am not the emerged butterfly flapping around the case basking in the glory of surviving my many difficult stages. I am the butterfly in the cocoon. My sobriety did not guarantee me life, but rather a chance at life. I have to work. I must work the program, I must work with others, and I must work on myself with complete honesty. If I don’t, I will surely die, right here, in this cocoon.

Quinn B.





“If it’s called ‘Alcoholics Anonymous’, why do you start by telling everyone your name?”



MEETINGS IN HELL
I don’t know whether there is a heaven or hell, but I am certain that if there is, there will be AA meetings in both places. The only difference will be that in hell, there will be advice-giving and cross talk!

NICE TRANSLATION

The man chairing the meeting called on a younger member to share. She said, “ Oh I had a terrible day. I wasn’t centered. I felt alienated. My child within was deprived, I wasn’t self-actualized at all!”

An old-timer who was hard of hearing leaned over and whispered to a friend, “What did she say?”

The friend replied, “She says she’s hungry, angry, lonely & tired?”

Dream on
I was at my Tuesday men’s stag meeting celebrating my AA birthday with my wife recently. While we were waiting for the cake to be brought out, I turned to her and said, “ Honey, did you ever in your wildest dreams think you’d be standing here helping me celebrate 48 years of sobriety?” She turned to me and said, “ Ben, let me tell you something. You’re not in my wildest dreams



CINDERELLA QUALIFIES

“Did I care if the clock struck midnight”???

Noooooooooooooooooooooo!”

OLDIES BUT GOODIES

The speaker at the big meeting walked up to podium, looked out at the stadium full of people and said, “My heart is beating, my knees are weak and my stomach is in knots. I used to pay a lot of money for this feeling.”



WHO YOU KNOW

Anybody
Anywhere
Any time, can join Alcoholics Anonymous, but to join Al-Anon, you’ve got to know someone.



**DRACULA SHARES...
“ I PREFER NIGHT MEETINGS.”**



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 : My friend Barb shares that she still goes to meetings after 20 plus years because she’s yet to see a newcomer walk by the couch in her living room.

March 2019, our world turned upside down slowly yet in some ways quite suddenly. The Big Book, pg. 164 tells us, “Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny”. Yes! No matter what the world circumstances the absolute truth of our primary purpose is to stay sober and help another alcoholic to achieve sobriety. Some of us wondered, ‘well how the heck are we supposed to do that’ when our meeting places are being closed?

Gratefully, there wasn’t a sense of helplessness in our home group. Somehow faith stepped in, our experience over time rang true. We are told to drink is to die. We saw death tabulations every night on the news. Hasn’t one of us known someone who or they themselves lost a friend or relative to this health crisis? We alcoholics had had our own near lethal encounters with another fatal illness before taking that first step admitting powerless and unmanageable. This unmanageability we collectively experienced though now was in an entirely different realm. Mandates and emergency declarations ensued; we were met with life changing circumstances in so much so as NOTHING felt normal because nothing WAS normal. Simple tasks such as grocery shopping were altered. Remember that nightly curfew? The streets were dimly quiet while we experienced our meeting places becoming inaccessible with the restrictions of public gatherings. Many had moments of heartfelt despondency and disbelief fraught with fear and perhaps anger all wrapped up into a constant bombardment of the 24/7 news cycle. Updated meetings closures were broadcast like a succession of dimming runway lights as the churches, meeting places, schools and restaurants gradually grew dark.

At times that darkness for many of us was VERY dark. Each day and night brought no relief. Hmm sounds familiar right? To this alcoholic it felt much like early sobriety. Phone calls/texts with other alcoholics abounded. We compared notes with recent closures or what store had run out of bleach. “Wait... what? You can’t buy any toilet paper anymore?” “The simple act of walking out of your front door brought upon new challenges and a new set of operating instructions!

This new world was reminiscent in a very visceral way to the description of those that had gone before us in AA or from family & friends. Our elders had spoken of catastrophic events such as the declaration of war, stock market crash. Some of us experienced the tragedy of 9/11. I found comfort in remembering in the 12 and 12 regarding Step Three pgs. 38-40: “When World War II broke out..... this spiritual principle had its first major test. “Nothing short of continuous action upon these (steps) as a way of life can bring the much-desired result.”

Despite social distancing the alcoholics here in my area became closer. I shared more deeply with others. I was experiencing life changing events and had to find a solution. I knew inherently I would thrive for I had a closeness amongst us already in place (meetings). I have habits of coping with “life on life’s terms”. That’s what I was told when I came to AA, that “we” could survive anything, without a drink and “there is never an excuse to drink”. So, how could we bring that message to others?

Those of us who found AA prior to March 2020, couldn’t imagine a newcomer not being able to walk into their first meeting, not hearing the sounds of laughter, or experiencing the wafting aroma of coffee. For in my early days, I experienced excessive handshaking & warm welcoming smiles! Our goal was twofold. We inherently knew it was necessary to continue to support each other but how to carry that message to the still suffering alcoholic? It was a sad day when I and so many others realized we didn’t feel “safe” to go to meetings.

We didn’t feel comfortable despite social distancing & minimum capacity. This was pre-mask mandate! As states and nationwide rules continued to morph and change, the increase in cases being omnipresent, we quickly realized that we would need to find another way. Consulting with the group chair and other women, we 5 in the comfort of our respective homes helped each other further learn the virtual platform including taking turns in “dress rehearsals” such as hosting. Then as we were taught, we passed it on, industriously showing others with a myriad of devices.

Many group conscience meetings were held. The support too from our intergroup was greatly appreciated in their tireless work and efforts to keep our meetings sacrosanct and safe with their presentations in avoiding virtual “trolls or bombing”. Now 14 months later we have seen many newcomers log on our virtual meetings. We have welcomed many. Many have celebrated 90 days, and their first or multiple years of sobriety. Some went back out but gratefully came back in. Our group continues to have five virtual calls a week. When our host church allowed us to re-enter, we voted to meet three days vs. our original 5. That equals 8 meetings a week. It is truly an amazing experience. For it acutely demonstrated and reinforced the need for us to help each other stay sober, serene and safe in what often could feel insane, inane and unsafe. What a privilege and an honor it is to be a member of Alcoholics Anonymous.

I nicknamed us 5 as; The Pandemic Penta. The acronym exemplifies our call to action:

P perseverance patience... **E** ego- we put it in our back pocket ...**N** nice to each other (we needed to be patient) ...

T teach each other with tenacity... **A** align with our higher power

Anonymous

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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**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.

THE AA PREAMBLE: BACKGROUND INFORMATION

THE PREAMBLE was introduced in the June 1947 issue of the AA Grapevine magazine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the Big Book, Alcoholics Anonymous. In those early years, the Grapevine had just begun to circulate among nonalcoholics, and the Preamble was intended primarily to describe for them what AA is and is not.

It is still often used for public information purposes. As time passed, it began appearing in all Conference-approved publications, and many AA groups now use it to open meetings. The original version differed in two ways from the familiar form we all know: 1) It stated that the only requirement for membership is an honest desire to stop drinking," and 2) it contained only the very brief statement "AA has no dues or fees." People often ask why the word "honest" was deleted.

At the 1958 General Service Conference, a delegate asked about the words "honest desire to stop drinking," suggesting that since "honest" does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA, the phrase had been dropped from common usage.

The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble has read simply "a desire to stop drinking." At the same time, the phrase "AA has no dues or fees" was clarified to read as it presently does: "There are no dues or fees for AA membership; we are self-supporting through our own contributions." The current version of the Preamble appears on page one of every issue of the Grapevine. When reprinted, the Preamble should carry the following credit line: Copyright © The AA Grapevine, Inc. Reprinted with permission.

AA PREAMBLE©

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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This is fantastic!!! There is a link that gives you global coming up meetings all hours of the day all over the world. It picks up your location and even if it is 2 in the morning, it will get you a meeting to go on right away. Such as Hawaii, Australia etc... <https://aa-intergroup.org/> Click on Find the Next Available Meeting on the bottom <https://aa-intergroup.org/oiaa/meetings/>

Regards, Stephanie