



In Alcoholics Anonymous it is suggested that we share our experience, strength and hope. When you look at these words they seem pretty obvious as to their meanings but I decided to look up their definitions.

- Experience-** is described as the direct observation of or participation in events as a basis of knowledge.
- Strength-** being strong. Also, the capacity of an object or substance to withstand great force or pressure.
- Hope-** a feeling of expectation and desire for a certain thing to happen, a feeling of trust.

I've been through many things in recovery that have offered me the ability to grow and find strength and hope, but the question is, have I utilized the people God has put in my life to learn why I was brought through that experience? Also, am I giving those people a chance to be of service to me which also provides for them an experience to grow from or to pass on to someone else who may benefit from it? This perspective has grown and flourished in my time in recovery and it's now my job to understand that every experience that I pass through, instead of get stuck in, has the capacity to provide hope for more than just myself. In the beginning my world was still so small, and just waking up into a new day was a miracle. I still love listening to newcomers share their newfound joys of waking up instead of coming to, of being able to perform the simplest things sober and finding out the strength that was in them the whole time. The longer we stay sober the more chances there will be to have to walk through very difficult situations.

Recently, I found myself in a very upsetting situation and because I've learned the value in reaching out when my head is spinning, I called three people. First I called my sponsor, she is magical and a master with the steps, but not always immediately available, which happened to work out perfectly. Next I texted my service sponsor, who happened to not be available so I called a close sober sister who allowed me to vent to cool off. Then very shortly thereafter my service sponsor and I connected. She happens to know the concepts (How Bill W. explained the spiritual principles that undergird A.A.'s structure and how all the parts work together) like the back of her hand and the knowledge she provided to me will stay with me and I've tucked it into safekeeping with the rest of my experience, strength and hope, ready to pass along to anyone that might need it. The information she gave me was so important that I can understand without a doubt, that God presented me with that situation just for that reason. Our road of recovery is a journey of growth, learning how to walk through life sifting through circumstances to either tuck away to offer as experience through our own vulnerability or to discard. But the bottom line with all of it is understanding that God, my Higher Power, wants to use us from day 1 and will use us as soon as we allow him to. And from my own experience, I've learned the indispensable value in faith and love. With faith I am able to trust every situation to Gods using and in love I can reach out to the people God places in my life and offer myself as a means of hope.

Janna F

"Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life- the one that did not work- for a new life that can and does work under any conditions whatever"

Bill W.

How I Learned to Think Before I Think

The current explosion of violence in our country, along with a continuing string of discordant events, has spawned flashes of irrational fear in me. This fear often appears as justified anger. I have come to believe these two devils – fear and anger -- fit in the same box, because when reason takes over, both disappear at the same time! AA has taught me a method to face and be rid of this character defect in a timely manner.

I feel sure that there's a little fellow who lives in my brain, in my subconscious ego, and he will never leave. His job is to protect me, and he never sleeps. Unfortunately, he is excitable, often exaggerates, and loves to repeat himself. He will drive me paranoid and make me miserable if I allow him to take over my conscious mind.

But this is where AA comes to the rescue! It has taught me how to think before I think. After realizing that I cannot be rid of irrational fear on my own and that I need to ask God for help, I started praying like this:

"Dear God, please remove my fear and direct my attention to what you would have me be." (AA, p. 68)

My attention is often directed to what God would have me be through living and practicing Steps Ten, Eleven, and Twelve as described in the Big Book. If I follow the Big Book directions today, there is no way that I will "be" the same tomorrow: I will absolutely be further from self-will and closer to God's will.

By remaining alert to when I'm angry and/or fearful, and then saying the above prayer asking for my Higher Power's help, I can successfully quiet that little fellow in my brain, and remain happy, joyous, and free.

Helen S.

- 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 GREYNA
- 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

3153 FIRE ROAD
EGG HARBOR
TOWNSHIP, NJ
08234
(609) 641-8855

IT'S A MIRACLE

A PASTOR IS STUMBLING ACROSS A PARKING LOT LOOKING FOR HIS CAR, WHEN A COP SEES HIM. THE OFFICER WALKS UP TO HIM AND ASKS, "HAVE YOU HAD ANYTHING TO DRINK TONIGHT SIR?"

"NO," THE PASTOR REPLIES.

"SO, WHAT'S IN THAT CUP?" THE COP ASKS .

"WATER SIR, TAKE A LOOK!" HE SAYS.

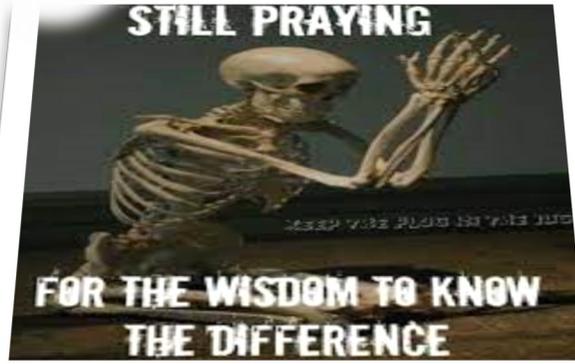
LOOKING IN THE CUP, THE OFFICER SAYS,

"THIS ISN'T WATER, IT'S WINE!"

GASPING, THE PASTOR EXCLAIMS, "HE DID IT AGAIN!"

WHAT DOES A LAW STUDENT AND A RECOVERING ALCOHOLIC HAVE IN COMMON?

THEY BOTH HAVE TO PASS THE BAR.



I JUST GOT OVER MY ADDICTION TO CHOCOLATE, MARSHMALLOWS AND NUTS.

I WON'T LIE, IT WAS A ROCKY ROAD.



I'VE GOT A FRIEND WHO'S ADDICTED TO DRINKING BRAKE FLUID. BUT, HE SAYS HE CAN STOP ANY TIME.

My friend is a recovering alcoholic. "As long as people stop reminding me about alcohol, I'll be fine," he declared.

"Yeah!" I said, "That's the spirit!"

SAY MEETING MAKERS MAKE IT

ONE MORE TIME!

HOW IT WORKS

Rarely have we seen a person fail who has thorough not recover are people who cannot or will not completely gram, usually men and women who are constitutionally i

A DRUNK GOES IN A BAR AND ASKS FOR A SHOT OF JIM BEAM. THE BARTENDER POURS IT AND THE DRUNK PUSHES IT ASIDE AND ASKS FOR ANOTHER SHOT OF JIM BEAM. THE BARTENDER POURS IT AND THE DRUNK DRINKS IT. THE BARTENDER SAYS, "I WATCHED WHAT YOU DID AND I DON'T UNDERSTAND WHY YOU PUSHED THE FIRST ONE AWAY AND DRANK THE SECOND ONE!" THE DRUNK STATED, "I'VE BEEN GOING TO THOSE AA MEETINGS, AND THEY SAID

WHATEVER YOU DO, "DON'T TAKE THAT FIRST DRINK!!!"

Heard at the meeting : This is how it reads How it works is up to you.

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.

SAVE THE DATE
NOV. 5-7
15th Waves Round-UP
TRUDGING THE ROAD OF HAPPY DESTINY

The Angry Atheist Who Made AA Great

Bill Wilson and Bob Smith are hardly household names, but the identities of the men who first joined them in what came to be Alcoholics Anonymous have been all but forgotten. Who remembers Jim B., the auto polish salesman from Washington, DC, who refused to believe in God?

Burwell, drinking, had lost some 40 jobs since getting out of the army after serving in World War I. A short, redheaded, pipe-smoking man with strong opinions, he had grown desperate and suicidal until one day in 1938, at age 40, he got a call from a friend who had one month of sobriety, but would soon start drinking again—persuaded Burwell to move to New Jersey to get sober with the 10 or so men who had together found a new way to stop drinking. By 1938, these East Coast founding fathers, Wilson, Hank Parkhurst, Paul Rudell and Fitz Mayo, along with one secretary, Ruth Hock, were officially selling automobile polish and parts through an outfit called Honor Dealers with offices in Newark. Bill and Lois Wilson had lost their house on Clinton Street in Brooklyn. They were living, along with a few of the others, at Parkhurst's house in nearby Montclair. Hardly a promising group, they were all staying sober by meeting together and following the brand-new 12 Steps written by Bill Wilson. Their vocation was Honor Dealers: "We were all set to put DuPont out of business," Burwell wrote later in "The Vicious Cycle," which now appears in the "Personal Stories" section of the book *Alcoholics Anonymous*. But their avocation—staying sober and helping others get sober—would have immeasurable benefits for the world, even if no one's car got shined and no one's muffler got fixed.

When he got to New Jersey, Burwell was immediately horrified to find most members of the group droning on about faith and religion and God. They even prayed! Among these Christian salesmen trying for redemption, Burwell and Parkhurst refused to go along with the idea that God was responsible for their sobriety. "All they talked of that first weekend was God," Burwell recalled with disgust in his Big Book story. The son of a doctor in Baltimore, Burwell had turned against organized religion at a Protestant boarding school where he was sent at age 13. Even as a teenager he despised what he saw as the mindlessness of faith in God. "I swore I would never join or go to any church," he wrote.

The other men spent time and energy trying to convert Burwell, but it was "nothing doing." During Burwell's first qualification he burst out, "I can't stand this God stuff! It's a lot of malarkey for weak folks. The group doesn't need it and I won't have it. To hell with it," according to Bill Wilson in "Tradition Three" of *The Twelve Steps and Twelve Traditions*. At first, Burwell's new friends were adamant. The idea of questioning God was likely as threatening to them as the idea of questioning their fragile sobriety. Burwell had stopped drinking but he defiantly refused the idea of a Christian redemption. When after a few months of sobriety he started to drink again while on a sales trip, they refused to help him. Tradition Three tells the story of men so terrified of losing what they had gained, and so menaced by Burwell's refusal to believe in God, that they actually took small-minded satisfaction in their friend's failure.

But Burwell was as persistent as he was insistent. He stopped drinking and refused to go away, and he was finally allowed to rejoin AA even with his "unacceptable" attitude. His atheism was especially unwelcome when it came to the one piece of literature that Bill Wilson had already written (in pencil on a scratch pad in May 1938), "The 12 Steps," his statement of the new program's principles. "I would not change a word of the original draft, in which...I had consistently used the word 'God,'" he wrote in *Alcoholics Anonymous Comes of Age*.

Burwell and Parkhurst, however, refused to sign on to the document. Since they constituted 20% of the group, Bill was forced to hear them out. Finally a compromise was reached, and four key changes in the document were agreed to. In Step Two, "a Power greater than ourselves" replaced "God." In Steps Three and Eleven, the single word "God" was qualified by the addition of "as we understood Him." "On our knees" was cut from Step Seven. And the sentence "Here are the steps we took which are suggested as a Program of Recovery" was added to introduce all the Steps; they were being offered as "suggestions" rather than imposed as "rules."

It was Jimmy Burwell's uncompromising stance against religion that initially forced Alcoholics Anonymous into the tolerant, open and welcoming group that has helped more than two million believers, agnostics and atheists. It was Burwell and Parkhurst who bridled at Bill's original "God"-centered Step Three and pestered the group into the all-inclusive revision, "*God as we understood Him*." And it was Burwell whose "bad behavior" was the foundation of the Third Tradition in which the only requirement listed for AA membership is a desire to stop drinking.

As the early AA grew, its members also grew more confident. Soon there were 40 men staying sober and then 60. Sitting at a desk in Honor Dealers, Bill Wilson began dictating *The Big Book* (then titled *100 Men, the Way Out; or Dry Frontiers*) to Ruth Hock. Each chapter would go the rounds in New York and Akron with dozens of suggestions added to the manuscript. Bill said that he felt more like an umpire than a writer. Out of this dynamic collaboration came the first 164 pages of what came to be titled *Alcoholics Anonymous* and gave the fledgling group its name. As the early AA grew, its members also grew more confident. Soon there were 40 men staying sober and then 60. Sitting at a desk in Honor Dealers, Bill Wilson began dictating *The Big Book* (then titled *100 Men, the Way Out; or Dry Frontiers*) to Ruth Hock. Each chapter would go the rounds in New York and Akron with dozens of suggestions added to the manuscript. Bill said that he felt more like an umpire than a writer. Out of this dynamic collaboration came the first 164 pages of what came to be titled *Alcoholics Anonymous* and gave the fledgling group its name.

Although Burwell mellowed with age and sobriety, he remained a maverick. Making a 12-step call in 1939 to a woman named Rosa, he helped her get sober and then married her. The next year, Jimmy and Rosa moved to Philadelphia, where he started a new AA group. Bill Wilson sent him a letter alerting him to the arrival of Jack Alexander of the *Saturday Evening Post* and asking him to set up appointments for her in Philadelphia. When Alexander's favorable piece on AA appeared in the national magazine, the young organization was established overnight as a serious and effective option for alcoholic treatment.

When Burwell had eight years of sobriety, he and his wife moved to San Diego. There Burwell became AA's unofficial archivist, putting together a huge scrapbook on thick brown butcher paper between welded metal covers (available for viewing at the General Service Office in Manhattan).

CONTINUE LAST PAGE JIMMY B

PANEL MEMBERS E-MAILS:

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- ASSISTANTTREASURER@CAPEATLANTICAA.ORG
- RECORDINGSEC@CAPEATLANTICAA.ORG
- CORRESPONDINGSEC@CAPEATLANTICAA.ORG
- TRUSTEE@CAPEATLANTICAA.ORG
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- AUDIT@CAPEATLANTICAA.ORG
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VISIT OUR WEBSITE:

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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



When I got to AA, the people in my life were through with me. My girlfriend said "Don't come back."
My employer said "Don't come back." My landlord said "Don't come back."
And then I walked into an AA meeting and all of you said,
"Keep coming back."

Pulse Check– Could Our Group Benefit From an Inventory?

Unity begins at the group level. After a year of on-line meetings, a majority of AA groups are beginning to open back up for face-to-face meetings. Could our group benefit from performing an inventory? How are we doing at effectively carrying out our primary purpose?

Here are some questions that may be worth a ponder—

Are we forming cliques or being indifferent to other members of the group?

Are there active service roles available for members of the group?

Are coffee/cookie/clean up commitments available for newcomers?

Is our group active and supportive at the district and Area levels?

Are group business meetings being held at regular intervals?

Are we staying on topic at meetings or do we regularly stray?

"The better informed the members, the stronger and more cohesive the group — and the greater the assurance that when a newcomer reaches out for help, the hand of A.A. always will be there."

(Pamphlet The AA Group– Where it all Begins, p. 11)

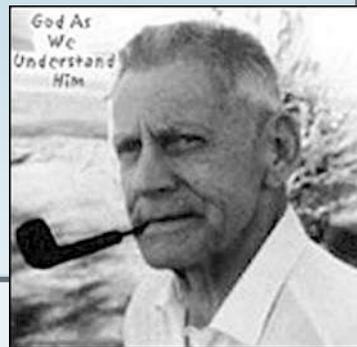


JIMMY B.

"Personally I don't care a crap who did what," Bill Wilson wrote to Burwell later. "But if this thing keeps growing and making a stir, I suppose some historian will want to know the real facts by and by. If we don't assemble them now, the record never will be anywhere near straight. And lots of interesting detail and incidents will be forever lost. So your effort in this direction is tremendously appreciated, Jim." Like Jackie Wilson, who placed that first call to Burwell, Hank Parkhurst didn't stay in the group. He began to drink again and lost touch with the men of Honor Dealers, who had moved to dingy offices in Manhattan, where Bill and Lois lived upstairs from the AA clubhouse. Burwell stayed sober and was an active member of AA until his death in 1974 at age 76. Although he remains little known, his contribution to AA was undoubtedly necessary to its survival as well as his own.

In Alcoholics Anonymous Comes of Age, Bill Wilson paid tribute to Burwell, Parkhurst and the changes they forced in AA's principles: "This was the great contribution of our atheists and agnostics. They had widened our gateway so that all who suffer might pass through, regardless of their belief or lack of belief."

Burwell's scrapbook is a miniature history of AA with every newspaper clip, photograph and letter that came across his desk. Submitted by Phil G



15TH ANNUAL WAVES ROUNDUP

HOSTED BY CAPE ATLANTIC INTERGROUP OF ALCOHOLICS ANONYMOUS, WILL BE AN IN-PERSON EVENT. CHECK OUT THE WEBSITE roundup.capeatlanticaa.org

November 5th, 6th and 7th, 2021

The Seaview Hotel
401 S NEW YORK RD ,

GALLOWAY, NEW JERSEY 08205

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