



## *From Yale to Jail...From Park Avenue to Park Bench*

- 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

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

**E**veryone has a past, and United States presidents are no exception. When it comes to a history of drugs and alcohol, some former U.S. presidents have closer associations than others. For example, people of a certain age will remember when Bill Clinton stated that he'd "never broken a state law, but when I was in England, I experimented with "pot" time or two, and I didn't like it. I didn't inhale it and never tried it again." George W. Bush and Barack Obama also publicly admitted to using marijuana during a time when all marijuana use was illegal.

The Big Book of Alcoholic Anonymous is the definitive guide about the effects of alcohol on people, families, communities, and society. Throughout history, and across cultures, alcohol has affected the fabric of society through abuse and addiction, contributed to violence and accidents, and caused injuries and health issues.

Our first president, George Washington, dealt with chronic pain and used laudanum, an opiate, to cope. Many historians believe that John F. Kennedy was treated with narcotics to treat pain caused by Addison's disease.

Alcohol is a ubiquitous drug, and despite being illegal in the U.S. during Prohibition, it is certain that many U.S. presidents throughout history drank alcohol, at least occasionally. George W. Bush, who served as president from 2001 to 2009, reportedly gave up alcohol after a "wild drunken weekend" celebrating his 40th birthday. He was also arrested for drunk driving in 1976. Barack Obama, too, admitted that he used drugs like pot and alcohol to take his mind off his strained relationship with his father.

At the other end of the spectrum, some former U.S. presidents were known for abstaining entirely from drugs and alcohol. Rutherford B. Hayes, who served as president from 1877 to 1881, not only abstained from alcohol and smoking, but he did also not allow any smoking or drinking in the White House.

U.S. presidents past and present live their lives under a microscope, so we cannot be 100 percent sure of who did or did not struggle with addiction or substance abuse disorder. What we do know is that excessive drug and alcohol use, even among our country's leaders, is not necessarily rare.



### **What is A.A.?**

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety.

**"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile."**

**-BIG BOOK OF ALCOHOLICS ANONYMOUS, P. 66**

**AA-related 'Alconym' . . .  
FEAR= Future Events Already Ruined**

### From a Member



I previously tried to get sober on my own - I made it 96 days. After a short while I was begged by my husband to just give AA a try. I started going to 2-3 meetings a week and reading the big book on my own. One woman in particular literally came out of no where during my first week of AA, she reached out to me, she checked in on me often, invited me to different meetings and suggested I try just calling her everyday to help keep me sober. After a few weeks I asked her if she would be my temporary sponsor, but I really didn't know what a sponsor was and was afraid to commit. She told me that she doesn't do temporary sponsorship and if I was willing to go to any length to get sober that she would be my sponsor. I gave her reason after reason why I couldn't.

I drank several times before managing to string together 48 days and then I relapsed. It wasn't even an eventful relapse. I drank when I had no intention of drinking, downed 6 of the little mini airplane bottles of vodka in a pretty short period of time and immediately had regret. I didn't actually even feel a buzz from it. I got absolutely nothing out of drinking and finally realized that I didn't have any control over alcohol.

The next morning I went to a meeting, shared what I had done and imme-

diately called that woman and told her I was finally ready to go to any length - I would do anything suggested no matter if I understood why I was doing it. I was that desperate. Starting that day I have managed to stay sober and today I am officially 200 days sober! I have an absolutely amazing sponsor. I have attended 236 meetings in that time. I have been steadily thoroughly working the steps to the best of my ability and am currently on step 9.

I've developed a relationship with my higher power, when I previously thought that god had turned his back on me and so I turned my back on him. I got a home group. I do service work - just being a greeter, making the coffee, cleaning up after the meetings and reaching out to any new women that have come to the program. I reach out to as many other sober women as I can both in person and the international 24/7 on-line meetings.

Miraculously I had a moment with my 15 year old daughter just last week where we found empty vodka bottles that I had hidden and forgot about. I was so worried that my husband and kids would think that I relapsed. My daughter hugged me and told me that it was okay. That the person who put those empty bottles there no longer existed. That she doesn't know that person anymore and that she was so proud of how far I've come and that she was absolutely certain that I never broke my sobriety be-

cause she doesn't believe that the person I have proved myself to be over the last 200 days is capable of that. And that if her dad had any doubts whatsoever that she will back me up 100% and fight for me.

Before AA my husband was already looking up attorneys to file for divorce and he was going to seek full custody of our 3 kids. My younger 2 didn't really know what was going on but my oldest was extremely aware and she's been really angry with me, standoffish, untrusting of me - and she had every right to be. This program, working the steps, my higher power, all of you sober friends and especially my sponsor has quite literally saved my marriage, saved our family, healed my relationship with my daughter and have honestly taught me how to be a real adult.

Today is bittersweet because I am so incredibly excited and proud to have made it to 200 days but I also got some really rough news about my sponsor. She's in the hospital with some very serious health problems and things are not looking good. I am so worried about her. Without having her in particular as my sponsor, I truly don't know if I ever would have made it this far. I owe her everything! And, I have never asked anyone to do this before but if you could, could you say a prayer for her? I really think that she could use all the prayers she can get. Thank you all!

Courtney M

### Did you know?

Bill Wilson's now famous "ILLUSORY PEDESTAL" 10th STEP is a perfect example of the spirit of our 10th Step by Bill Wilson in his reply to a 1960 letter mailed to him from a Group in Chicago taking his inventory (Bill was 26 years sober)

"That you seemed disillusioned with me personally may be a new and painful experience for you but many members have had that experience with me. Most of their pain has been caused not only by my several shortcomings but by their own insistence on placing me, a drunk, trying to get along with other folks, upon a completely illusory pedestal; a station which no fallible person could possibly occupy. I'm sure that you will understand that I have never held myself out to anybody as either a saint or a superman. I have repeatedly and truthfully said that A.A. is full of people who have made more spiritual progress than I ever, or can make. That in some areas of living I have made some decided gains but in others I seem to have stood still. And in still other ways I may have gone backwards. I am sorry that you are disillusioned with me but I am happy that even I have found a life here.

*No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection. —*

Alcoholics Anonymous, page 60

*Do you have a story you would like to share? Send an email to: [newsletter@caigrp.org](mailto:newsletter@caigrp.org)*

**RECOVERY ROUNDUP 2023**  
**Cape Atlantic Intergroup of AA**



hat is emotional sobriety?

Certainly it involves managing emotions in some way other than drinking over them. It is more about coping with events and feelings in rational, mature ways it is about not having those feelings at all. It is a matter of balance, not complete freedom from calamity, illness, fear, and other emotions.

In 1957, Bill W. wrote about emotional sobriety in a message to a friend regarding his battles with depression. Bill wrote that his “basic flaw had always been dependency- almost complete dependence-on people or circumstances to supply me with prestige, security and the like.



hat is emotional sobriety? Being emotionally sober simply means that you are comfortable being present with all of your feelings without any one of them defining or controlling you. Developing emotional sobriety often involves several different activities. Practicing the 12 Step program, going to any lengths helps to process emotional ups and downs as they happen.

## The Nuts and Bolts of Emotional Sobriety

### When to engage with negative feelings and when to ignore them

**O**NE of the cornerstones of alcoholism recovery is a concept called emotional sobriety. The idea is that alcoholics and other addicts hoping to stay sober over the long haul must learn to regulate the negative feelings that can lead to discomfort, craving and—ultimately—relapse. Doing so is a lifelong project and requires cultivating a whole new way of thinking about life’s travails. But the AA literature also says “first things first”—which simply means “don’t drink.” Especially in the early days of recovery, alcoholics are counseled not to analyze why they are addicted or how they might have avoided alcoholism: “Don’t think and don’t drink” is the maxim. Take it one day at a time and do whatever works—prayer, exercise, meetings—to distract the mind from the compulsion to pick up a drink. These approaches represent two very different kinds of emotional regulation, when you consider it. Distraction is unthinking—it amounts to cognitive disengagement from thoughts of alcohol and the anxiety of craving by any means possible. It is a blunt instrument in the toolbox of recovery. In contrast, long-term emotional sobriety requires the slow, steady rethinking about all the people, places and things that once did—and could again—throw us off kilter. New research suggests that a healthy mind deftly flips between these techniques when facing unpleasant emotions. By studying these mechanisms, researchers are beginning to understand how people cope with painful feelings and what goes wrong when those skills are missing.

**R**ecovery programs teach these fundamental principles of emotional regulation because addicts do not know them intuitively. The program had the idea that people process different kinds of emotional information in the two ways described in AA literature—either by blocking it entirely or by thinking about it carefully in an effort to reevaluate it. For example, if an experience or thought were especially intense and threatening, people would nip it in the bud early. They would simply disengage and not pay attention, in that way blocking negativity from awareness, much as newly recovering alcoholics are advised to do. This technique would keep potent negative thoughts from ever gaining force.

We're only human.

## As Bill Sees It

### EMOTIONAL SOBRIETY

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God’s help, continually surrender these hobbling liabilities. Then we can be set free to live and love; we may then be able to twelfth-step ourselves, as well as others, into emotional sobriety.



## Panel members and E-Mails

**Chairperson:**  
[Chairperson@capeatlanticaa.org](mailto:Chairperson@capeatlanticaa.org)

**Vice Chair:**  
[ViceChair@capeatlanticaa.org](mailto:ViceChair@capeatlanticaa.org)

**Treasurer:**  
[Treasurer@capeatlanticaa.org](mailto:Treasurer@capeatlanticaa.org)

**Assistant Treasurer:**  
[AssistantTreasurer@capeatlanticaa.org](mailto:AssistantTreasurer@capeatlanticaa.org)

**Recording Secretary:**  
[RecordingSec@capeatlanticaa.org](mailto:RecordingSec@capeatlanticaa.org)

**Corresponding Secretary:**  
[CorrespondingSec@capeatlanticaa.org](mailto:CorrespondingSec@capeatlanticaa.org)

**Archives:**  
[Archives@capeatlanticaa.org](mailto:Archives@capeatlanticaa.org)

**Bookers:**  
[Bookers@capeatlanticaa.org](mailto:Bookers@capeatlanticaa.org)

**Budget and Finance:**  
[CAIGBudget@capeatlanticaa.org](mailto:CAIGBudget@capeatlanticaa.org)

**C A Y P of AA:**  
[caypaa@capeatlanticaa.org](mailto:caypaa@capeatlanticaa.org)

**CP C/PI Chair:**  
[PIChair@capeatlanticaa.org](mailto:PIChair@capeatlanticaa.org)

**H&I:**  
[HIChair@capeatlanticaa.org](mailto:HIChair@capeatlanticaa.org)

**Hospitality:**  
[Hospitality@capeatlanticaa.org](mailto:Hospitality@capeatlanticaa.org)

**Literature Chair:**  
[Literature@capeatlanticaa.org](mailto:Literature@capeatlanticaa.org)

**Newsletter:**  
[Newsletter@capeatlanticaa.org](mailto:Newsletter@capeatlanticaa.org)

**Office Coordinator:**  
[OfficeMgr@capeatlanticaa.org](mailto:OfficeMgr@capeatlanticaa.org)

**Phone Coordinator:**  
[Phonechair@capeatlanticaa.org](mailto:Phonechair@capeatlanticaa.org)

**Policy & Structure:**  
[PolicyCommittee@capeatlanticaa.org](mailto:PolicyCommittee@capeatlanticaa.org)

**Roundup Chair:**  
[Roundup@capeatlanticaa.org](mailto:Roundup@capeatlanticaa.org)

**Trustee:**  
[Trustee@capeatlanticaa.org](mailto:Trustee@capeatlanticaa.org)

**Unity Chair:**  
[UnityChair@capeatlanticaa.org](mailto:UnityChair@capeatlanticaa.org)

**Website Chair:**  
[WebChair@capeatlanticaa.org](mailto:WebChair@capeatlanticaa.org)

Visit Our Web Site

[capeatlanticaa.org](http://capeatlanticaa.org)

## You have to give it away

If nobody was doing any service work, the Alcoholics Anonymous program would simply cease to exist. Without the service work of those who came before us, none of us would be here now! One of the more common sayings you will hear at an Alcoholics Anonymous meeting is that, "you have to give it away in order to keep it". What this is referring to is the idea that service in recovery can help the giver as much as the receiver. This giving should not be done in the hope of a reward or praise. Instead the individual does it because they know that it is helping to keep them connected.

Numerous studies have provided evidence that helping others in recovery provides great benefit to the helper. Service defined in recovery refers to work carried out for no financial reward or compensation. This may involve directly helping somebody else, or indirectly helping them by providing services. Some individuals do go on to make a career out of helping others, but this is no longer considered service if they receive payment.

The Importance of Service in Alcoholics Anonymous Groups like AA could not function without the voluntary services provided by members. All these meetings around the world are organized and maintained by volunteers. There is usually a collection at the end of each meeting, but (in the spirit of the seventh tradition) this money is used to pay for rent, coffee, donuts, literature, and other overheads. Almost every person at these meetings will provide some type of service, even if it is just sharing a bit of their story, or preparing the coffee.

Other Types of Service in Alcoholics Anonymous is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual to their own recovery.

Types of Service anything that directly or indirectly helps others in recovery could be considered service. Examples of this type of work include:

- Sponsorship
- Intergroup Representative
- General Service Representative
- Chairing or moderating at a A.A. meeting
- Welcoming newcomers to recovery meetings
- Being supportive of those who are struggling in recovery
- Taking an official service role within a recovery group, for example treasurer or secretary
- Making time to reach out to people who are obviously struggling with problems

The Benefits of Service in recovery benefits both the giver and receiver. In a lot of instances it will actually be the giver who ends up benefitting the most. Those people who devote some time to helping others are less likely to suffer with depression. Helping others with problems reminds the individual of where they have come from. This will keep the pain of dysfunction fresh in their minds so that they never forget it. This should keep them committed to the recovery path. The giver will feel that they are giving back and this will increase their confidence and self-esteem. Providing service ensures that groups such as A.A. stay in business.

If nobody volunteers their time these groups will disappear.



### 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.*

### Steering Committee

The Intergroup Panel and Committee members meet monthly to update one another about area reports and activities. When: 2nd Wednesday of the month, at 7:30PM

CAIG Office Location, 3153 Fire Rd Suite #1-C Egg Harbor Township, NJ 08234

**Attendance at this meeting is also available VIRTUAL ID 542 744 809**

### Business Meeting

Intergroup has a monthly Business Meeting, where the Panel and Committee members provide reports, updates and information about AA in general as well as news related to our Cape/Atlantic membership area. Intergroup

Reps attend this meeting so they can keep AA groups/homegroups informed.

**Attendance at this meeting is also available VIRTUAL ID 164 233 922**

When: 3rd Wednesday of the month, at 7:30pm.

Where: Christ Episcopal Church 157 Shore Road, Somers Point, NJ

*Pass It On*

