



- 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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Dr. Bob's Last Message

*Presented at The First International Conference of Alcoholics Anonymous
July 28 - 30, 1950 at Cleveland, Ohio*

"My good friends in AA and of AA. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable."

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

"But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind. "Let us also remember to guard that erring member - *the tongue*, and if we must use it, let's use it with kindness and consideration and tolerance."

"And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers.

In Memoriam Dr. Robert Holbrook Smith
August 8, 1879 - November 16, 1950

LET'S MEET THE WOMAN BILL WILSON AND OTHERS FREQUENTLY CALLED THE
"MOTHER OF A.A."
ANNE RIPLEY SMITH

In 1898, Anne Robinson Ripley was spending a holiday with a college friend in Vermont, where she met Robert Holbrook Smith, Dr. Bob. The high school dance began a "whirlwind" courtship that was to last 17 years, with the Smiths eventually getting married in 1915. We are left to speculate about the many possible reasons for the lengthy delay. "There were years of schooling, work, and internship ahead for Bob. There was also the possibility that Anne had a healthy fear of entering the state of matrimony with a drinking man. Perhaps she waited until Bob gave evidence of being sober for a time before she agreed to marry him.

Anne Ripley "had a cheerfulness, awareness and calm that were to remain with her throughout the years. She had been reared within a family of railroad people. It was a very sheltered atmosphere, although there wasn't much money at the time. Anne, who abhorred ostentation and pretense, always pointed out that she attended Wellesley College on a scholarship, because her family couldn't have afforded to send her there otherwise". Her life was an example of faith at work. Anne either "believed he was sober for good, or perhaps she was just tired of waiting...

The first three and a half years of their married life were ideal... Dr. Bob continued to stay sober." It is



worth noting that the history seems to be telling us that Dr. Bob stayed sober from early in 1914 to well into 1918. He did this without steps, of course, and without calling upon God. It's an interesting anomaly.

Anne Smith's influence in AA became widely known through her publication, Anne Smith's Journal. She compiled and shared with early AAs and their families the materials comprising early AA's spiritual program.

Always welcoming *all* into her home. There seems to have been one underlying theme to the life of Anne Smith and that was love. Love for God and her fellows. She worked tirelessly with many alcoholics, their wives, and families.

Anne became one of the first members of Al-Anon when another founder, Bill Wilson's wife Lois visited her in Akron, during his stay at their house. The two women were instant friends.

**Al-Anon officially began in 1951,
after Anne Smith's death.**

Dr. Bob's quote: "For some reason, we alcoholics seem to have the gift of picking out the world's finest women".



From AA Members: SERVICE IS A GIFT... Spread it aroun.....d!

The term 'Rotation of Service' sounds military to me -- right up there with 'collateral damage'. But in Alcoholics Anonymous, if we don't "rotate", we end up as the 'collateral damage'. Rotating out of a position gives other A.A. members the chance to fill the job with fresh ideas and gives us the opportunity to take on another service challenge. It also prevents the phenomenon commonly known as 'burn out' or what my mom's generation called 'burning the candle at both ends'.

In the land of service in Alcoholics Anonymous, there is no limit to the opportunities for service work nor an end to the available jobs, both big and small.

Consequently, the essence of Tradition Five suggests we do one thing well. In the A.A. book, 12&12, the Tradition Five text begins: "*SHOEMAKER, stick to thy last!...better do one thing supremely well than many badly.*" With the alcoholic tendency to overdo pretty-much everything, even in sobriety it is difficult to contemplate one's fallibility or limits. The old timers tell me that if we don't limit ourselves to one job done well, we're likely to become resentful and throw in the towel completely.

In my case, they're right (as usual). At one of the Area meetings, this subject provided lively discussion for afternoon working groups. Many interesting things were said on the subject, and pretty much all conclusions had something to do with 'balance' and humility. One of the most useful suggestions I heard had to do with knowing when to quit. For instance, a GSR (General Service Rep) position is two years. A common complaint is that someone stays in the job longer because no-one else wants to accept the responsibility (and 'someone's gotta do it!'). The message I heard was: 'stop being a martyr and please put your ego aside! We are all replaceable; the whole thing won't collapse without you (as hard as that may seem to believe!).' It was strongly suggested (through experience), that another person is much more likely to step up to the plate if there's a genuine need and no-one is in the job. The void itself will eventually attract the right person. It was suggested that if the person who wishes to rotate out of a job makes it abundantly clear that s/he is leaving the post on x date, and encourages someone new, chances are good that someone might offer to pick up the ball. If no-one does, says a wise old service pro, step down anyway. After that Area meeting, I applied the suggestions and it worked. After two years+, I resigned as GSR of my home-group (even though there was no-one immediately available) and the job did get filled a few months later. The void paved the way for someone else to get involved. Not surprisingly, another service opportunity quickly presented itself and I was elected as a District Committee Member.

Another good suggestion made at the Area meeting was to approach someone in particular for a specific task. Give it some thought of course (i.e. does the person seem 'ready' for the job in question?) and find the right moment and the right Member to make the suggestion. Many people are just shy and others still afraid of rejection (hence they wouldn't offer). It doesn't mean they wouldn't be honored to do something to pitch in.

Again this suggestion worked, and my home group found the right member to approach anew 12-step rep. Service is an integral part of recovery, whether it's organizing an A.A. convention or making sure the church door is open at home group. This doesn't mean that DCM-type people should stop taking a turn making coffee in their home group. *Everyone gets a chance when we practice Rotation of Service.*

Rob G

Letting Others Learn

I'm truly all for the spirit of rotation. It's a very important and big part of the fellowship of AA. The spirit of rotation is like teaching a person how to drive a car. You can tell the person what the gas and brake pedals are for, but unless you put that person in the driver's seat, they will not learn very much about how to operate the car, or to get a feel of the car.

It's the same with the spirit of rotation. We must let the person trying to learn how to drive get behind the wheel and learn as we have learned. In the fellowship of AA we must move out of the driver's seat and let the new driver learn how to navigate the car. We must step down so the other person can step up. In our addiction of alcohol, we thought that we were always in charge of our lives and we were not. We cannot get hung up on any power trips in recovery. It's very important for the new comer and others in the fellowship to have a chance to serve... because they are the most important person just coming in the rooms of AA. Without the spirit of rotation, the fellowship would be a big mess.

Wayne W.

SPIRIT OF ROTATION

This is a great topic to address! It seems as if it is an ongoing issue with many home groups. When I found my first home group, I met the secretary, treasurer and a fine list of other service providers within that group. Each year, they had elections. Low and behold the same people just switched positions. Eventually, it was time for me to step up. But there was no way I was getting my foot in the door in a service position. I stayed with the group that year, and the same thing happened. I left for a new home group—and they only had a few members. The Secretary was "finally" able to get me into service by "appointing" me. I loved that position, but it looked as if I was to have it for life! I attend many meetings and rotation doesn't seem to be an issue. No, the same people held the same position each time. Newcomers want to get involved!

Take a look at your home groups to see if they are rotating on a yearly/ bi-yearly basis. This may be the first step for the newcomer to feel "trusted" again.

What a wonderful feeling that is!

Maresa S.,

Dr Bob's story of the AA Camel

Dr Bob, physician, and a cofounder of Alcoholics Anonymous -- "...would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. 'It's the same with prayer,' Dr. Bob said. 'We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day.'"

Dr. Bob and the Good Oldtimers (1980),



RESPONSIBLE PLEDGE

I AM RESPONSIBLE



Submitted by Karlee

HEARD AT A MEETING:
IT'S HARD TO BE A **BIG SHOT** IN AN
ANONYMOUS PROGRAM.

Edwin Throckmorton Thatcher (1896-1966), more commonly known as "Ebby" is credited as Bill Wilson's sponsor, which is the way that Bill Wilson himself referred to Ebby on numerous occasions. Within A.A.'s circles Ebby, sober at that time as a result of Oxford Group involvement, calling on Bill in 1934, is the prototypical "Twelfth Stepper." This is, of course, before there were the Twelve Steps. Bill was still drinking but his friend's obvious sobriety and happiness, despite the fact he had achieved it through "religious experience," a curse to Bill at the time, was a powerful attraction to Bill who was deeply unhappy.

Subsequently, Bill spent time with Ebby, meeting Rev. Sam Shoemaker, and attending the separate Calvary Mission meetings which ministered to the homeless and where Bill, drunk, "stepped forward" and "testified." This really was his first spiritual experience and Bill noted that it had an effect on him, at least in the short run.

When soon thereafter in December of 1934 Bill was hospitalized again in Towns Hospital and had his dramatic spiritual experience it appears to have been Ebby who gave him a copy of William James' Varieties of Religious Experience, one of many source for the development of A.A.

Ebby was the messenger from the Oxford Group, the man who showed Bill sobriety was a possibility, the man who introduced him to Sam Shoemaker and William James. But in reality Ebby, who Bill did regard as his sponsor, was a looming presence until his death in 1966, an example of something that many appear to wish to forget: that alcoholism is a chronic illness characterized by relapse and that many people have periods of sobriety and active illness despite being exposed to the A.A. message.

Ebby T: Messenger, Twelve Stepper, Sponsor, Chronic Relapser



Further, that although the explanation for relapse within A.A. is that the relapsing person "Did not follow instructions." or "Did not work the Steps properly," the facts are that relapse is an exacerbation in a chronic illness.

Multiple relapses were the course of Ebby's alcoholism and it's easy to see why the "rest of his story" has aspects of scandal and anxiety within A.A. circles. First within A.A. there are individuals who believe that they "know the answer" about staying sober, this "answer" is often associated with a strongly orthodox religious viewpoint despite A.A.'s best institutional efforts to rebut this approach. These dogmatists strongly suggest that if only people did A.A. this or that way, they would never drink again. Thus relapse is a result of not "doing" A.A. the way that these individuals demand. Ebby is then a prime example of this. Alternatively, relapse is a frightening thing for recovering alcoholics. If a person who appears to be following an A.A. way of life can drink again then no one is really "safe". While Ebby is important for helping Bill become sober, his complete story is also important because it elaborates the complete story of alcoholism. Many people who follow an A.A. program are able to establish permanent sobriety. Some others are not so fortunate.

Ebby's life story shows that continued efforts to openly discuss and understand relapse are desirable and should be encouraged. They also remind us that sobriety is a daily affair not always measured in permanent abstinence.

Ebby died in 1966, spent the last two years of his life completely sober.

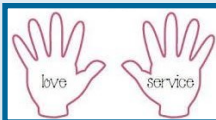
It was March 2020, I just came home from the hospital and a physical rehab facility. I was alone and scared with 45 years of sobriety and a full box of AA power tools. I was unaware of covid. I didn't know if my pacemaker would quit again and I would pass out, injure myself. My vision now impaired no longer able to drive. I was losing contact with fellow members of AA here in Florida. I called my Jersey AA buddies and they told me about Zoom, online meetings. It was being home, I got on a meeting in New Jersey with friends I had known and kept in touch with, 14 years I had moved to Florida. I was home!

Zoom saved my life, thank God. Zoom walked me thru my fears, my loneliness, it got me on my regular path of meetings which I had never stopped in my years of sobriety. I met new friends and because of that connection I had some visit me here in Florida. I became active on zoom, taking commitments. I was alive again!

I sharpened up the old tools and am receiving new ones to work my program. I have friends in that care for each other, a bond that will never be broken. In June 2022, I went home to New Jersey for the purpose to meet the Zoomer Boomers, (we nicknamed newcomers) and we met, embraced, broke bread, went to meetings, and sealed our bond. They came from different areas. I am grateful!

So grateful that I am the King's Kid.

D.B.



Recovery

As I understand it, "recovery" is an active change in our ideas and attitudes, not some abstemious concept. Recovery requires work. The constant practicing of placing priority over personality, priority before principle, and priority over self-pity, fear, dishonesty, and closemindedness. I constantly had to ask the question: how could I expect this program of recovery to work for me if my mind and body are still clouded by the desire to drink? I had to stop using before I could actually benefit for my recovery efforts. Not long after I conceded to my innermost self that I was powerless over my addiction, I realized I had entered into a phase beginning a new life in "recovery." My need for alcohol had been lifted from both my mind and body. As a direct result, I've been living in recovery without alcohol, and the mind that was associated with alcohol, for 32 years and counting. I took the 12 Steps suggested to me by Alcoholics Anonymous!

Lamont B

As Bill Sees It

Quantity or Quality

"About this slip business-I would not be too discouraged. I think you are suffering a great deal from a needless guilt. For some reason or other, the Lord has laid out tougher paths for some of us, and I guess you are treading one of them. God is not asking us to be successful. He is only asking us to try to be. That, you surely are doing, and have been doing. So I would not stay away from A.A. through any feeling of discouragement or shame. It's just the place you should be. Why don't you try just as a member? You don't have to carry the whole A.A. on your back, you know!

"Above all, take it one day at a time."- As Bill Sees It, page 11



"Half measures availed us nothing. We stood at the turning point."

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DO YOU HAVE A STORY YOU WOULD LIKE TO SHARE? SEND AN EMAIL TO: NEWSLETTER@CAIGRP.ORG

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.

Sponsor Love

Y R E V O C E R P W P R U P S J Z
 B W E E S N O P S M E U S U O F M
 I Y M Z V U O I I H X N P O J N L
 F E W K P B K L T H Y K E R T K H
 Z J W Y S Q I E L X D I A G R P C
 N N H I K L G F O Y G Y K E A G N
 N A Q V S O Z G V A A W E M D E U
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 A T S W K U R M M H K S E Q I N J
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 R D S E R E N I T Y T N W H E F Z
 I O E G A R U O C Z I E T P O F H
 P A C I Q O E C N T A S S Y Z P Z
 S T X A C T O Q O C F T M Z W V E

wisdom
Meetings
Hope
Concepts
Sponsee

courage
Together
Spiritual
Twelve
Recovery

serenity
Speaker
Traditions
Steps
Love

Honest
Faith
AA
Home Group
Sponsor

What is an AA sponsor?

The help and guidance of an AA sponsor is a vital part of your recovery work. He or she is someone of the same gender who has been in recovery for over a year already, has been guided by a sponsor in working the 12 Steps. People select an A.A. member with whom they can feel comfortable, someone with whom we can talk freely and confidentially, and that lives the program...sobriety in action.

For further information, read the official A.A. Questions and Answers on Sponsorship (PDF). The pamphlet describes uses shared A.A. experience to answer 34 questions likely to be asked by persons seeking sponsors, persons wanting to be sponsors.



**SAVE THE DATE
WAVES
ROUNDUP**

11/17

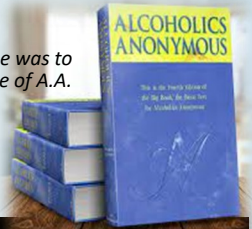
11/18

11/19



About the Big Book

Alcoholics Anonymous, also known as the "Big Book," presents the A.A. program for recovery from alcoholism. First published in 1939, its purpose was to show other alcoholics how the first 100 people of A.A. got sober. Now translated into over 70 languages, it is still considered A.A.'s basic text.



love + SERVICE

NEW OFFICE

New ADDRESS

Steering Panel Committee

THE INTERGROUP PANEL AND COMMITTEE MEMBERS MEET 2ND WEDNESDAY OF EVERY MONTH . ATTENDANCE AT THIS MEETING IS ALSO AVAILABLE VIRTUAL ID 542 744 809

Business Meeting

3RD WEDNESDAY OF EVERY MONTH, AT 7:30PM. ATTENDANCE AT THIS MEETING IS ALSO AVAILABLE VIRTUAL ID 164 233 922

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