



NOVEMBER ELECTION FOR 2024 INTER-GROUP

MORE INFO GO TO PAGE 2

M O V E

I read somewhere that AA is a program of action. You can't stay sober sitting on your butt. Chapter 6 in the Big Book tells us; "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." I have found that to be 100% true.

At 3 years sober I was attending tons of meetings. Different types of meetings in different areas. I was doing suggested service in these meetings like: set up, making coffee, greeting, even chairing when asked. Always one to get my hand up to share, thought I was really rocking the AA program and confident in my ability to stay sober.

But I was getting bored, stagnant, going through the motions. I had done the steps TWICE, with two different sponsors. Something was missing, felt empty. I remember saying in a meeting one night that I was contemplating giving up AA. "Who needs this?? I believed I could stay sober without the AA fellowship. One of the "Elders" pulled me aside after that meeting, thank God for those who came before us. Told me I was treading on thin ice. There were 3 C's that would lead me right back to a drink and they were: acting Cocky, getting too Comfortable and being Complacent. He also advised that I may be doing all 3!!! His strong suggestion: " **Don't Quit!!! Get MORE involved!!!**" I was clueless. How was I supposed to be more involved than I already was?

Well, I was instructed to get my butt to an Inter-Group Meeting. I didn't even know what that was!! Right on the front of my tattered meeting list was an address, so I went. I knew that first meeting I was right where I was supposed to be. The same emotion I felt walking into my first AA meeting. Not only was I made to feel welcomed and "a part of ", they put me to work right then.

The opportunities for service are endless. Parties to plan, commitments to fill, literature to sell and phones to answer! That was years ago and I still love it as much as that first year. I've been able to work with many of the committees, chairing some and assisting others. It is so rewarding and FUN!!!! I've found when I'm freely giving of myself the positive effect can be felt all around, it's a joyous thing! All the things I've learned, and the connections I have made, have given my sober journey so much more meaning today. And the horizon is broad. If I ever feel that my job is done the here in Inter-Group level there is always Area 45 always looking for volunteers. Today, I have a clearer understanding of my role, and my responsibilities in AA.

Service has taught me to

M O V E

M—be the MASTER of my life. Find my focus

O—to OPEN myself to relationships with one another and my higher power

V—to find VALUE in what is important to me.

E—EMBRACE the Endorphins.

When you do the right thing,

your endorphins kick in and create this overall feeling of GOOD!

And if you feel good you do good. You know what?? I like that feeling!!!

Yours in continued service,
Dawn I

- 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
- Little Egg Harbor Twp
- 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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1418 NEW RD.
SUITE 4
NORTHFIELD, NJ
08225

Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.
Into Action / page 76

From a Member



I think of the first three Steps in AA as: I can't. (Step One). God can! (Step Two). I have decided to ask Him to help me. (Step Three). I no longer consider that saying the Third Step Prayer was when I decided to turn my will and my life over to the care of God. It is obvious that my decision to do so had to come before.

My decision to ask for God's help was made, according to the Big Book, at the bottom paragraph on page 62: "Next, we decided that hereafter in this drama of life, God was to be our Director." The asking took place when I prayed the Third Step Prayer on page 63. But my decision was well thought out before asking God for help through that prayer.

I believe this distinction is important because we are told: "We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him." Time to think well between the decision and the prayer is important.

It would be tempting to haphazardly repeat this watershed prayer, denying the process of its needed substance and weight. Personally, having several months of sobriety before this sequence, I had already made a sincere decision before praying this prayer with a sponsor. We are told: "The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation." (p. 63)

My sponsor had me read each sentence of the prayer separately and use my own words to explain what it meant to me. When finished, we both prayed the Third Step Prayer verbatim. I was immediately launched into the following Steps and have not had to drink since.

By Bob S.

A PROFOUND CHANGE OF PERCEPTION

A Spiritual Awakening at its Best Years before I came to Alcoholics Anonymous I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try A.A. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others. Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options I came to A.A. sincerely looking for answers. The denial within me was gone. My mind was open and for the first time in my life I was desperate and I was listening. At my first A.A. meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly that had been taboo up until then. Prior to that, everything in my life was a façade.

At that moment on October 15, 1969, my perception of the world had changed and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception. In appendices 2, in the Big Book, it describes a man who had "undergone a profound alteration in his reaction to life."

I began to question all of the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the value systems that I had learned as a child, at church and at the Boy Scout meetings, etc. was lost in the dust, and was replaced with guilt and

shame. I was in trouble when I violated my own value system. I now realize that, I wasn't a bad kid but I was a kid that wasn't strong enough to do the things I knew to be right.

The more I broke the rules, the easier it became and moral standards were meaningless. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of Alcoholics Anonymous. Once I had that change of perception I knew what to do. It may be as simple as trying to stop doing the things that I regret but the key to it all is being honest with myself, and never going back to my old way of thinking. I said that I was fortunate to have survived those last few years of drinking and that I came to A.A. looking for answers. Being desperate enough to ask for help was the most important part of that experience. I don't believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have sincerely surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening.

Getting off in the right direction from the start was very important to any success I've had in A.A. I know that I only live once and I don't want to waste one moment of the precious life God gave me.

Today, as I continue to practice all of the things I've learned in A.A., it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.

- Rick R

**WHO CAN VOTE? IGR/ INTER- GROUP REPRESENTATIVES
OR ALTERNATE REP FOR GROUP**

**WHERE CAN I VOTE?
INTER-GROUP BUSINESS MEETING**

**1418 NEW RD.
SUITE 4
NORTHFIELD, NJ 08225**

**WHEN IS THE VOTE? NOVEMBER 15TH, 2024
CHECK OUT LAST PAGE FOR WHO YOU CAN VOTE FOR?**

HEARD @ MEETING

"If only closed minds came with closed mouths."

PROHIBITION

What is Prohibition?

Prohibition was a nationwide ban on the sale and import of alcoholic beverages that lasted from 1920 to 1933. Prohibition, legal prevention of the manufacture, sale, and transportation of alcoholic beverages in the United States under the terms of the Eighteenth Amendment.

Why did Prohibition happen?

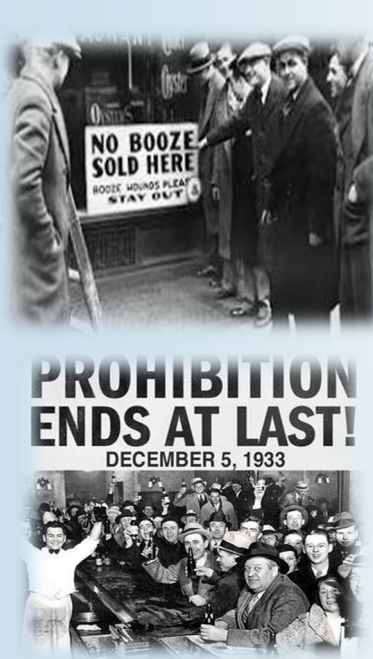
Prohibition was enacted to protect individuals and families from the "scourge of drunkenness." However, it had unintended consequences including: a rise in organized crime associated with the illegal production and sale of alcohol, an increase in smuggling, and a decline in tax revenue.

What caused Prohibition in 1920?

Constitutional prohibition in the U.S. took place from 1920 to 1933 and was enacted ostensibly as a response to pre-existing social issues like domestic violence and child abandonment whose presumed cause was alcohol.

What ended Prohibition?

Constitutional Amendments – Amendment 21 – "Repeal of Prohibition" Amendment Twenty-one to the Constitution was ratified on December 5, 1933. It retracted the previous Eighteenth Amendment



PROHIBITION ENDS AT LAST!
DECEMBER 5, 1933

When

I was drinking, and then when I was newly sober, I would hear about people doing kind things, being of service, etc., and I would think things like "Why would anyone want to do that?" I certainly liked the idea of being well thought of, and I was always happy to position myself to look like a nice person, but internally I had no connection between the kind act and the transformation of the spirit.

But after the fog lifted, and I thawed (so, so slowly!) I took AA's advice to heart, that it didn't matter how I felt, or if the action made sense to me, that I would just do it anyway.

And it was then that I got it.

There is something... right... about being of service. On a very fundamental, nearly physical level, I got it. I understand why people are puzzled or too afraid or shut down to be actively kind and helpful on a daily basis -- and certainly "no one among us has been able to maintain anything like perfect adherence to these principles. We are not saints." -- but when you do the work, the result will amaze.

Ryan J

"It works. It really does."

I can lead the meeting blah blah blah.

I can share at meetings blah blah blah.

I can Speak at meetings blah blah blah.

(or blah blah Conferences blah blah blah.)

I can write and write and write blah blah blah.

And all that blah blah can certainly be good and worthwhile and helpful.

But if I want a powerful, vibrant connection with the spirituality I blah blah about then the recipe for that is clear: Self sacrifice and unselfish, constructive ACTION.

When I first showed up in AA they told me that I couldn't think myself into right action, I had to act myself into right thinking.

That principle applies to my faith as well. I can't talk myself into a conscious contact with a power greater than myself, I can only act myself into it. I must act like an unselfish person would act. I must act like a person who sacrifices their own convenience and time and energy to be helpful to others. And when I do, my faith comes alive. My faith becomes vital.

(Worth repeating: Willingness does not mean "want to.")

I'll be honest with you, kids, I was really hoping I could find a loophole around this one, since some days I would much prefer to talk about it than do it, but twenty-seven years in this is still the only equation that works.

Or, as it says elsewhere in the Big Book:

"It works. It really does."

Julie P.

Cape Atlantic Intergroup deeply appreciates the contributions it receives from groups and individual A.A.s., but please know that we need your continued support and help. Please support with your Seventh Tradition contributions, so that CAIG can remain open and continue to serve our community with A.A.'s primary purpose.

"Self-support begins with me because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. Literature.

We support our central office, our area committee, and our General Service Office.

If it were not for those entities, many new people would never discover the miracles of A.A."*

*Reprinted from Self-Support: Where Money and Spirituality Mix, page 5,



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Visit Our Web Site

capeatlanticaa.org

**NOVEMBER
ELECTIONS ARE HERE
VOTE FOR:**

- CHAIRPERSON
- VICE CHAIR
- RECORDING SECRETARY
- CORRESPONDING SECRETARY
- TREASURER
- ASSISTANT TREASURER
- TRUSTEE



November 15th

V
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“We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.”



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.

ALL ARE WELCOME!

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

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 .

Intergroup Reps attend this meeting

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

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

CAIG

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PASS IT ON