

Cape Atlantic Intergroup Minutes
CAIG BUSINESS MEETING MINUTES
January 17th, 2024 Intergroup Meeting

CAPE ATLANTIC INTERGROUP OFFICE
 1418 New Rd. Suite 4
 Northfield, NJ 08225

Phone: (609) 641-8855

Date and Starting:

The meeting began Wednesday, January 17th, 2024 at 7:31 PM

Open with Serenity Prayer:

A moment of silence calling to bring your Higher Power into you and followed by the Serenity Prayer led by Dawn I., Chairperson led this prayer.

Roll Call (Recording Secretary):

OFFICERS Positions	Names	Present
Chairperson	Dawn I.	Yes
Vice Chair	Michelle S.	Yes
Recording Secretary	Megan V.	Yes
Corresponding Secretary	Amber M.	Yes
Acting Treasurer	Tina R.	Yes
Literature Treasurer	Shirl R.	Yes
Trustee	Donna S.	Yes

COMMITTEE Positions	Names	Present
Archives	OPEN	
Budget and Finance	Peg	Yes
CAYPAA	Caroline/Hunter	Yes
Hospitality	Deb U.	Yes
H and I	Barb M./Christian	Yes

Literature	Kate D.	Yes
Newsletter	OPEN	
Office Manager	Lucia/Lori	Yes
Phones	Jen H..	Yes
PI/CPC	Rob H.	Yes
Policy and Structure	Doug G.	Yes
Round Up	Mike C.	Yes
Technology	Andrew V.	Yes
Unity	Karen N.	Yes
Website	OPEN	
Workshops	Marcine	

Quorum:

Intergroup Representatives	Headcount (In Person/Online)
Regular	20
Alternates	2
Total	22

Area 45 Report:

Good evening Cape Atlantic Intergroup! My name is Joe and I am an alcoholic. I have the honor and privilege to serve as the Area 45 Alternated Delegate and liaison between Intergroup and General Service. I duty I will do with great earnest and a compassionate heart. Since only being in role for 3 days now, I am going to provide both dates to watch and potential updates to come down the pike.

- NERAASA 2024 will be held from February 22nd to February 24th in Hershey, PA. So if you like candy and love service, be sure to visit <https://www.neraasa.org/register/> and get registered.

- Area 45 is offering a scholarship of up to \$250 in expenses so you can go to NERAASA. If you are interested, please e-mail me at altdelegate@snjaa.org and I will get you in touch with Kerry K.
- Area 45 Convention will be held March 15th to March 17th at the Claridge Hotel in Atlantic City. If you would like to attend, please go to <https://area45convention.org/>
- Area 45 Mini Conference dates: Saturday April 6th (Virtual) Sunday April 7th (In Person)-Flyer to Follow
- General Service Proposed Agenda Items have not been confirmed as of yet. However, Wendy and I have been in discussion and will certainly keep you abreast of what will be presented at the Mini-Conference
- Area Inventory and Day of Sharing (Hosted by Cape Atlantic Intergroup) will soon be in the planning for September and October, respectively

Above all, I am really looking forward to working with everyone and becoming a part of the Cape Atlantic Intergroup Family.

Here is the link to the survey: <https://forms.gle/F1P3Zw8pv7gqD9Qq7>

If you have any questions or comments, always feel free to call, text, or email. My contact information is below:

E-Mail-Altdelegate@snjaa.org

Phone-609-705-1284

New Representatives: Four new representatives – Carolyn, Trudgers; Mark, Rule 62; Anna, Sober with Pride; and Dan, Stage Coach.

Anniversaries: Mark, 5 months; Jerry, 1 year; Anna, 8 months; Christian, 5 years; Jim, 3 years; Milton C., 43 years; Nick, 7 years; Donald R., 30 years; Jenn H., 27 years.

Announcements:

Opening Prayer: Rich read the 2nd Step Prayer

Tradition Reading: Lori B. read Tradition One.

Chairperson Opening Remarks: Thank you to everyone in attendance whether you are in person or virtually, your participation is vital to the success of Cape Atlantic Intergroup. If you are an Intergroup Representative, please be sure to sign in, the sign in sheet is at the door right next to the agenda, which everyone should have picked up on their way in. Please make sure that you write clearly and accurately to ensure that you receive the minutes in a timely manner and guarantee certainty during elections, and we will be doing some voting tonight. All Panel and Committee Members, please give your Reports at the microphone so all in attendance, virtually or in person can hear you. We will hold all questions and comments until the end of the Reports

are completed. Please do not talk over one another, please try to keep your conversation in the gally to a minimum.

Presentation of last month’s Business Meeting Minutes (Recording Secretary) (Megan V.):

Did everyone receive last month’s Business Meeting Minutes; may I have a motion to approve the Minutes as presented? Motion to approve was made from the floor, a vote was taken and Minutes from November were unanimously approved.

Officer Reports:

<u>Position/Name</u>	
Chairperson – Dawn I.	<p>Hello and Happy New Year!</p> <p>I am so excited to begin this two-year panel with the new panel & committee chairs. I would like to strongly recommend that all chairs find a co-chair to share the load. There may be meetings/events/commitments you cannot attend or fulfill. Having a co-chair not only insures your responsibilities are met but helps prepare someone to possibly step into the position at the end of the panel. Please inform Michelle or myself when you have selected your co-chair. The email address list has been updated so be sure to check email and spam folder regularly to see if anyone is trying to reach you. Please be aware that your trusted Recording Secretary will remind you of each month’s steering meeting and your responsibility to submit a report. This report should include an update on what your committee has been working on or has planned for upcoming events.</p> <p>If you have nothing to report you MUST still submit your report stating: Nothing to Report. This is very important. It is vital to help prepare the agenda for that month’s Business meeting.</p> <p>I had the pleasure of attending the NYE Party. Great job Karen and her team!!</p> <p>I’ve got some suggestions and ideas for the near future that I will discuss in new business.</p> <p>Thanks for the opportunity to serve you</p>
Vice Chair – Michelle S.	<p>Service Keeps me sober, thank you for allowing me to be here. I am very impressed by those early in recovery who are here and being of service, it will definitely keep you sober.</p> <p>I did attend the NYE’s Party, Karen and I had a lot of fun, we were educating each other along the way. I didn’t hear a complaint, we had about 150 people.</p> <p>Chaired my first Steering Committee Meeting last week, those Minutes were sent out along with the Agenda for tonight. If you read through those Minutes and look at the Agenda, you will be better prepared to attend the Business Meetings, you can come with questions and proposals, and think through your vote.</p> <p>Please if you have any questions, come to Dawn or I, if we do not have the answer we will find the answer. Steering Committee is smaller, it is open to all.</p> <p>The Committee and Panel is almost full, Years ago we had a lot of vacancies, so it is good to see we are seeing folks step up, participate and have a say for your groups.</p> <p>I am grateful to be here.</p>
Recording Secretary – Megan	<p>Good evening, thank you for allowing me to be of service, as Michelle says, being of service keeps me sober!</p> <p>Grateful to have kicked off 2024 like only sober people can at Our Lady of Sorrows, thank you Karen N. and all those who contributed for a really great evening and send off of 2023!</p> <p>Carolyn M. sent me a couple of emails, I began exploring the QR Code setup and scanning – I am sorry, I love you all but it was really difficult to decipher the</p>

	<p>handwriting. Please let me know if you have any questions.</p> <p>Other than that, all is well and holding steady. I am so looking forward to the good stuff in the upcoming year!</p>
<p>Corresponding Secretary – Amber</p>	<p>I had the pleasure of attending the New Year's Eve Bash at Our Lady of Sorrows and it was absolutely wonderful, just like last year! I plan to bring my hubby and son with me to the next one, and get out on the dance floor! The food was amazing and I enjoyed both of the speakers, one of whom was our Donna S.! Thank you Karen N. for a wonderful event!</p> <p>Then on January 6th, I was able to hear Donna S. share again along with Ken T. on the topic of Service at the District 16 & 17 Joy of Living Speaker Meeting/Pizza Party right here in this room. I am so grateful for this office space, and grateful for the opportunity to be here sober with you all, learning about service by doing service.</p> <p>I reached out to the new Area 45 Registrar, Jean W. via email requesting a list of contact info for the AA Groups in CAIG so that we might extend an invitation to those Groups which have had low or no attendance. I will be working on a draft of this letter in the coming weeks.</p> <p>I have sent out 7 letters since we met last month. Looking forward to continuing to work with our new panel of awesome ladies!</p> <p>Lastly, I would like to announce that anybody who is interested in being my Corresponding Secretary Co-Chair, or learning more about what that means, please see me after the meeting. I currently don't have anyone in mind and would like to put the word out so that anyone who is interested might have a chance to step up.</p> <p>Thank you for letting me serve!</p> <p>Amber Morris CAIG Corresponding Sec. (732)267-8716</p>

Treasurer – Tina R.

1/10/2024		CAIG Treasurer's Monthly I&E Statement		v		Updated =====> 1/10/2024	
OA Balance:						\$47,211.82	
	<u>Date</u>	<u>Amount</u>	<u>Description</u>	<u>Comments</u>			
Deposits:							
				191.75	ROUND UP		
				1,953.00	GROUP DON		
				464.75	LITERATURE		
				2.47	INTEREST		
						\$2,611.97	
INTEREST	12/29/23	\$ 0.26	INTEREST				
INTEREST	11/30/23	\$ 0.26	INTEREST				
LITERATURE DEP	11/25/23	\$ 464.75	LIT SALES				
OPERATING DEPOSIT							
	12/21/23	\$ 753.00	GROUP DONATIONS				
	12/26/23	\$ 161.75	ROUND UP				
	01/04/24	\$ 1,200.00	GROUP DONATIONS				
	01/04/24	\$ 30.00	ROUND UP				
	01/05/24	\$ 1.95	INTEREST				
Total:		\$ 2,611.97					
Expenses: Paid by..							
OPERATING							
				0.00	LITERATURE		
				1,998.67	OFFICE EXP		
				653.48	ROUND UP		
				1,080.75	NYE DANCE		
Total:		\$3,732.90					
	12/14/23	\$4.16	CASH DEPOSIT FEE				
	12/14/23	\$105.48	KAT L - ROUND UP				
	12/16/23	\$90.00	QUICK BOOKS ONLINE				
	12/19/23	\$250.00	SHIRL R. ROUND UP				
	12/21/23	\$1,080.75	COLUMBIA- NYE DANCE				
	01/02/23	\$39.95	ACCESS DIRECT - HOT LINE				
	01/02/24	\$18.50	COMPUTER HOUSE- DOMAIN				
	01/03/24	\$1,600.00	RENT				
	01/04/24	\$298.00	DAWN I. ROUND UP				
	01/04/24	\$72.00	DAWN - CORRESPONDENCE				
	01/04/24	\$27.85	VERIZON -PHONES				
	01/08/24	\$93.40	SJ GAS				
	01/08/24	\$52.81	AC ELECTRIC				
Total:		\$3,732.90					
Ahead (+) Behind (-) Budget		----->				-\$1,120.93	
Account Balances:		01/10/24					
Operating Account Balance (874):						\$47,211.82	
Literature Account Balance (896):						\$6,425.60	
Prudent Reserve in CDs:						\$30,007.04	
PayPal #1 Balance:						\$0.00	
PayPal #2 Roundup Balance:						\$0.00	
Total						\$83,644.46	

Literature Treasurer – Shirl R.

I am excited and looking forward to serving in this new capacity as the Literature Treasurer. I obtained a Quickbooks account from Tina and met with Jess at the office on 12/28. I have the Visa card, but it is still in Jess' name.
I ask that everyone be patient with me as I learn the duties of my new role.
Thanks for letting me be of service!
Shirl R

Trustee – Donna S.

Happy New Year all, I had a great time at the New Year's Dance. I am looking forward to the New Year as well and serving as the CAIG Trustee. I Attended the District 16 and 17 Workshop – it was excellent – it was on my favorite topic --- SERVICE. Thank you for allowing me to be of service.
Donna S. – CAIG Trustee

Committee Chair Reports:

<u>Position/Name</u>	
Archives	Open
Budget and Finance	Hi my name is Peg and I am a alcoholic. I was in service in Phoenix Arizona in early recovery, I have not really done a lot of service since I moved here. I was moved to stand for this position and look forward to being involved. I feel this will be good for me and hope to bring value to the position and group.
CAYPAA	CAYPAA had a great end of the year event, we had a woman CAYPAA business meeting 1/03 11 voting members Excited to begin this New Year with our new committee!! Discussed goals and objectives for this coming year. Committee voted on a proposed new budget for 2024 as well as getting ahead of planned events for this year. Next business meeting is 2/07 where we hope to bring in some more new members as we've increased our outreaching. Yours in service, Caroline Stavros
Hospitality	I want to thank everyone for the opportunity to be the new Hospitality Chairperson. At this time I have nothing to report. I look forward to learning the ropes and to serve at this level of Alcoholics Anonymous.
H and I	Christian: I am happy to be here, Barb is out sick and here is her report: Christian is going to be at the business meeting to do the H&I picks, but can you read the report from the steering meeting and add this? John Brooks has reopened for H&I, however COVID is in the rise in our area. Please, please, please be sure to put your contact details in the sign in sheet. It makes it a LOT easier to reach you for if any of the commitments have to cancel their days/times due to COVID or anything else. I will reach out to you personally if there needs to be any cancellations and/or changes in the H&I that you will have. Barb is very organized and I am the guy who steps in and gets fired out of the canon. I am figuring it out as I go along.
Literature	I am Kate and an alcoholic. Shirl and I have been working together, we are going to start doing an inventory next week, we have new meeting lists on order, so we will keep you posted as we go along. Thank you for letting me serve, I am excited to be here.
Newsletter	Open
Office Manager	Lucia and Lori: Me and Lori are more like one person. We are really trying to look around, understand what the office needs, where things are and what our role needs to look like. We need a copier, try to create a structure around the maintenance of the office, people coming in and going out.
Phones	I'm an alcoholic and my name is Jenn Heller. I have the honor of serving the Cape Atlantic Intergroup as the phone chair for this panel. I wanted to introduce myself to all the phone volunteers and thank you for your service. My contact information is:

	<p>Jenn Heller gratefuljenn@gmail.com 609.224.4411</p> <p>Below are some links / resources that will help you with your commitment:</p> <p>CALL LOG Here is the link to submit your call information. https://capeatlanticaa.org/log-sheet-hotline/</p> <p>LANGUAGES Callers looking for a meeting in another language, can use the WORLDWIDE meeting list to find an ONLINE meeting. The link is on the intergroup website homepage. AA Online Intergroup's site: https://aa-intergroup.org/meetings/</p> <p>SUICIDE If the caller expresses suicide thoughts, Direct the caller to the hotline staffed with trained professionals. Suicide Hotline 800-273-8255</p> <p>HANDBOOK This handbook gives instructions on protecting your anonymity, resources for those calling for information on treatment centers, how to help a caller find a meeting using the meeting guide app, all of the phone numbers to all of the counties / intergroups in NJ. https://capeatlanticaa.org/wp-content/uploads/2023/06/2023-Hotline-Instructions.pdf</p> <p>If you need to make a change to your service commitment please let me know so I can update the system.</p> <p>If you have any thoughts or suggestions on ways to improve our committee please reach out.</p> <p>In Love & Service Jenn</p>
PI/CPC	<p>I am Rob, I am an alcoholic. I have been working on IDRC commitments, I have openings – 1/25/2024, 2/15/2024 and 2/29/2024. If anyone is interested come speak to me for Atlantic County to fill those dates. We are going to start doing Cape May County next month on a Saturday, once a month, the time is up in the air.</p> <p>I have been working with Scott from Bridging the Gap, which pairs people leaving rehab or institutions with an “mentor” type individual to show them the ropes when they get out. I have contacted the rehabs to tell them about this resource, present to them and their clients, to spread the word. So far, I am John Brooks, Enlightened Solutions, Pyramid and etc. to do a presentation, the three of them. So hopefully getting more newcomers walking in the door. It is exciting.</p>
Policy and Structure	<p>We are looking to have a CAIG inventory in the near future. Thanks to Dawn and Carolyn for providing some readings for me to look over for some ideas on how to conduct this inventory. Included was an outline for our last Intergroup inventory in 2013. We are definitely overdue. We will be discussing this more at our next Steering Committee meeting. I am open to any suggestions. What I'd really like to do is have an event that fulfills the purpose of the inventory, yet is appealing enough to attract a decent crowd.</p> <p>Thank you for allowing me to serve, Doug G</p>

	Policy and Structure
Round Up	I am Mike, I am your Round Up Chair. I have almost all of the committee positions filled. We are meeting with the Grand and other venues to see what is available to us and pricing etc. We are waiting for a proposal from the Grand. It was a great place and a lot of people liked it there. We will be holding the meetings on the first Wednesday of the month at 7:30 pm. Rob S. is my co-chair who was the Literature Chair last year. The Round Up at the Grand was expensive, we are looking to keep the costs down to help target the Newcomer! Kat, I am coming after you for Graphics!
Technology	Andrew V. I am alcoholic, I am happy to be here and look forward to being of service, you all are going to help me stay sober.
Unity	I am Karen and an alcoholic, the NYE party, I was at that party, I am glad that everyone had a great time at the party. I was not prepared and grateful that Michelle S. was there to support me. I did not have a committee or a co-chair, I was flying by the seat of my pants. We had a good turn out, we only had ham and beans left, which was sent to a recovery house. The final numbers - \$2,4010 was brought in, \$1,078.99 for supplies (we have extra so less of an expense next year), \$2,160 for food, so we came out negative \$828.99. I don't like that. So we will make adjustments for next year. Thank you for letting me serve.
Website	The website has a committee of two people who will continue to keep the site information up to date while keeping the position of Website Chairperson open for the next member interested in the position. Both of the website committee members are able to update meetings, add events and business meeting items to the website. In December, the committee created new emails for the incoming steering panel and committee chairs. A pop-up add was used to make a quick notice about the storms and flooding possibly closing meetings like ACYP. Anyone interested in learning about the webchair position can email the Intergroup Chairperson for more information.
Workshops	NOT AVAILABLE.

Questions/Comments concerning Reports:

- **Area Accessibility Committee is meeting on January 18, 7-8 pm, I have the Zoom ID and passcode if anyone is interested.**
- **If you volunteer to be an alternate to a Chair of a Committee do you lose your IGR status and voting, the answer was “No”.**
- **Are we to let people know at our regular meetings about the daytime Rehab Commitments. Contact Barb, our H&I Committee Chair. All panel chairs have email addresses on the website.**

Old Business:

Day of Sharing Takeaways - Tabled until able to discuss in Steering.

Copier – Lucia and Michelle will be working together to identify the pros and cons of buying or leasing of a copier for the office.

Daytime Rehab Commitments – Available individuals – Barb will be developing a flyer to be circulated on the website and to groups. Two commitments Wednesday, 1st and 3rd in Atlantic Preventative Resources at Noon. Address, phone number and etc.

Cape Atlantic Intergroup Inventory – Doug will be taking the lead and forming an Ad Hoc committee.

Daily Meditation Card is in development, they will be available at no charge.

NEW BUSINESS –

Transition Meeting – Old and New Committee Chairs – a meeting **Saturday, January 20 at 2 pm.**

Budgets – All Panel Chairs are being asked to reconcile and present proposed budgets for the upcoming 2024 year.

Reminder:

Open Committee Chair Positions –

ARCHIVES - OPEN

NEWSLETTER – OPEN

WEBSITE - OPEN

H&I Commitments - [Required Readings](#)

February 2024 H&I Commitments

February 2024 H&I Commitments				Locations:
Sunday				Atlantic Preventive - 609-727-0964 1416 N. Main Street, Pleasantville Boca Recovery Center - 609-270-3068 30 W. Jimmie Leeds Road, Galloway Enlightened Solutions Detox - 833-443-5700 1501 N. Albany Ave, Atlantic City John Brooks Recovery Center - 609-345-0110 1455 Pinewood Blvd., Mays Landing Ocean Sober Living (WOMENS) - 609-335-9066 337 N. New York Rd. Smithville Pyramid Health care - 888-694-9996 600 S. White Horse Pike, Hammonton RCA Lighthouse - 609-782-0005 5034 Atlantic Ave, Mays Landing
Trudgers	Enlightened Solutions	7:00 PM		
SJ Newcomers	John Brooks Women	7:00 PM		
Primary Purpose	John Brooks Men	7:00 PM		
Monday				
Mays Landing	Boca Recovery	7:00 PM		
Ventor Seashore	John Brooks Women	7:00 PM		
Connect the Dots	John Brooks Men	7:00 PM		
Tuesday				
Stagecoach	Boca Recovery Center	7:00 PM		
Somers Point Group	Enlightened Solutions	7:00 PM		
Wednesday				
Dawn	Atlantic Preventive Resources	12 noon	1st and 3rd	
GMOC North	Ocean Sober Living	6:00 PM	Womens	
Design for Living	Atlantic Preventive Resources	7:00 PM	1st and 3rd	
Stone Harbor	Enlightened Solutions	7:00 PM		
Need to Change	John Brooks Mens	7:00 PM		
Email H&I if you're interested	John Brooks Detox	1:30 PM	1st & 3rd	
Thursday				
Young Mens	Boca Recovery Center	7:00 PM		
Fellowship of the Spirit	Pyramid Mens	7:00 PM		
SJ Newcomers	RCA Lighthouse	8:15 PM		
Friday				
Saturday				
ACYP	RCA Lighthouse	8:15 PM		

UPCOMING CAIG MEETINGS:

CAIG Steering Business Intergroup Meeting: Wednesday, February 14, 2023 at 7:30PM

CAPE ATLANTIC INTERGROUP OFFICE

1418 New Rd. Suite 4
Northfield, NJ 08225

All are welcome to attend this is not limited to officers or committee positions.
Those who cannot attend in person here is the zoom information.
Zoom ID # 542 744 809

CAIG Business Intergroup Meeting: Wednesday, February 21, 2023 at 7:30PM

CAPE ATLANTIC INTERGROUP OFFICE

1418 New Rd. Suite 4
Northfield, NJ 08225

All are welcome to attend this is not limited to officers or committee positions.
Those who cannot attend in person here is the zoom information.
Zoom ID # 164 233 922

Motion to Close – Motion to close came from the floor at 8:34 PM, followed by a second. Dawn I. lead the close with the Responsibility Pledge.