



In 1941, a news clipping was called to our attention by a New York member. In an obituary notice from a local paper, there appeared these words:

"God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference."

Never had we seen so much A.A. in so few words. With amazing speed, the Serenity Prayer came into general use. – For many years, I had the Serenity Prayer prominently displayed on my desk at work. It became a conversation piece at times, or an unexpected Twelfth Step call. For me, it was that simple prayer that brought me so much solace in the face of chaos, tragedy, or emotional blow -ups. I learned to slow this prayer down in my head to fully digest each powerful component.

It starts with "God," which reminds me that I have profound faith I can lean into for comfort. Then, we ask for "serenity," which tells us that we need to find peace. When we ask "to accept the things we cannot change," we are acknowledging that we have little or no control over people, places, and things. "Courage to change the things I can," is a polite way of admitting that we are better off not trying to change the outcome of everything, and to keep the focus on what we can change; ourselves, our actions, and our reactions. Lastly, "the wisdom to know the difference," reminds us that it may be best to ask God to direct our thoughts and actions.

The Serenity Prayer taught me the power of being able to hit the pause button before I sabotage myself (ISM) with hasty judgments or hurtful words. I am so thankful that the early AA pioneers adopted the Serenity Prayer into our program, and with it, they gave us an essential tool for a peaceful life.

Anonymous

What does AA give us?

First, AA taught me how to be a decent person and how to live a life inconceivably better than the one I had been living. It taught me how to form a connection with an amazing community of recovering alcoholics and a Higher Power of my own understanding. I learned that AA is a "we" program. We learn from each other, and we are here for each other.

Over the years, I've gotten to listen to members who offer hope when it seems like there's no hope. I've learned from those who share that humility is not humiliating and those who show us the futility of envy. I've listened to those who show gratitude in the face of deep loss, who give more than they take and who show how faith can overcome fear.

Fellow members have taught me how to pull myself off my pity-pot, demonstrate generosity in the face of personal poverty and appreciate the perpetual joy of practicing our Twelve Step principles. They have encouraged me to embrace the love in our Fellowship and become a more honest, kind and emotionally sober human being.

This has been my experience. Our sponsors lead us and our sponsees remind us. Newcomers inspire us and old-timers love us. We're here for each other. We lift each other up, we take this journey together. That's what we do. We're AA. What we've been given is a gift, and we've learned how to give it away.

Editor

"The Three Legacies of Alcoholics Anonymous"

"The liberals were the largest contingent and they had no objection to the use of the word 'God' throughout the [Big] book, but they were dead set against any other theological proposition. They would have nothing to do with doctrinal issues. Spirituality, yes. But religion, no, positively no. Most of our members, they pointed out, believed in some sort of deity. But when it came to theology we could not possibly agree among ourselves, so how could we write a book that contained any such matter? There was no such thing as group opinion in these areas and there never could be. Alcoholics who had tried the missions were forever complaining about this very thing. The alcoholic's unreasoning rebellion against the specifically religious approach had severely handicapped the missions. The liberals said they did not intend to be critical; they only wanted us to remember the hard facts. Those contentions could not be denied. It was true that we could not agree on a religious basis for our fellowship and that the straight religious approach had worked in relatively few cases."

Alcoholics Anonymous Comes of Age, pp. 162 - 163

- 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
- Little Egg Harbor Twp.
- 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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My life before alcoholic drinking was nothing to write home about. With very little supervision I did just about anything I wanted to do, and the things I wanted to do were nothing to be proud of.

I was always looking over my shoulder, hoping not to get caught, and lying and cheating became a way of life for me. I violated the trust of anybody that seemed to care about me. I laid awake nights with my head spinning trying to come up with answers to questions that I expected people to ask me, and I wanted to have alibis to cover up my arrant behavior, and I knew that they weren't buying it.

From the time I was eight years old, I can never remember a single night that I slept as a normal person sleeps. My brain was always spinning. Somewhere around the age of thirteen was the first time that I set out to get drunk and for the first time in years I experienced sound sleep. The effect that the alcohol had on me, aside from the throwing up, was incredible and from that day on I drank every chance I could, and the sleep issue was temporarily resolved except for those nights when I couldn't get anything to drink.

That went on for the next fifteen years until the progression of alcoholism

went through its course and I had lost more than I was willing to lose. I could no longer lie to myself that things were going to get better. I ran out of options, and I came to Alcoholics Anonymous, at the young age of twenty-eight, (Oct. 15, 1969) desperate and defeated, and believe it or not, have not wanted a drink since that very first day.

Initially, that didn't stop my brain from spinning, but I immediately saw the possibilities of working through the steps of the program on most of the damage I had caused. I was debating every issue, and I swear I could take either side of an argument and give you indisputable information on the subject. My Ego had me in competition with everyone. I needed to be right.

I found that I was no better or worse than anyone else, and that started me on my way. On page 268 in *As Bill Sees It*, is the topic "Those Other People" and I realized that I was causing my own problems, even when I was pointing out the faults of others. I had to lay down my arms and give everyone amnesty without exception.

We all have problems, and I cannot be selective about who I do or do not accept or forgive. I am nobody's victim nor anybody's perpetrator. I had to quit keeping score; it's not a competition

anymore. In cases where a person crosses my boundaries and I see no way of rectifying the problem, I can quietly withdraw from that situation without being critical of that other person.

I also concluded that I am not a mind reader (imagine that) and that nothing good can come from a mixture of my faulty thinking and their faulty thinking. I need only to be understanding and caring. It is not necessary that they reciprocate. I am no longer threatened by what other people think or say about me. That's in the hands of something much greater than me. The People that "know me well", know me well, and that's more than enough for me.

I could go on with these examples of how I've addressed each one of my past problems with my thinking when it involves others who have problems as well as I have. I will accept any idea that is consistent with acceptance and forgiveness, and as a result, my head no longer spins. I can truly say that I experience peace of mind and a quiet heart almost without limits and, as always, I wish the same for Those Other People.

Grateful George

Before the program, I would fight everyone and everything. Life was a struggle, and everything seemed like pushing a boulder uphill. Granted, some outcomes were pleasant, but for the most part, worry about the future would diminish any potential satisfaction. Now, having a deep faith in a Higher Power, life has just become easier to live. I now know that all I'm responsible for is the footwork today. The final outcome or result is not up to me; I leave that up to God. There is immense freedom in not having to orchestrate every part of your life and trying to influence the actions of others for your benefit. Having a strong faith minimizes fear (worrying about the future) to a very manageable level. Freedom from debilitating fear is a true gift of our program, but it all starts with a belief in a Power greater than ourselves. It seems counterintuitive to think that dependence on God would give you more independence, but that has been the case for me and all those in our program who have allowed a spiritual awakening to enter into their heart and mind.

Anonymous

"The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore, dependence as AA practices it is really a means of gaining true independence of the spirit." *As Bill Sees It*, "True Independence of the Spirit," p. 26

Never avoid these responsibilities , but be sure you are doing the right thing if you assume them.

CAN YOU FIND THIS IN BIG BOOK

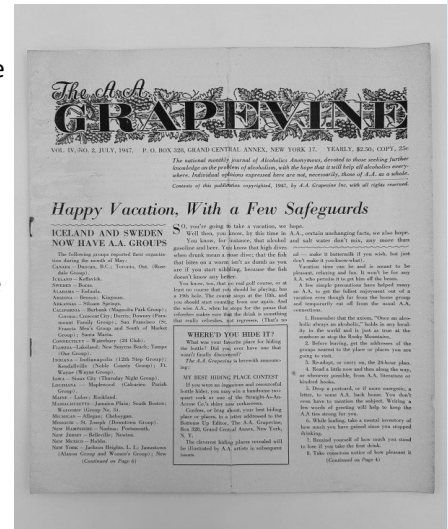
The Grapevine was created by six AA members in the New York area — four women and two men. With the blessings of AA's co-founder Bill W., they published the first issue in June 1944, just nine years after the founding of AA. A copy of that first issue was sent to every AA group — about 300 at the time — and to all known AA members in the armed services overseas. An entire page with the heading, "Mail Call for All AAs in the Armed Forces," was devoted to letters from these members, who began calling the Grapevine their "meeting in print."

Bill Wilson was instrumental in establishing The Grapevine. He saw it as a tool to help bind the members of AA together, sharing recovery stories and insights that could reinforce the principles of the AA program across a broader audience. Bill wrote and circulated many articles through the Grapevine as way to communicate with the fellowship. He wrote on a variety of topics that he felt the fellowship needed direction on including the Twelve Traditions.

The magazine was conceived as a way to share the personal stories of sobriety and recovery that were being told at AA meetings, thereby extending the reach of the fellowship's support network. It was also seen as a tool to help maintain the unity and effectiveness of AA as it grew rapidly across the country and later around the world. The Grapevine includes a variety of content such as personal narratives of recovery, articles on how to apply the Twelve Steps and Twelve Traditions, news about AA activities and events, and discussions on practical issues faced by those in recovery.

It is often described as "a meeting in print," and for many members, it acts as a portable and accessible form of fellowship, especially when attending meetings is not possible.

Over the years, The Grapevine has played a significant role in outreach to those who are incarcerated or living in remote areas, offering them a vital connection to the AA community. The Grapevine also serves as an informal historical record of the development of AA. Through its archives, readers can trace the evolution of AA's ideas and practices as well as changes in societal attitudes toward alcoholism.



GIRLS LIKE BAD BOYS

A girl gets herself all dressed to the 9s and goes out on a blind date. Halfway through the meal her date grabs all the tableware and pockets it. When they call the cops, he then grabs her hand and they make a dash for it. After running out of breath, stumbling and getting scraped up while losing her high-heels they get arrested. Many hours and humiliations later she finds her own way home. When she wakes in the morning, she thinks to herself— THAT WAS ABSOLUTELY AWFUL, I CAN'T WAIT TO DO IT AGAIN!

That's what my drinking was like—
How was yours?
Share your story.



The officer said.
"You drinking?"
I said,
"You buying?"
We just laughed and laughed.
And
I need bail money.



WAVES ROUND UP 2024
The Fellowship You Crave
November 15 - 17, 2024
The Claridge, Atlantic City, NJ

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VISIT OUR WEB SITE

CAPEATLANTICAA.ORG

Where Money and Spirituality Mix

Members celebrate sobriety by giving time, energy and money in support of carrying the A.A. message. Members assure that group expenses are paid by voluntarily putting money into the basket passed at each meeting.

Contributions support the group and A.A. worldwide.
Contributions ensure that:

- Groups get meeting space
- Phones get answered
- Alcoholic persons in custody get Big Books
- Professionals get correct information about A.A.
- Lone A.A. members get letters
- Newcomers get literature and meeting lists



"So far, upon the total problem of several million actual and potential alcoholics in the world, we have made only a scratch. In all probability, we shall never be able to touch more than a fair fraction of the alcohol problem in all its ramifications. Upon therapy for the alcoholic himself, we surely have no monopoly. Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book and will presently join us on the highroad to a new freedom."

Foreword to Second Edition Alcoholics Anonymous



Contribute to the A.A. Birthday Plan

The Birthday Plan is for groups or members who wish to contribute to the General Service Office (GSO) on their A.A. birthday. \$1 per year is suggested, but members may contribute as much as they wish up to \$7,500.



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 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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