

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
 Seaside City
 Ship Bottom
 Somers Point
 Stone Harbor
 Surf City
 Townbank
 Tuckerton
 Ventnor
 Villas
 Waretown
 West Cape May
 West Creek
 Wildwood
 Woodbine



'PASS IT ON'

🍂 Fall into Renewal 🍂

Letting Go, Finding Gratitude, and Welcoming New Beginnings

As the air cools and the days grow shorter, autumn reminds us that change is not something to fear — it's something to embrace. The trees let go of their leaves not in despair, but in quiet trust that new life will come again. In recovery, we learn that same truth: letting go is not a sign of weakness, but a powerful act of faith. As the year winds down and the seasons shift, recovery invites us to slow down and reflect. Just as the trees release their leaves.

In November, gratitude becomes our anchor. Even when life feels uncertain, practicing thankfulness keeps us connected to grace. Each moment of appreciation reminds us how far we've come and how supported we are by our Higher Power and our fellowship. Amid the swirl of family gatherings, quiet moments, and memories, we are reminded to pause and take inventory — not of what we've lost, but of what we've gained. Gratitude transforms our perspective. It helps us see beauty in the small things: a kind word at a meeting, the calm of a morning routine, the simple miracle of waking up sober and clear-headed. Gratitude doesn't mean everything is perfect; it means we recognize the gift in each imperfect day.

By December, we step into renewal. The quiet of winter calls us to pause, reflect, and prepare our hearts for another year of growth and healing. We look back with gratitude and forward with hope — trusting that, just like the seasons, recovery continues to unfold in its own beautiful rhythm.

In these months of transition, may we remember that recovery is a living, breathing process — one that changes with us, through every season. As we let go, give thanks, and prepare for new beginnings, we are reminded that healing doesn't happen all at once. It unfolds gently, like the turning of the leaves, reminding us that every ending carries the quiet promise of something new.

Office Address:

CAIG
1418 New Rd,
Suite 4
Northfield, NJ
08225
609-641-3355



"Recovered"

We are not cured of alcoholism.
 Recovered, but not Cured?
 That presents a conflict to
 some Alcoholics.

If we were cured, we would be able
 to drink responsibly.

No, we are not cured. The allergic
 reaction to Alcohol will remain
 with us for our lifetime.

But we have been Restored to Sanity.
 That was the problem.

"The main problem of the
 Alcoholic centers in his mind,
 rather than in the body." [p.23]
 We are now Sane where Alcohol
 is concerned. Consequently,
 we have Recovered.





🎄 Navigating the Holiday Hoopla: 🎄

Keeping Your Zen and Jingle All the Way!

The holidays bring light, laughter, and togetherness — but they can also bring emotional triggers, loneliness, or pressure. Staying sober through the holidays means choosing peace over people-pleasing, clarity over chaos, and connection over isolation.

- **Protect Your Peace:** It's okay to set boundaries and say no. You don't have to attend every event or explain every decision. Protecting your serenity is an act of strength, not selfishness.
- **Stay Connected:** Recovery is a "WE" program. Lean on meetings, your sponsor, and your fellowship. Surround yourself with people who support your sobriety — not test it.
- **Have a Plan:** If you attend gatherings, know what you'll drink, who you'll call, and how you'll leave if needed. Preparation brings confidence.
- **Practice Gratitude:** The true magic of the holidays isn't in the gifts or the gatherings — it's in being present. Every sober moment is a victory, a quiet miracle worth celebrating.
- **Create New Traditions:** Make this season your own — volunteer, give back, or spend time with others in recovery. Healing becomes more meaningful when shared.

The end of the year invites reflection: to honor how far we've come, to forgive what we're still learning, and to step into the new year with renewed hope. Recovery is a lifelong gift — one we get to unwrap every day we choose to stay sober.

Affirmations for the Seasons

- I give myself permission to protect my peace, to honor my recovery, and to experience the season with gratitude, clarity, and faith — one day at a time.
- I release what I cannot control and trust that my Higher Power is guiding me toward peace and purpose.
- I am grateful for how far I've come, and I welcome each new day as a fresh start.
- I choose serenity over stress, progress over perfection, and love over fear.
- No matter where I am or who I'm with, I can carry recovery in my heart.
- I am not alone — I am supported, loved, and growing in grace every day.
- My sobriety is my gift to myself, my family, and my future.



Stories of Experience, Strength, and Hope



A LETTER FROM DR. BOBS DAUGHTER SUE SMITH WINDOWS

I was asked to recall the time when my father and mother came home, after spending five or six hours with Bill Wilson at Henrietta Seiberling's home. I recall being upset, because they said (or my father said) "No more than fifteen minutes with this bird." They were gone so long I got to thinking something happened to them, but as my brother Bob was with them, surely, they were all ok.

You must know how it was when you, (being the alcoholic) promised and felt guilt when you didn't keep your promise- couldn't keep them actually- as you were no longer in control. It was the same with me, being a child of an alcoholic. I didn't have faith of anything about to change. After all, who knew this Bill or if what he had, worked. Who indeed, knew if it would ever work? We'd gotten conditioned to expect somebody to come home smashed- not sober- or if so, didn't stay sober through the night. I was always told my dad was sick, although we did not know it was a disease then- just plain drunk or cussedness.

At any rate, we didn't think of all this "new" theory as a positive workable thing-until several years later on down the road. My mother, bless her, always had the faith it would work. Often as time went on the alcoholic didn't "Gel" as my father said, but (the drunk) didn't work at it if it failed. My brother and I didn't really give all this too much thought - we'd been promised and promised and apologized to so often. And, at this time we each had our own doings going on, and they of course weren't important.

There were only about five others in Akron contacted in 1935 and only one of them "took" to the program in a positive way. It held on by a thread for quite a while-I often think my mother was that thread. Thank goodness more and more eventually grasped and clung to the program to bring it to where it is today. They passed it on and on and on. They finally proved to themselves and others, that this was a happier, more productive way of life than they had known. I hope all of you, will "Pass It On" also.

Sincerely,
Sue Smith Windows

Mental Health Matters

The Old Pangs of Anxious Apartness

"When we reached AA, and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness." p. 57 A.A. 12 & 12.

The longer I stayed sober in A.A. the more my life became centered around A.A.; especially in light of having a sober spouse. Drinking friends started to fall by the wayside one by one, either because our not drinking made them uncomfortable or their over indulgence made us uneasy. It was revelatory to me how taking alcohol out of the friendship equation often left no common ground. As I discovered how to have a social life outside of drinking I was over the moon to receive invitations from AA women who would organize cookouts, movie nights, and play-dates with children. Feeling "a part of" was brand new to me and I relished this new sense of belonging which led to feelings of worthiness and was a mustard seed for cultivating self-esteem.

In time I took these invitations for granted; like a good addict, I wanted more. "Why didn't so and so invite me here?" "Why am I not included in that special book study?" What had once been a privilege and honor was turning into resentment as I lost sight of basic principles and began to suffer the old pangs of anxious apartness; this time however, it wasn't in the school cafeteria or university quad, it was the very rooms of Alcoholics Anonymous.

As always, good sponsorship and wise trusted AA friends shared the reality with me that while I was a recovering woman, I would still not be everyone's "cup of tea" (as they so gently put it). GASP!!! My ego soared as I recounted how hard I had worked on my defects and strived for the promised psychic change. It took some time for me to work out the two sided coin of pride and humility and the fact that I could no longer bend and twist myself into some kind of chameleon to be included in all events and social gatherings.

Tradition Three reminds me that I am "a part of". I am an alcoholic if I say I am and I am a "member" if I have a desire to stop drinking. AA friends and chosen family are gifts of the program and I will receive those gifts in direct proportion to what I put in; AA owes me nothing, but I owe AA everything!

-Karin R.

Sobriety Is

The ability to control anger and settle differences without violence or destructiveness.

Patience: the willingness to pass up immediate pleasure for long-term gain.

Perseverance: the ability to endure tough situations despite opposition and setbacks.

The capacity to face unpleasantness, frustration, discomfort, or defeat without complaint or collapse.

Humility: being big enough to admit mistakes and avoid the pride of "I told you so."

The ability to make decisions and stand by them, avoiding endless exploration without action.

Dependability: keeping promises, showing up in a crisis, avoiding confusion and disorganization.

Living in peace with what cannot be changed, having the courage to change what should be, and the wisdom to know the difference.

By Anonymous