



NEWSLETTER@CAPEATLANTICAA.ORG

A Healthy Fear: Protecting My Peace

After everything I've been through, there isn't much that scares me anymore. But there is one thing I respect enough to fear... picking up that drink again.

Not because I'm weak, but because I know exactly where it leads. Nothing is worth drinking over. It may have been my escape in the past, but what I've gained since then isn't worth losing.

It's an everyday battle. One that many won't understand and that's not my business. What is my business is protecting my peace and keeping healthy boundaries that support the life I'm building.

That fear isn't something I run from. It's something I carry with me as a reminder. A healthy fear. The kind that keeps me aware, grounded, and choosing better every single day.

Growth looks like this. Awareness looks like this. And I'm proud of how far I've come and appreciate what was freely given to me.

Kari

- 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

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1418 New Rd,
Suite 4
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08225
609-641-3355

I saved a bunch of money by switching to sobriety.

Anyone else?



Archive's

On March 1, 1941, The Saturday Evening Post published an article titled “Alcoholics Anonymous: Freed Slaves of Drink, Now They Free Others” written by Jack Alexander. The article became a major turning point in Alcoholics Anonymous’ history.

The story behind the article begins when the owner of The Saturday Evening Post, Judge Curtis Bok, learned of A.A. from two friends. He was interested in having the Post tell the story of the organization and called upon well-known journalist of The Saturday Evening Post, Jack Alexander, to do so.

Bill W., co-founder of Alcoholics Anonymous, eager to publicize the A.A. message, met with Alexander. He gave Alexander access to records, a tour of significant A.A. sights, and set up interviews with both nonalcoholic trustees of the General Service Board and A.A.s.

Correspondence between Jack Alexander and Bill W. from early 1941 shows the excitement felt in anticipation of the article’s release. On January 4, 1941, Alexander wrote to Bill W. and enclosed a manuscript of the article for Bill to read. On January 6 Bill replied and from his response the eagerness for the article’s release is apparent. Bill wrote:

I wish I could adequately convey to you the sense of gratitude that one of us feels towards you and the Saturday Post for what is about to take place. You can not possibly conceive the direct alleviation of so much misery as will be brought to an end through your pen and your good publishers.

For many a day you will be the toast of A.A.- in coca cola, of course!



Gratitude in Action: One Day at a Time

In recovery, gratitude is not something I wait to feel—it is something I learn to live.

Some days are heavy, and gratitude doesn't come naturally. But over time, I've learned it is not about pretending everything is perfect. It is about recognizing what is still steady, still meaningful, and still mine to hold onto.

In the program, I am taught that gratitude is built through action. When I show up to a meeting, even when I don't want to, I am practicing gratitude. When I reach out to another alcoholic, I am practicing gratitude. When I choose honesty over hiding, willingness over resistance, and service over self-centeredness, I am practicing gratitude.

I am reminded that what I have been given is not meant to be kept to myself—it grows when I give it away.

Gratitude also shows up in quieter ways in my own life.

I am grateful for my awareness, for the growth that comes through discomfort, and for the way I am learning to care for myself without guilt. I am grateful for resilience, for clarity after confusion, and for the steady understanding that my worth is not defined by other people's actions.

Gratitude shifts my focus—from what is missing to what is present, from fear to acceptance, from isolation to purpose.

It does not make life perfect. It makes me present.

Today, I do not wait to feel grateful.

I act.

I show up.

I stay sober.

And in doing so, gratitude finds me—one day at a time.

To Submit your recovery story email newsletter@capeatlantic.org

Cape Atlantic Intergroup

**Our 24/7 Hotline is staffed with recovering/recovered alcoholics
ready to answer your questions.**

609-641-8855



Where Your Intergroup Donations Go
Supporting the Move · Services · Connection

Many members ask:

Where does the money go when we donate to Intergroup?

Your group contributions support the services that keep our fellowship connected and available to the still-suffering alcoholic.

Supporting the Move and Daily Expenses

Donations are helping fund the transition to a new Intergroup location, including:

- Moving/setup expenses
- Security deposit and lease costs
- Relocating phones, computers, and internet
- Creating an accessible service space

This move ensures services continue without interruption.

Supporting Services That Keep People Connected

Recently, contributions have decreased while expenses remain steady and the cost of moving adds additional strain. Daily expenses such as rent, internet, phones, and meeting support continue regardless of the move. Regular contributions help ensure these services remain available and that reserves are preserved for true emergencies—not routine expenses.

Understanding Reserves

Reserves are for emergencies – not daily expenses.

They are used only for:

- Unexpected emergencies
- Temporary financial shortfalls
- Urgent repairs or unplanned needs

Reserves are a safety net – not operating income.

Tradition Seven

“Every group ought to be fully self-supporting, declining outside contributions.”


Tradition Seven reminds us that our fellowship supports itself through voluntary member contributions.

Every donation helps ensure:

- Phones are answered
- Meetings stay available
- Newcomers can find help
- Services continue

Support Intergroup services by contributing here: <https://capeatlanticaa.org/cart/>

For questions and to support Intergroup, all AA members are invited to attend one of the monthly meetings below



2025 Business Meetings
7:30pm
5th Wednesday of every month

HYBRID MEETING
INTERGROUP OFFICE
1418 New Rd, Suite 4,
Northfield NJ 08225

MEETING ID
882 9623 3517
no password

ABOUT THIS MEETING
The purpose of this meeting is to share reports from Intergroup with the Groups in our area.
Each Group can send an appointed Intergroup Rep (IGR) to receive these updates so they can share information with others at their home group business meeting.

ALL MEMBERS ARE WELCOME TO ATTEND THIS MEETING.

January 15th
February 19th
March 19th
April 16th
May 21st
June 18th
July 16th
August 20th
September 17th
October 15th
November 19th
December 17th