

Pass It On

Cape Atlantic Intergroup

3153 Fire Road, 1-C
Egg Harbor TWP, NJ 08234

609-641-8855
24 HOUR
HOTLINE

- 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
- 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
- Tuckahoe
- Tuckerton
- Ventnor
- Villas
- Waretown
- West Cape May
- West Creek
- Wildwood
- Woodbine

THE CAIG NEWSLETTER

2011, ISSUE 3 May/June 2011

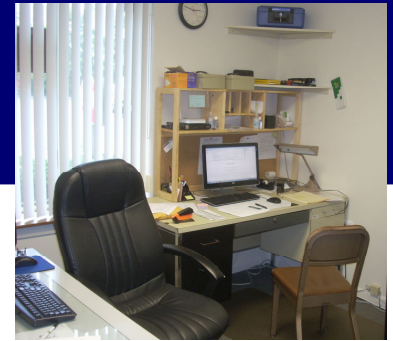
CAPE ATLANTIC NEWS:

New Office Location!

Cape Atlantic Intergroup's new office is located between Avalon Tile and Tilton Auto Body. There is ample parking in the lot behind the buildings fronting Fire Road. Directions and a map can be found here: http://www.caigrp.org/Directions_office.pdf Book sales and the monthly steering meetings are now located at the new office. You can place an order for litera-

ture several ways. 1) Call and place your order with Nancy (609-892-1431), Debbie L. (609-412-2593), or Steve G. (609-501-4785) and arrange with them for pickup. 2) Email Literature@caigrp.org (be sure to include your name and

phone number). 3) Stop by Saturday 8-10am when Steve G. is there or Sunday 10am-noon when



LOCAL VOICES—FROM THE HEART:

A New Dance Card

It was 25 days prior to my 58th birthday; Dec. 3rd, 2009 that I finally heard, with meaningful force, the Spirit of the Universes' appeal to stop this insane downward spiral created by alcoholism or lose everything and suffer a long agonizing departure from reality followed by a painful and prolonged death. It wasn't the fear of death that shook my core; I'd been open to that idea for the last 10 years of my drinking. It was the fact that I was beginning to lose some of my mental faculties and that this alcoholic's death was not going to be a swift one. I was looking forward to dementia, delirium tremens, wet brain or other debilitating ailments I have unfortunately been put in close proximity with or have heard about. The hell I'd seen others go through as the result of not retreating from the alcoholic lifestyle does not appeal to me.

I started drinking in my teens. When I reached the legal age to drink the bar scene became a way of life. Almost every night I could be found playing bar games and on weekends at trendier dance bars. I could control the level of drunken-

ness if I knew I had to work the next day or had something important planned. But if I had no plans the following day I would leave the restraints at home. I was working for a small airline at the time and taking flying lessons on the side. Lofty dreams of world travel filled the air.

In my early 20's, discontented with my life I quit my job and moved to the mid-west where a friend lived in a college town. I didn't think twice when invited to have some beer with the guys. It's only a few beers. Within no time I was back to bar games and all-nighters. Foosball became my major study. By the third semester I was so strung out with fear and self-consciousness that I packed up and moved to the west coast where I could start fresh with new people. The shame I felt about my actions while drunk made it difficult for me to face the same people alcohol made friends with so easily.

I landed in Portland, Oregon. Within 3 months I was on my way to Jacksonville Fla. to see my father who was living there at the time. I was still ignorant as to the cause of my Terror, Bewilderment, Frustration and Despair.

I met a pretty southern girl who was a nondrinker at the time. I was enamored with her selflessness and abundance of unconditional love of which I was not accustomed. She followed me to my next destination to find new people and a new beginning. We were married the following year. We changed locations 3 more times in the next 3 years and landed back in my home state of New Jersey where casinos had just opened and there were plenty of employment opportunities. The alcohol progression took 6 years this time. Seemingly insurmountable problems piled up and ultimately I quit the job, sold the house and left my wife.

A fresh start and another geographic change were in order. When I pulled into Lake Tahoe, Nevada I had found my Heavenly Valley; my Nirvana. Now my dream had come true - a good job, the mountains, the weather, the people. This was a perfect fit for me. I rented a house, settled in and began enjoying my new surroundings and friends. But I couldn't stop drinking. 18 months later on my trip back to New Jersey





*Graphics reprinted with permission of The A.A. Grapevine, Inc.

Moral Housecleaning:

There is great value in each inventory and our confiding in another human being .

What is a Grudge List?

Simply put, it is just a list of people, places and things that piss you off. **People** includes family members, co-workers, other drivers, etc. **Places** or institutions includes jail, IRS, etc. And principles or **things** includes those who think "alcoholics are just weak-willed" or even TV commercials. Carrying a notepad for one week, and writing down who or what caused it whenever you find you are angry, is a great way to do your first Grudge List!

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

Location in the Big Book

Part 1: pages 63 to 67
 Part 2: pages 67 to 68
 Part 3: pages 68 to 71

Fourth Step Principal or Virtue

Courage (Some lists have Honesty and some have Soul Searching as the fourth Principal)

Fourth Step Prayers

When Angry at Others:

God, help me to show this person the same tolerance, pity and patience that I would Cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry. Thy will be done. Amen

When Afraid:

God, relieve me of this fear and direct my attention to what you would have me be. Amen

When Seeking God's Help to Change:

God, mold my ideals in this particular area of my life and help me to live up to them. What should I do in

each specific matter? Guide me God and give me strength to do right. Amen

When In Doubt:

God, I ask your help in being useful to others. Please provide direction and strength to meet my problems as you would have me. Amen

Recommended Actions

We do this step under the guidance of a sponsor. Worksheets can help cover the three sections of this step: resentments, fears and relationships.

*Steps reprinted with permission of A.A. World Services, Inc.

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Location in the Big Book

Pages 72 to 75

Fifth Step Principal or Virtue

Integrity (Some lists have Truth as the fifth Principal)

Fifth Step Prayer

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help



me to do what is necessary to walk a free man at last. Amen

Recommended Actions

We decide who is to hear our story (in whole or in parts), we pocket our pride and go to it. Returning home we quietly review and ask if our work is solid so far. (p. 75 BB)

Continued from Page 1

Wendy St. is there. You can always arrange to pick up your order during the monthly business meeting at the Epiphany Lutheran Church in Pleasantville.



Partial Price List

Big Book \$8.00*

12&12 \$7.50*

Living Sober \$4.25

Came to Believe \$4.25

Daily Reflections \$8.25

20 Meeting Lists \$6.00

As Bill Sees It \$8.00*

**Hard Cover Price – Available in soft cover, pocket and large print editions as well.*

Continued from Page 1

I swore I was done drinking forever. The Four Horseman had ruined another dream.

I landed a job in my chosen field as soon as I got back to New Jersey, re-assembled my family and started reading self-help books to get a better perspective on life and health. For the next 15 years I was able to retain the job, the family and the home but they all suffered from the deleterious effects of my drinking. The insanity of work; drink, work; drink and the mounting fears, the lost days, the missed opportunities and the spiritual sickness were hidden behind the dark curtain of alcoholism.

At that 15 year point my father died and I was left to settle his affairs. The shock of these uncertain times compelled me to make another attempt at removing alcohol from my diet. It lasted for 2 months and before the ink was dry on the last document settling my father's affairs the progression had escalated to heavy drinking. I couldn't leave the house without reaching some level of intoxication. The ringing phone terrified me. I would peek through the blinds to see outside. I was a prisoner in my own home and alcohol was the warden. I could only leave with its permission. Also, the warped and distorted decision making process was creating havoc.

Then my 82 year old mother succumbed to dementia. Adult Protective Services, a State Agency, was going to take custody of her and put her away if I did nothing. Sometime after hearing that news, I went on, God willing, my last bender. Following yet another expensive all-nighter of drinking and casino gambling I arrived home and felt that incomprehensible demoralization mentioned in the Big Book. The fear of losing everything through my alcoholic behavior and abandoning my mother burned a hole in my chest that radiated through my universe. For the first time in my life I asked for help.

I spent 10 days in a rehab. One of the counselor's there lent me his copy of Alcoholic Anonymous to read in my spare time. I read

through the first 164 pages and most of the stories. Then I picked chapters that most interested me and read them again. On my 8th day there I came to believe in a power greater than myself and I prayed that it could restore me to sanity. Early that cold December morning as I walked a small wooded area behind the rehab the sun was making its appearance over the tree line. It lit up a patch of moss to a florescent green. As the squirrels scurried about the brown leaves under the stark dormant oak trees I took a deep breath of that crisp, clean air into my lungs and as I let it out I acknowledged the Spirit of the Universe. I made a decision to try to turn my will and life over to that higher power. 4 days later I would enter my first Alcoholic Anonymous meeting.

I hoped I didn't see anyone I knew. One of my biggest fears was that someone I knew would know that I had a drinking problem and that I needed help. My pride dominated me and I could not accept that stigma. But I read in the Big Book that if I wanted to stop drinking for good this is what I needed. I walked in and there was a seat only 6 feet from the exit. I sat down; retreat may go undetected. When asked if this was anyone's first A.A. meeting I raised my hand and for the first time in my life I said "My name is Bob and I'm an alcoholic." I shook like I was holding a jackhammer for the first 2 or 3 months of meeting and I went to 2 a day on average. I rarely spoke and only when asked if "anyone had the thought of a drink or trouble concerning alcohol today." As the shaking receded I spoke up more often on this question. One time I shouted "when is it going to stop!" Lacking social skills and still filled with fear I didn't ask anyone to sponsor me for 3 months. But I kept coming back. During this time I confided in my wife who had been in the program for 4 years. I considered her my temporary sponsor and discussed with her more openly than in any other time of our lives together. This brought us closer together and helped in both our marriage and recovery. But I knew more

thorough work had to be done and I was willing to take that journey. I talk to other alcoholics every day and have made new sober friends during my time in A.A. I have not had that first drink for an astounding 16 months as of this writing.

I attribute my continued sobriety to having studied the book Alcoholic Anonymous and admitted I am powerless over alcohol and my life was unmanageable. I believe a higher power, which I now call God, will restore me to sanity and I ask God for guidance each morning. I have written a thorough personal inventory and share these findings openly or in confidence with God and another human being. An unexamined life is not worth living.* I have developed an open awareness of my own ignorance.* I'm no longer afraid to ask for another's input. I am ready for God to remove all my defects and have asked Him to remove my shortcomings. A blanket of doubt no longer smothers the certainty.* I have made amends and will continue making amends to people I have harmed or to whom amends are due. I pray and meditate. My continued personal inventory unearths more wrongs and I admit them post haste. I pass the message to other alcoholics and practice these principles daily. I do these things to the best of my ability. I accept patient improvement and more is being revealed as I work these steps into my life.

On the rare occurrence that the thought of drinking enters my mind it's quickly dispersed like breath into the wind. This program works. It works for me because I need it and want it. I have not been so sure of anything since I was a young man and I knew a few drinks made me a good dancer. God and A.A. are the only ones on my dance card now. Today I would rather fall and speak in the manner of God than to live and speak in the manner of alcohol.*

**Inspired by Socrates or Plato*

–Bob C. Trudgers, Absecon



UPCOMING EVENTS

**3153 Fire Road, 1-C
Egg Harbor TWP, NJ
08234**

**Our office is volunteer-staffed
Please call first**

Panel members and E-Mails:

Chairperson: Cliff Mc.
Chairperson@caigrp.org
Vice Chair: Jim B.
ViceChair@caigrp.org
Treasurer: John H.
Treasurer@caigrp.org
Assistant Treasurer: Neal S.
AssistantTreasurer@caigrp.org
Recording Secretary: Bill T.
RecordingSec@caigrp.org
Corresponding Secretary: Theresa K.
CorrespondingSec@caigrp.org
Trustee Chair : Doug G.
Trustee@caigrp.org

Archives Committee: **Vacant**
Archives@caigrp.org

Bookers Committee: Ken T.
Bookers@caigrp.org

Budget & Finance: Ellie L.
CAIGBudget@caigrp.org

Hospitality & Registration: Ellie H.
Hospitality@caigrp.org

Hospitals and Institutions: Steve H.
HIChair@caigrp.org

Literature Committee: Nancy R.
Literature@caigrp.org

Newsletter Committee: Shirl R.
Newsletter@caigrp.org

Office Coordinator: Ellie L.
OfficeMgr@caigrp.org

Phone Coordinator: Tressa W.
CAIGPhone@caigrp.org

Policy Committee: Cindy S.
PolicyCommittee@caigrp.org

Public Info/Coop Prof Com: Buster R.
PIChair@caigrp.org

Roundup Committee: Bonnie K.
Roundup@caigrp.org

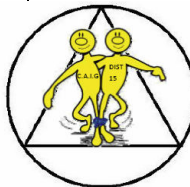
Unity Committee: Charles R.
UnityChair@caigrp.org

Website Committee: Eve C.
WebChair@caigrp.org

Young at Heart: **Vacant**
YoungPeople@caigrp.org

**Go to our website: www.caigrp.org for
other committee meeting times or to
contact a committee chairperson**

Saturday May 21st	MAYS LANDING GROUP 37TH ANNIVERSARY 1st Presbyterian Church, Mays Landing Lunch Noon; Speaker 12:30
Sunday June 5th, 7:30 am	SUNDAY BIG BOOK STUDY 35TH ANNIVERSARY 6550 Delilah Road. Egg Harbor Township
Saturday June 11th 10am-3pm	CAIG UNITY PICNIC Tip Seaman Park, Rt. 9, Tuckerton Free workshop, lunch, and softball
Saturday July 16th Noon-3pm	DISTRICT 17: SUMMER DAY IN THE PARK Oscar McClinton, Jr. Waterfront Park New Hampshire Avenue, Atlantic City
Sunday September 25	UNITY BREAKFAST Flanders Hotel, Ocean City, NJ



COMMITTEE MEETINGS

UNITY COMMITTEE	Meets 2nd Saturday at 12:00 noon of every month CAIG Office, 3153 Fire Road, Northfield
BOOKERS COMMITTEE	Meets Wednesdays at 7:00pm, Mar. 16, June 15, Sept. 21 & Dec. 21 at Epiphany Church, Franklin & Tunis Ave., Pleasantville
HOSPITALS & INSTITUTIONS	Meets the 3rd Saturday of every month @ 5:00 pm CAIG Office, 3153 Fire Road, Northfield, NJ
ROUNDUP COMMITTEE	Meets 4th Wednesday of every month @ 7:30pm CAIG Office, 3153 Fire Road, Northfield
WEBSITE COMMITTEE	We Need You. If you have typing or graphics skills contact WebChair@caigrp.org

CAIG sincerely thanks each and every one for helping to support AA in our area!



March Group Contributions

Northfield Big Book Study.....\$64
Easy Does It Group.....\$200
Absecon Friday Night Sobriety \$171
Wake Up to Recovery.....\$150
Into Action.....\$90
Eye Opener Group.....\$100

April Group Contributions

Group # 6679296 \$50
Mays Landing Group.....\$100
Mays Landing Serenity Group.....\$50
Leader Group.....\$50
Step Up to Recovery.....\$240

MEETING UPDATES

Tuesdays @ 5:30pm	NEW MEETING! <i>AC Young People's Women's Meeting</i> 2128 N. Riverside Dr., Venice Park
Fridays @ 7:30pm	NEW MEETING! <i>New Gretna Women's Meeting</i> St. Paul's Methodist Church, Rte. 9
Tuesdays @ 5:30pm	NEW MEETING! <i>Stagecoach Group Women's Meeting</i> 30 Butter Road & Rte. 9, Palermo
Fridays @ 10:00pm	NEW MEETING! <i>AC Young Peoples</i> 2128 N. Riverside, Venice Park
Sundays @ 2:00pm	NEW MEETING! <i>Mays Landing</i> 6001 Main Street, Mays Landing
Sundays @ 5:00pm	NEW MEETING! <i>A Vision for You</i> 429 Pitney Road, Galloway