

Pass It On

**Cape
Atlantic
InterGroup**

Post Office Box 905
3153 Fire Road
Egg Harbor Twp. NJ 08234
(609) 641-8855

**24 HOUR
HOTLINE
800-604-HELP**

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 4

July / August 2011

CAIG Service Opportunities



CAIG provides many opportunities for service. Here are some ways you can help!

BOOKERS

Does your Home Group have Speaker meetings?

All AA groups can send a Rep to exchange speakers with other groups

Meetings take place:

Sept. 21st & Dec. 21st
Epiphany Church
Frankin & Tunis Ave.,
Pleasantville at 7pm

HOSPITALS

&

INSTITUTIONS

Take meetings into jails and institutions. Intergroup reps book commitments at the intergroup meetings third Wednesday of the month.

MEN are needed to take meetings into the jails.

Meetings take place:

3rd Saturday of the month at 5:00pm. @ CAIG office

FEAR *A message after the meeting*

FEAR, the menacing wrench that tightens its grip around every action in my life, has clung to me for as long as I can remember. From childhood to adulthood fear would manifest itself and adapt to any new conditions or situations that would arise over the years and stymie any actions or potential development toward personal or professional growth.

Early in life I discovered that

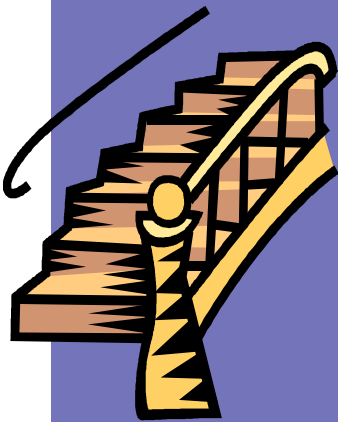
alcohol would instantly loosen the grip of fear and anything seemed possible. This discovery allowed alcohol into my life and "to do for me what I could not do for myself." The morning after side effects seemed a small price to pay for the freedom it brought. Over many years every attempt was made to harness alcohol to meet my needs and desires. Every failed attempt fortified its evil. Only now do

(con't . Pg. 3)

***Fear and Faith
cannot
coexist.
Choose Faith***

Anonymous

This edition of our Newsletter is written for beginners in the fellowship



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



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 to the alcoholic who still suffers.

STEP SIX

We're entirely ready to have God remove all these defects of character



Location in the Big Book
Page 76 (1st paragraph)
Sixth Step Principal or Virtue

Willingness
Recommended Actions
Aim toward new goals
Don't delay

Sixth Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

STEP SEVEN

Humbly asked Him to remove our shortcomings.



Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me good and bad. I pray that you now remove from me every defect of character which stands in the way of my usefulness to you and to my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

Location in the Big Book
Page 76 (2nd paragraph)

Seventh Step Principal or Virtue:
Humility

Recommended Action
Find out what humility means to you.
Ask for you Higher Power's help every day.
Embrace a new attitude.

BEACH MEETINGS ARE BACK!!

TUESDAY & THURSDAY MORNINGS: 7am, 9th St., Ocean City	
SATURDAY MORNINGS	SUNDAY MORNINGS
8:00am Thurlow Avenue, Margate	7:30 am, 30th St., Avalon
7:30am 2nd Avenue, N. Wildwood	7:30 am, 59th St., Ocean City
8:30 am, Madison Avenue, Cape May	8:00am, Suffolk, Ventnor

MORE SEASONAL MEETINGS!

Saturday @ Midnight	113 West Oak Avenue, Wildwood
Mon. & Thurs. @ 8am	2125 N. Riverside Dr., AC
Tues. & Thurs. @7:30am, Thurs. @10am	50th & Ocean, Avalon
Tues. & Thurs. @ 7am	309 Centre Street, Beach Haven

CAIG Office
3153 Fire Road
Northfield NJ



UNITY COMMITTEE

Promote unity among the Cape Atlantic Intergroups! Plan group activities to enhance recovery. Have Fun & get involved. OPEN TO ALL!

Meetings take place:

2nd Saturday of every month
 at 12:00 noon

CAIG Office
 3153 Fire Road
 Northfield, NJ

WEBSITE

If you have skills in graphic or website design WE NEED YOU!!!

Our next meeting is July 11th
 @ 6pm @ CAIG Office.

ROUNDUP COMMITTEE

Roundup Weekend

Nov. 18-20, 2011

Grand Hotel, Cape May, NJ

This is a fun filled weekend of sobriety, with guest speakers, marathon meetings, Al-anon speakers, and other events in which to learn, grow and fellowship. More information and preregistration available soon.

Volunteers are Welcome!

Meetings take place:

4th Wednesday of every month at 7:30 pm CAIG office

FEAR (CON'T. From pg. 1)

I acknowledge that for every action there is an equal and opposite reaction but with alcohol the opposite reaction is 10 fold. The fears multiply. Alcohol gives very little in the short run, yet takes abundantly in the long run.

My religious teachings were minimal; Sunday school as a child and church once or twice a year early on. The 23rd Psalms is my most memorable reading; The Lord is my shepherd....Yea, though I walk through the valley of the shadow of death I will fear no evil: for thou art with me. I perceived the whole world and all of its people as one big

Valley of The Shadow of Death and I used the instant effects of alcohol, not thy rod and thy staff to comfort me. The Devils recruit exhibited allegiance. Now as I work the spiritual aspect of the AA program I find a new higher power has commenced to remove my fears. Not as instant or profound as a drink of alcohol would but steady and noticeable as time passes and the side effects are clear enlightenment. My higher power is beginning "to do for me what I cannot do for myself." The Devils recruit has repented.

Bob C., Trudgers

Additional Reading

Big Book, pg.67

"This short word touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling?"

Big Book, Story on pg. 246

"The Man Who Mastered Fear"

He spent eighteen years running away, and then found he didn't have to run. So he started AA in Detroit.



UPCOMING EVENTS

VISIT OUR WEBSITE

www.caigrp.org

Post Office Box 905
3153 Fire Road
Egg Harbor Twp. NJ 08234
(609) 641-8855

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

Panel members and E-Mails:

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

Archives Committee: Diane K.
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: Mark C.
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 in Recovery: Greg B.
YoungPeople@caigrp.org

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

Saturday August 13th 9am-1pm		FREEDOM FROM BONDAGE Area 45 Inter-Area Conference—Includes Breakfast & Lunch 176 Stagecoach Rd., Sicklerville
Saturday August 20th Meetings at 11 & 2		STAGECOACH ANNUAL PICNIC Cape May County Zoo, Pavillion 10 Bring chair and dessert
Monday August 22 7pm		ONLY REQUIREMENT GROUP CELEBRATES 6 YRS. Ice Cream & Speaker Good Shepherd Church, Mathistown Rd., Tuckerton
Saturday August 27th		4th ANNUAL KAYAK AND CANOE TRIP See caigrp.org or upcoming flyer for details Palace Pizza, 6924 BHP, Weymouth
Sunday September 4th Noon to 6pm		WILDWOOD TWELFTH STEP HOUSE 38th Anniversary Picnic, Speaker @3:30 Labor Day Weekend, BYO Chair!
Sunday September 25th		ANNUAL UNITY BREAKFAST \$23 due 9/19 ,Flanders Hotel, Ocean City, NJ

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

May Group Contributions

Sunrise Big Book Study.....\$65.30	South Shore Group.....\$200	Sioga Group.....\$84.69	Good Morning OC.....750
------------------------------------	-----------------------------	-------------------------	-------------------------

June Group Contributions

Nothfield BB Study.....\$60

Sailing Free Group.....\$12	OC Sun Night Group\$30	Northfield BB Study.....\$55	Sailing Free Group.....\$50	Absecon Group.....\$200	ML Serenity Group.....\$723.49	Harbor Lights Group.....\$400
-----------------------------	------------------------------	------------------------------	-----------------------------	-------------------------	--------------------------------	-------------------------------

Daily Reflections Group.....\$75	OC Mon Night W.....\$50	40th Street Group.....\$210	Daily Reflections Group.....\$75	Casino Serenity Group.....\$875	North Wildwood Group.....\$50	Leave it Here Group\$100
----------------------------------	-------------------------	-----------------------------	----------------------------------	---------------------------------	-------------------------------	--------------------------------

2011 Budget and Finance Mid-Year Summary

INCOME	2008	2009	2010	projected 2011	2011 Jan - June	2011 deficit: July - Dec
	Group Donations	23,664	24,251	25,773	22,500	7,274
Total Income	39,395	28,224	35,087	31,075		



We proposed a conservative Budget of \$31,075 - slightly less than last year's budget. However, as of July 1, we have only received \$7,274 in Group Donations. We hope to receive \$15,226 in the final 6 months of 2011 to make our budget & fund our Committees.

	2008	2009	2010	2011
OPERATING EXP	19,493	20,947	19,946	21,935
COMMITTEE EXP	8,500	10,007	11,510	9,140
Total Exp	27,993	30,954	31,455	31,075

If support for CAIG does not improve, our Cash Assets could drop \$8,600 this year & could continue dropping about \$10,000 every year .

