

Pass It On

Cape Atlantic InterGroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2010, ISSUE 3

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CAPE ATLANTIC NEWS

Home Groups and Club Houses



What are Home Groups and Club Houses? All newcomers ask this question in some form. A home group is the one you attend at least weekly and help with the running the meeting by serving as a greeter, setting up chairs, making coffee, and cleaning up afterwards. Sobriety dates and phone numbers may be recorded for all members and that is usually all that is needed to join. You can also attend business meetings, volunteer for commitments and vote in elections. It is also where you hang out with other members, get a sponsor and let the other members get to know you.

Club houses are home groups that meet more than 7x week and by this definition there are five in the

Cape-Atlantic area. The newest club house, **"Last House on the Block"** in Villas joins the Stage Coach in Palermno, Grupo Sobriedad in AC, the Twelve Step House in Wildwood, and Young Peoples in AC.

Many of the meetings which were being held at the Millman Center in Villas and also at 1224 Bayshore Road are now being held at the new clubhouse which is located in the Bay Shore Plaza (#204) at 1301 Bayshore Road.

Stage Coach (30 Butter Rd & Rt 9) meets every day at 10am, 1pm, 5:30pm, 8pm and 10pm. Grupo Sobriedad (2612 Pacific Ave) meets every day at 1pm and 7pm. The Twelve Step House (113 West Oak Ave.) has meetings every day at

9:30am, 6:30pm and 8:30pm as well as 12 noon Sun., Wed. & Sat. and also Midnight Fri. & Sat. Young Peoples (108 N Penn) meets 8am Th., & Sat., 10am Sun., 12 noon Mon. thru Sat., 1:30pm Wed. & Sat., 5:30pm Fri. and 6:30pm Sun.

The schedule for the new Villas clubhouse is 7:30am, 1pm, and 6pm Mon. thru Fri. 9am, 1pm and 6pm on Sat. and 12 noon on Sun. as well as 7:30pm on Mon. Some of the evening meetings are for men or women only so it is best to pick up a meeting list at your home group or check online at www.caigrp.org before going.

LOCAL VOICES—FROM THE HEART

Name It, Claim It, & Tame It!



Thank you, Shirl, for asking me to get "my pen and paper" out and share on Step 4 for the "Pass It On". Lo and behold, we read Step 4 at Homegroup this morning and then shared our experience with this Step. On the ride home, the meeting exchange continued in my mind with more of what I've learned from those who came before me: Buddy's direction : "Keep the focus on Carla (my inventory...no one else's). I knew the next right

thing to do upon my arrival at home was to call my sponsor, Joan, who shared with me that the principle embodied in Step 4 is COURAGE, her words: **"NAME IT, CLAIM IT, & TAME IT"** and her direction when she first became my sponsor 7 years ago to attend a regular Step meeting, reading the Step of the week the night before the meeting. Our conversation this Monday morning reinforces and validates how important a

sponsor was and is in my recovery. What I read a couple hours earlier is so true in our sharing today: **Step 4 is but a beginning of a lifetime practice** (pg 50 of Twelve Steps and Twelve Traditions). Today I am walking together with God and others in this process instead of running alone. My first Step 4 was done solo since I still didn't comprehend the WE of Alcoholics Anonymous. I had a wonderful sponsor but was too proud and

(Continued on page 3)



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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.

Some Online Forms and Instructions for Step Four:

- <http://www.barefootsworld.net/docs/aaworkstep4forms.doc>
- <http://isobriety.com/docs/StepWorkbook.pdf>
- <http://silkworth.net/literature/unofficial12stepguide.html>

*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)



A newcomer’s trip thru AA! Go online <http://www.aafirsttry.blogspot.com> to read more!

“King alcohol had me locked in his little world in my head, hidden away from everybody and everything... Here, after only four months, I am escaping that bondage and feeling secure enough to express my feelings and emotions and thoughts and opinions without fear...” “I had a vision I’m sitting in a little dingy in the middle of a sea of liquor, being tossed about by the perfect storm swirling around me...”
Bob C.

Incarceration Station



My Hell In Jail

Days and Nights without no friends,
It seems like my life is gonna end.
Being in jail feels like hell,
Oh boy, I got a story to tell.

Rippin and running and drinking all through the day
Has brought me to this hellified incarceration stay.
I can't even choose what I want to eat
And only have two thread-bare sheets.

Father God, I ask that you take me home,
And keep me sober so that I won't be alone.

--Yolanda S.

I Want 2 Run Away (Edited Version)

From here, to there; anywhere. I need to get away
But my problem has forced me to stay.
At home I roam, all I've ever known is gone for good.
So maybe I should just run away still yet I stay.

I found I couldn't run away,
On the street you have no choice but to stay.
Stand your ground, you look up, you look down
To find that for you there is no one around.

The mind is hazy, life's getting crazy.
I should go and take it slow;
Somewhere the taste of the forbidden fruit
Is seen as a cunning and baffling taboo.

To go for a search of a speck of self-wealth.
Somewhere I can repair mind, body and health.
Somewhere I won't need to be medicated
And suicide isn't contemplated.

My boys are in need of their dad and mom
And I am in need of the 23rd Psalm.
I know the devil is a liar
And I know that it is he who wants to light my fire.

This terrible beast can be defeated.
I can do it but my Lord and Savior is needed.

Only with my Higher Power and within the final hour;
Then my problems He will devour.

With the blessings of God,
I can have the option to stay,
Thank God Almighty,
I will never again have to run away.

--Khendel T.

I'm Gonna Survive

I have to be strong and determined to live.
I'm going through a crisis and it's NOT the end.
My father always told me to keep my head up.
I'm going to use his encouragement to speed the process up.
Surviving is easy if you put your mind to it.
I know I'm strong and I'm gonna do it.

--Yolanda S.

Contributed by members while detained in the Atlantic County Jail

Heard at Meetings

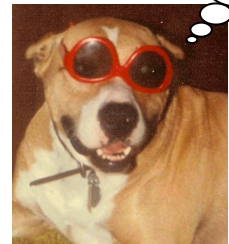


"At the end I was lying to the dog and I was insulted that even *he* didn't believe me!" —Terri N., Trudgers, Absecon

"The monkey is off my back but the circus is still in town!" —Joe S., St. Gianna's (orig. St. Pete's)

"I can't drink, doesn't mean I won't!" —Jay B.

"I only need one meeting a week, but I go to seven because I don't know which is the one that I will need." —George the Bartender



Continued from Page 1

afraid to ask for help. God was with me, though, and my first inventory was done and I proceeded to Step 5 with my sponsor. Since I have kept coming back, I have learned that asking for HELP is a spiritual action and I urge all to USE your sponsor when it comes to doing Step 4...and all the other eleven Steps.

The Big Book and the Twelve & Twelve have specific directions for completing the Step 4 inventory and the experience of others using this Step clarifies the directions and allows me to apply the process to nail my causes and conditions. The Steps are in the proper order and interconnected; and I now vividly remember the afternoon Kelly, a woman who was participating in a group Step Study with me, called to request that

we pray the 3rd Step prayer together before she began her grudge list. "**God, I offer myself to Thee---to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!**" We were then both ready with pens in hand to launch out on a course of vigorous action, the first step of which was a personal housecleaning (Big Book pg 64)

Thursday, when I was at a Step 2 meeting the words on page 43 in the Twelve and Twelve jumped out at me: "Without a searching and fearless moral inventory, most

of us have found that faith which really works in daily living is still out of reach."

One of the women I have been blessed to work with always points out the Promises throughout the Big Book and Twelve and Twelve. I can't wait to share with her and you that at this Step 2 meeting I found a promise of Step 4 on page 32: "If I've cleaned house (do Step 4 and the subsequent Steps) I allow the grace of God to enter me and expel the obsession." If I do the work, my experience has been that God and AA help me to keep my own house in order and do what I am supposed to do as a sober member of Alcoholics Anonymous: Trust God, Clean house, and Help others.

--Carla G. Trudgers, Absecon



UPCOMING EVENTS

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Our office is volunteer-staffed
Please call first

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Unity Committee: Chris K.
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Website Committee: Eve C.
WebChair@caigrp.org

Young at Heart: Melissa S.
YoungPeople@caigrp.org

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

<p>Sunday May 30th Meeting: 6-7pm Dance: 7-Midnight</p>		<p>CAIG Memorial Day Dance Absecon Methodist Church Pitney and Church DJ and Dancing, \$5 in Advance, \$10 at door Chris K. 816-4907, Tony 241-5789 or your Intergroup rep.</p>
<p>Friday June 4th 7pm</p>		<p>Friday Night Fellowship (First Friday of Every Month) For June: Miniature Golf Meet at 7pm at 9th Steet on Ocean City Boardwalk Chris K. 816-4907 or Tony 241-5789</p>
<p>A Saturday In June</p>		<p>Picnic at Estell Manor Park Bring a chair and a dish AA Meeting, softball, volleyball, hiking & fishing – Melissa 553-8743 or Chris K. 816-4907</p>
<p>Saturday July 10th and Sunday August 22</p>		<p>3rd Annual Kayak and Canoe Trips With BBQ & AA Meeting at Weymouth Furnace Meet at 9am, Pizza Palace, 6924 BHP, Weymouth \$30 kayak (1 person), \$45 Canoe (2-3) 3½ hour trip from Penny Pot – Melissa 553-8743</p>
<p>Thursday–Sunday August 26-29</p>		<p>52nd ICYPAA International Conference of Young People in AA Times Square, NY, NY \$30 Registration (\$35 at door) Daniel 718-755-5398 or Josh 917-417-8357 Over 2500 attended last year—www.icypaa.org</p>

Service Opportunities

24 HR. Hotline Help

Work from home (min. 1yr continuous sobriety) or at the office (6 mo.). 2 hour slots. Subs always needed. Contact Wendy St. at CAIG-Phone@caigrp.org

Newsletter

Send new events, articles and your favorite meeting quotes to Shirl R. at Newsletter@caigrp.org

Hospitals & Institutions

Need volunteers to carry the message into treatment centers and correctional facilities. Ask your Intergroup Rep for details or contact Steve H. at HIChair@caigrp.org

12th Step Call Group

Help people who have reached out and called our hotline. Sign up at www.caigrp.org

Public Information/Cooperation with the Professional Community

Help by supporting talks in schools, at IDRC and with professionals who have contact with alcoholics. Contact Jen R.: PIChair@caigrp.org

Hospitality Committee

Volunteer at the next CAIG event. Contact Diane K.: Hospitality@caigrp.org

MEETING UPDATES

<p>M-F 7:30a,1p,6p Mon 7:30p Sat 9a,1p,6p Sun 12 noon</p>	<p>New! Last House on the Block BayShore Plaza #204 1301 Bayshore Rd, Villas See Clubhouse article - page 1</p>	<p>Monday 6pm</p>	<p>New H&I Commitment Lighthouse Ventnor IOP 6701 Ventnor Ave, Suite 12 Open to Public</p>
<p>Friday 6:30am</p>	<p>New Meeting! Praise Tabernacle 2235 Ocean Heights Ave, EHT</p>	<p>Saturday 7:30p (was 8:30)</p>	<p>Time Change: St. Mary's West Bay Ave, Barnegate</p>
<p>Saturday 5pm June 12 & July 17</p>	<p>H&I Committee meeting CAIG Office, 32 East BHP</p>	<p>Wednesday 6:30p June 16</p>	<p>Bookers Quarterly Exchange Franklin Blvd. & Tunis Ave.</p>
<p>Wednesday 7:30p June 16 & July 21</p>	<p>Intergroup Business Meeting Franklin Blvd. & Tunis Ave.</p>	<p>Wednesday 7:30p June 9 & July 14</p>	<p>CAIG Steering Panel CAIG Office, 32 East BHP</p>
<p>Wednesday 6:30p June 23 & July 28</p>	<p>PI/CPC Committee CAIG Office, 32 East BHP</p>	<p>Wednesday 7:30p June 23 & July 28</p>	<p>Roundup Committee Franklin Blvd. & Tunis Ave.</p>