

SOBER TIMES



THE MONTHLY NEWSLETTER OF
THE CAPE COD INTERGROUP OF ALCOHOLICS ANONYMOUS
396 MAIN STREET, PO BOX 662, HYANNIS, MA 02601
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**LIVE
AND
LET
LIVE**

OCTOBER, 2014

OUR REVISED WEBSITE IS NOW AVAILABLE www.capecodaa.net

It is suggested that the NINETH TRADITION be read in OCTOBER:

In accordance with Tradition Six: "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.", the Sober Times will no longer list any facilities by name.

Intergroup

Intergroup Rep's every 1st Tuesday, 7:30 pm, Federated Ch., Resource Room, 320 Main St., (front door, then downstairs)

District 1&2

General Services Dist. 1&2, every 2nd Tuesday, 7:30 pm, behind ST. David's in Nelson Hall Bldg., Old Main St., So. Yarmouth New GSR presentation at 7:00 pm.

Correctional Facilities Committee

If on probation, or if you were a former inmate, release must have been at least 5 yrs. prior to applying. .

There are openings for District Committee Chairs, if interested contact Mike at 415-806-0331.

CANCELLED MEETINGS

Orleans, Sat. Sun., 2:00 to 4:00, at 44 Main St.

NEW MEETINGS

West Barnstable, OMBB, Thurs., 7:30 to 9:00 Community Ctr., 2377 Rte 149.

MEETING UP-DATES

Hyannis, Sun., 10:00am, Barn. High School, moved to Osterville, Community Bldg., First Ave., June 22 to Aug. 31st.

Hyannis, SD, Sun., 7:00pm, Community Youth Ctr., 141 Bassett Ln., needs support.

Orleans, Beg., Tues, 7:00pm, Community Ctr., 44 Main St., IS AN ACTIVE MEETING.

So. Yarmouth, CW12&12, Fri., 4:30, St. David's, 205 Old Main St.

West Barnstable, Sun., 7:30pm, Community Center is now an OD meeting.

NOTICE

A member of the Steering Committee is donating his time to record any speakers at the podium for any A.A. groups. If interested, contact IG office for arrangements.

NOTICE

An IG Rep is offering to do a presentation of the functions of the IG office and answer any questions about it at any group's business meeting. Contact IG office for arrangements.

GRATITUDE CLUB

By sending in \$1.00 (or any amount) for each year of your sobriety to the Intergroup office, you can share your gratitude with Sober Times' readers. Please include your first name and last initial.

CHANGED OFFICE HOURS

Starting MAY 1st, 2014
THRU
OCT. 31st, 2014

MONDAY THRU FRIDAY

9:00—1:00
2:00—5:00

NOTICE

Harwich, 400 E. Plaza, 1421 Orleans Rd. (Rte. 139) Suite 101, has space available for group meetings.

Inside Story Headline



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internal-

ly, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands

of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image



Caption describing picture or graphic.

near the image.



EVENTS UP-DATE

The events listed in this newsletter are not necessarily endorsed by A.A. or Area Committees.

“THE PROMISES”

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word “serenity” and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellow. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

*Alcoholics Anonymous
pgs. 83&84*

Save the Date!

50TH ANNUAL MASS STATE AA CONVENTION

*Hosted by Areas 31 & 30
With Al-Anon & Alateen participating*

**FRIDAY, NOV. 7TH
THRU
SUNDAY, NOV. 9TH, 2014**
A weekend of
Fellowship & fun

**Sheraton Framingham Hotel
1657 Worcester Rd.
(off Mass Pike)
For more info:**

**Brian O., Chair, 413-297-5969
Ken T., Treas., 978-433-6772**

I AM RESPONSIBLE

**When anyone, anywhere,
Reaches out for help, I want
The hand of A.A. to be there.
And for that:**

I AM RESPONSIBLE.

PRE-ELECTION ASSEMBLY

Hosted by District 3

SEPTEMBER 7TH, 2014

9:00 A.M. - 4:00 P.M.

New Bedford Reg. Voc. Tech
High School
1121 Ashley Boulevard
New Bedford

Registration: 9:00 a.m.

New GSR & DCM Orientation
9:30 a.m.

Assembly begins: 10:00a.m.

Continental Breakfast and
Lunch served
With coffee and beverages.

All interested AA's welcome.
Trusted servants required to attend are: GSR's, DCM's. Committee Officers, Committee Chairs, and Liasons from MSCYPAA, ICYPAA,

GROUP TREASURERS

The Intergroup Office is committed to responding to all of your group and individual needs. If there is a problem, talk to us and let us know what needs to be done. We're very grateful to the groups who donate. We need your support.

Suggested Donation Schedule

50% Cape Cod Intergroup	PO Box 662, Hyannis, MA 02601
10% General Service Districts	PO Box 1450, Dennisport, MA 02639
10% General Service Area 30	PO Box 51411, Boston, MA 02205
30% General Fund,	PO Box 459, Grand Central Station N.Y. 10163

IN MEMORIUM CORNER
In memory of a
deceased friend or group member

From Twelve Steps & Twelve Traditions

NINETH Tradition

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

WHAT DOES CAPE COD INTERGROUP DO?

CCIG serves groups in the general area of Cape Cod and the Islands. It is your group's shared office that is doing what your group is responsible to do but unable to do because of size, cost, and time. There are roughly 205 groups on Cape Cod that share the same responsibilities as yours. The duplication of these efforts would be difficult and extremely costly.

Without an Intergroup, your group would require one of over 200 phone number listings in the Cape Cod phone book for the alcoholic to call. Your group will need to monitor your phone 24/7. Your group would need the daily newspaper to notify others of your AA meeting. Your group would require a purchaser to obtain all necessary supplies and a storage room/shed to hold them (books, pamphlets, anniversary cards, bookie supplies, wallet cards, medallions, archives, etc.) When your group has Anniversary meetings, and Alkathons, these events would have to be advertised elsewhere. How would the flyers that are now inserted in the monthly newsletter, The Sober Times, be distributed?

CCIG provides 24/7 phones to answer questions on meetings and help for the alcoholic who still suffers, over 3,500 last year alone. 12th step members are geographically selected to contact an alcoholic in crisis. CCIG provides a center of information for A.A. groups and the community in general and CCIG provides a book store which offers group's needed supplies. The monthly newsletter is mailed to 250 members of the A.A. community, providing updated information on A.A. activities. The semi-annual published meeting list is a valuable tool for groups and individuals. A website includes up-to-the-minute information on meetings and was visited by over 29,000 members last year.

Most would agree that it is disturbing to imagine the Cape Cod A.A. community without the services provided by CCIG and, just as importantly, the services and support it provides to the still-suffering alcoholic.



**YOUR INTERGROUP OFFICE
PROVIDED THE FOLLOWING
SERVICES IN THE MONTH OF**



JUNE

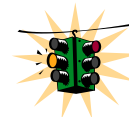
Walk-ins	111
Phone	133
Answering Service	104
Website visits	3010

Traveling this FALL



Wherever you are going we can provide you with contacts for meetings. The Intergroup office has regional, Canadian, and International directories which contain confidential information available only to A.A. members. Call the Intergroup office for info, or better yet, stop by the office and browse our store.

**SOBER TIMES DEADLINE
REMINDER!**



The deadline for submitting information to the Sober Times is the 10th of each month.

