

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

April, 2014

OUR REVISED WEBSITE IS NOW AVAILABLE www.capecodaa.net

It is suggested that the **FOURTH TRADITION** be read in APRIL: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

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. .

Web Master, Pat, 508-398-9116

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

CANCELLED MEETINGS

Sandwich, YPOD, Mon., 6:00p.m., 1st Church of Christ, 136 Main St.

NEW MEETINGS

Pocasset, WBBSS, Tues., 9:00 a.m., Firehouse, 311 Barlow's Landing Rd.

MEETING UP-DATES

So. Yarmouth, BB, Wed., Noon, Meth. Ch., moved to St. David's, 205 Main .

SoYarm.Action OS, Wed., 7:30 pm, Meth.Ch., moved to St. David's .

Osterville, Wed., 7:00pm, Our Lady of Assumption Ch., is now a CBBSS meeting.

Dennis, Brewster Mstep, Mon., 7:00pm, Sen.Ctr., 1045 Rte.134, needs support.

Chatham, Wstep, Thurs., 10:00am, is now the Chatham Women's 12&12.

Falmouth, 11 Step, Thurs. 7:00p.m., St. Barnabas Ch. reinstated 3/13/14.

NOTICE

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

ATTENTION ALL GROUPS

Scott B. is volunteering to do audio recording of speakers at meetings of your choice. Contact Scott at 774-836-5117.

ATTENTION ALL GROUPS

Jesse M., is available to give a presentation on the functions of the Intergroup Office and to answer any questions the group may have. This presentation is offered at Group Business Meetings only. Jesse, 508-367-4843.

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.

M.Mc. 38yrs \$38.00

J.M. 38yrs \$38.00

NOTE FROM JACK M., Chairperson, Steering Committee

There has been a tremendous effort made in the last few years to act as a good steward of the contributions provided to the Intergroup Office, so we can continue to carry the message to the sick and suffering alcoholic.

The office moved to a smaller suite in the same building and reduced its monthly rent by over \$500 a month. The office was able to negotiate with our Internet and phone providers a better rate for our services, which resulted in a \$100 per month saving. The Office reduced its available business hours to 4 days a week (Monday—Thursday) which lowered payroll and tax expenses another \$500 per month. The Steering Committee and Intergroup Reps will continue to work with the Office Manager on other areas that can be reviewed and improved, for example these savings help defray the cost of upgrading the outdated computer in the office, upgrade our internet service and copier maintenance agreement and fund the redesigned website with more information for newcomers, local AA group member and visitors seeking recovery on Cape Cod.

IN MEMORIAM CORNER

In memory of a
deceased friend or group member

From Twelve Steps & Twelve Traditions

FOURTH Tradition -

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

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YOUR INTERGROUP OFFICE
PROVIDED THE FOLLOWING
SERVICES IN THE MONTH OF



FEBRUARY

Walk-ins	121
Phone	103
Answering Service	65
Website visits	2289

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.

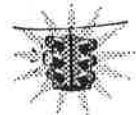
Most would agree that it is disturbing to imagine the Cape Cod A.A. community without the services provided by CCIG and, just as importantly, the services and support it provides to the still-suffering alcoholic.

Traveling this SPRING



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.



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

ROUNDUP

Recovery/Unity/& Service
Hosted by District 1&2

APRIL 26th, 2014

Dennis Church of Nazarene
200 Upper County Rd.
So. Dennis

ALL ARE INVITED

Agenda

9:30—10:00 AM Meet & Greet
10:00—Noon Workshops
NOON Lunch
1:00—2:00 PM Workshops
2:00-3:00 Speakers

\$2.00 charge for lunch
See GSR's for tickets
For more info: Jim 508-398-4830

NO SMOKING ON PREMISES

BREAKFAST MEETING

Sponsored by Dist. 1&2

SATURDAY, May 31, 2014
9:00 — 11:30 AM

St. PiusX Life Center
21 Barbara St.
So. Yarmouth

Doors open at 8:30 a.m.
BREAKFAST PROMPTLY AT 9:00AM
Followed by 2 speakers
Meeting open to all.

Breakfast donation \$5.00
For Tickets see your GSR or call Jim D.
508-398-4830. Flyers and tickets available
at Intergroup office.

Meeting open to all.

AREA 30

Pre-Conference Assembly

Hosted by District 25

SUNDAY, MARCH 30, 2014

9:00 a.m. — 4:00 p.m.

North High School

150 Harrington Way

Worcester, MA 01604

Continental breakfast and lunch provided.
THIS EVENT IS FREE—ALL INTERESTED
A.A.'S ARE WELCOME TO ATTEND.

ATTENTION

ALL MEMBERS

The new website is now up and running. We appreciate your feedback. Go to: capecodaa.net Peruse the website and let us know what you think thru an e-mail to: ccaa@capecodaa.net (no phone calls please).

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

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PO BOX 662
HYANNIS, MA 02601

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RECEIVE THIS NEWSLETTER AT HOME!!

NAME (Please Print) _____ SECRETARY'S NAME (If Group Update) _____

STREET ADDRESS OR PO BOX _____

TOWN _____

STATE _____

Zip Code _____

Rates: INDIVIDUAL \$5.00 per year _____ years.

GROUP \$4.00 each per year

For 5 or more additional copies _____ copies.

Please Update our Group Records
Each Group Secretary receives a **FREE**
Subscription.

Group: _____

Town: _____

Make Checks Payable
to Cape Cod
Intergroup and mail
to:

Cape Cod Intergroup
PO BOX 662
Hyannis, MA 02601