

Referenced Copy

The Sober Times Newsletter April 2016

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Thursday as of Oct 2nd, closed Friday, Saturday and Sunday



Phone- 508-775-7060

Notes from the editor

Hello All,

I have completed the mailing list update and based on the responses I received the list is much smaller than it previously was. I believe the list now accurately reflects the people and groups that actually want to continue receiving this mailing. I would greatly appreciate feedback regarding what type of content you would like contained in this newsletter. My goal is to provide *information that you as the reader would find helpful*, informational and inspirational. On our website www.capecodaa.net you can find Steering Committee and Intergroup reps. meeting minutes as well as Intergroup financial information. You will also find this newsletter on the website as well. I look forward to hearing your ideas and suggestions. Spring is right around the corner. A time for rebirth and rejuvenation. Enjoy!!!!

Chuck T.

Just what is Intergroup doing for your group?
How does your group benefit from Intergroup?
How can your group have a voice in what Intergroup does?
Why not invite us to share with your group at your next business meeting and answer these questions?
A member of our Steering Committee will be glad to make a presentation at your business meeting. Contact us today. 508-775-7060

Your Intergroup is not a governing body and does not attempt to, nor can it, rule any AA Group.
Its sole purpose is to act as a clearinghouse for the convenience of members and groups desiring assistance, and to extend the Twelve Step Work of "carrying the message."

It is suggested the 4th Tradition be read at each meeting in April:

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Did you.....

- Begin your morning with prayer?
- Talk with another alcoholic?
- Call your sponsor?
- Are you doing service work?

Service Committee Meetings

Intergroup Reps Meeting Every 1st Tuesday at 7:30
Federated Church Resource Room, 320 Main Street (Front Door Hyannis, MA.

General Service Districts 1&2 Every 2nd Tuesday at 7:30 pm
behind St David's Church in Nelson's Hall 205 Old Main So. Yarmouth

Boston's Bid for ICYPAA is looking for people to get involved from Dist. 1&2. Group meets at 12 Channel St. So. Boston, 1st & 3rd Sundays at 5 P.M.

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2
508-771-4143

Meeting Updates

Meeting Changes

New Meetings

Bourne

Cataumet train station, BBSS
Sat. nights 7:30-8:30

Bourne

All meetings formerly held at the fire station on Barlow's Landing Rd. are now being held at the community center at 314 Barlow's Landing Rd.

Harwich

"Living the life group"

Thurs. 7:30 pm
@ Club Dry Dock, East Harwich Plaza

Falmouth

The "Power of Example" Group.
Tues. night @ 7 p.m. is looking for support.

Would you like to serve your group?

AA gives us many ways to be of service to our fellowship.

One of those is to represent your group as an Intergroup Representative (IGR). Does your group have an IGR? If not, why not volunteer to represent your group? Volunteer to serve at your next business meeting.

Does your group have a General Service Representative? (GSR)

The GSR is the link between your group and AA as a whole.

Your Intergroup Office is always looking for volunteers to staff the office during vacations, illness, etc. Please contact the office if interested.

Tradition 4 Checklist

Tradition Four: *Each group should be autonomous except in matters affecting other groups or AA as a whole.*

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths – his lengths, not mine – to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?

Is Cape Cod Intergroup a part of A.A.?

Cape Cod Intergroup is entirely dependent on the AA groups and individuals for its continuing operation.

Your group can participate by selecting an Intergroup Representative to represent your group.

IG Reps meet on the 1st Tuesday of every month. Any AA member can attend.

As an A.A. member you can support CCIG by volunteering. While CCIG has one paid staff worker, many of the services are provided by volunteers.



We Have Increased Our Inventory Of Books And Supplies To Serve You Better

Do you have a special anniversary coming up? Does your group need a bulk order of books or other materials? Would you like to order from the comfort of your home or meeting space? Well, look no further. We have increased our inventory and are now pleased to offer painted medallions, the bronze "Boston" medallions, and 24 hour bronze medallions. Send us your email orders. There is no limit on books or other merchandise. No order too big or too small. If you are looking for specialty items we will be happy to order them for you. Come in and check us out. We would love to see and get to know you. We always try to have coffee available and have time for good conversation. Also, feel free to check out the website for info on meetings and other related information. **DON'T FORGET WE OFFER FREE SHIPPING!!!!!!**

"The Promises"

We are going to know a new freedom and a new happiness. We will not regret the past or wish to close 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 fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

**I am responsible...When
anyone, anywhere, reaches out
for help, I want the hand of
A.A. always to be there. And
for that I am responsible.**

Volunteers are needed for the Corrections Committee. Please contact Sharon D. for details. 508-563-4435

Birthday Plan

On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area, GSO and your local Intergroup

12X12 p. 130-131

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made - that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not.

So at the outset, how best to live and work together as groups became the prime question. In the world about us we saw personalities destroying whole peoples. The struggle for wealth, power, and prestige was tearing humanity apart as never before. If strong people were stalemated in the search for peace and harmony, what was to become of our erratic band of alcoholics? As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out.