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The Sober Times Newsletter August 2015

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

Cape Cod Intergroup

Notes from the editor

Hopefully you all have been enjoying everything the Cape has to offer during this beautiful time of year. The store inventory has been completed, Steering Committee elections have been held and the new summer/fall meeting lists have been printed. With all that is going on around us during this busy time of year I like to take a moment and appreciate how much sobriety has taught me and given me. I am truly grateful. I hope you all enjoy the rest of your summer. If you get the chance, stop by and say hello. Don't forget if you need anything don't hesitate to call and ask. Remember this is YOUR Intergroup.

Chuck T.

Would you like to be on our 12 Step volunteer list? We don't give out your number; we call our volunteers and they call the person needing help.

If you would like to volunteer to be on our 12 Step volunteer list, just call us at 508-775-7060
Actually, your Intergroup has many volunteer opportunities.

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

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 8th Tradition be read at each meeting in August:

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Did you.....

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

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

Sandwich

The Sandwich Friday Night Group meets at 7:30 P.M. Not at 8:00 as printed in the meeting list.

Group Needing Support

WBBSS, Buzzards Bay, Knights of Columbus, 5 Amory Rd. 6:00 P.M. on Monday's.

Meeting Requests

The Stephen S. French Youth Camp in Brewster is looking for a weekly or bi-weekly commitment. Please contact the Intergroup office for details

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.

Safety

So, here's the way it looks to me. You're out in the woods and it's dark and the wolves are on your track and they are howling and tracking you down. They are coming closer and closer and the end is obviously near.

Then it happens, you stumble onto a group of people who are sitting around a large fire. They welcome you and let you join their circle. It's safe here; the wolves can't get you as long as you stay with these people and stay around this fire. The wolves wouldn't dare come this close to the fire. But for you, the fire is warmth, and light, and security.

After a while, you can almost forget about the wolves. It is so good to be around the fire with these people. You start telling stories and drinking coffee. If you had hot dogs or marshmallows, you would be roasting them. It is wonderful to be here, having fun and fellowship.

But, every once in a while someone new stumbles in out of the dark with the wolves on his heels. And then you remember how you got here and why. And then you feel gratitude.

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.

"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.

Alcoholics Anonymous pgs. 83&84

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

**Bill's Friends
Christ The King Church (Big Parish Hall) in Mashpee. 10th Anniversary, August 11th, 2015
Meeting from 7:30-8:30 P.M.
Followed by food and fellowship.**

☆AA's NEEDED @ BARNSTABLE COUNTY FAIR☆

We need you to offer this very Public Service to cover the AA Information Booth for a 3 hour shift at the Barnstable County Fair!

Friday and Saturday, July 24th and 25th

Noon to 10:00PM

Sunday, July 26th, Noon to 9:00PM

Please have 2(+) years of sobriety

Contact:

Mike C. 508-685-9289

or

Brenda C. 508-539-3204

