

# The Sober Times December 2014

New Office Hours Monday through Thursday 10am – 1:00pm & 2:00pm – 6:00pm

The Monthly Newsletter of the Cape Cod Intergroup of Alcoholics Anonymous

Cape Cod Intergroup

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## Editor's Memo

Hi, my name is John. I'm an alcoholic. I'm also your interim office manager.

Each month in addition to keeping the groups updated on meeting changes and upcoming events, we will be writing personal messages so you get to know us. We also want to get to know you. Please feel free to call us or stop in to visit.

I heard it in a meeting

I heard an interesting thought at a discussion meeting last month.

"Sometimes life does give you more than you can handle; but you don't have to handle it alone." I had never heard that before.

When I was drinking I experienced many things I couldn't handle. My only solution was to drink which of course just caused more situations that I just couldn't handle. I couldn't understand why all this stuff was happening to me.

Several years ago, when I was attending an AA meeting trying to get sober, I asked a man who eventually became my first sponsor this question, "Hank, Why do things like this always happen to me?"

He responded, "John, I don't know why things like that always happen to you, I only know that things like that always happen to people like you." That angered me.

What I didn't know back then was that "...most of my problems were of my own making." Today I recognize that most of my problems, even though I am not drinking, are still of my own making.

Before AA, and before I had a sponsor, I tried to handle these problems myself. I felt very alone.

Today, whatever problems I have, even the ones I just can't handle, I don't have to handle them alone.

For That, I am grateful.

We have volunteers who will record (audio) speakers at the podium for you group meeting or special event

Contact Intergroup Office



It is suggested the 12<sup>th</sup> Tradition be read at each meeting in December

*"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

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## Service Committee Meetings

IntergroupReps Meeting  
Every 1<sup>st</sup> Tuesday at 7:30  
Federated Church Resource  
Room 320 Main Street (Front  
Door Hyannis, MA.

General Service Districts  
1&2 Every 2<sup>nd</sup> Tuesday at  
7:30 pm behind St David's  
Church in Nelson's Hall  
Building Old Main  
Street South. Yarmouth (New  
GSR presentation @ 7:00 pm

There are openings for  
District Committee Chairs.

If interested call Mike @  
415-806-0331

## Did you

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

## Meeting Updates

### Canceled Meetings

Orleans  
Tuesday 7:00 pm  
Sat & Sun 2:00-4:00 pm  
44 Main St

### New Meetings

W. Barnstable  
OMBB  
7:30 to 9:00 pm  
Community Center  
2377 Rte 149

### Meeting Changes

Hyannis  
Sun 10:00 am  
Moved to:  
Osterville  
Community Bldg  
First Ave  
June 22 thru Aug 31

Hyannis  
SD  
Sunday 7:00 pm  
Community Youth Center  
141 Bassett Ln  
NEEDS Support

**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."**

## He called Intergroup

On May 23rd of 2009 I was sitting in my living room with an opened bottle of scotch and contemplating suicide.

I was drunk and couldn't stop drinking.

Actually I knew what to do: I had almost 10 years of sobriety back in the nineties.

But that was 10 years earlier. I failed and now there was no hope for me. But I had

nowhere else to go so I called Cape Cod Intergroup. It was about 2:00 AM, I hoped no one would answer the phone. I was wrong.

The phone was answered. It was just an answering service but the phone was answered. They told me that a member of AA would call me back.

Again, I hoped they wouldn't. Within an hour I received a call from a

member of AA. He listened to my drunken ramblings. Then he told me a little about his drinking and how he got sober. He gave me a glimmer of hope. The next morning he and another AA member came to my apartment and drove me to a detox center.

That was over 5 years ago and I haven't had a drink since. I'm so glad that when I reached out for help the hand of AA was there. For that I am grateful.

John F.

Do you have a story about calling Intergroup? We'd love to hear from you. We'd love to share it with the readers of the Sober Times.

## International Convention

The 2015 International Convention of Alcoholics Anonymous will be held July 2 - 5, 2015 in Atlanta, Georgia with the theme "80 Years - Happy, Joyous and Free."

A.A. members and guests from around the world will celebrate A.A.'s 80th year with Big Meetings held Friday night, Saturday night and Sunday morning in the Georgia Dome. Other meetings, scheduled or

informal, will take place throughout the weekend in the Georgia World Congress Center and local hotels.



Registrations information can be found on the official Alcoholics Anonymous website: <http://www.aa.org/>

The convention will have a theme of "80 Years — Happy, Joyous and Free."

Are you Grateful? Join our Gratitude Club. Just send in \$1.00 (or any amount) for each of your sobriety. Include your 1<sup>st</sup> name, last initial, and your sobriety date.

Use the enclosed envelope.

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

Cape Cod Intergroup is a "service center" as referred to in Tradition 8—"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."

Other such service centers include G.S.O., the AA Grapevine, and AA World Services.

What they have in common is that they are responsible to the AA groups and members they serve (See Tradition 9).

They have no purpose but to serve the individuals and groups that support them.

Thus, while not a part of the formal service structure consisting of Districts, Areas, etc. It does provide critical and much needed services to AA and is very much a part of A.A. on Cape Cod.

How can my group participate? How can I help?

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 1<sup>st</sup> Tuesday of every month. Any AA member can attend.

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

## We Have Increased Our Inventory Of Books And Supplies

Several group members have complained that when they came to our office to purchase AA books and materials, because of our limited inventory, they were only permitted to buy six Big Books at a time.

As a result, they made their purchases elsewhere and were not happy about that at all.

Neither were we. That problem has now been fixed!

We will now have ample supplies on hand to meet your group's needs.

In the event we do not have sufficient inventory when you come to our office, we will order them and ship them to you and even pay the shipping cost.

Better yet, very soon you will be able to purchase your books, pamphlets, and other AA supplies from our

website. [www.CapeCoda.net](http://www.CapeCoda.net)

Of course we'd prefer you to come to the office for your needs. We want to get to know you better and you to know us better. After all, we are a fellowship.

Speaking of our office, we can always use volunteers.

Why not call us today and volunteer? You will enjoy it and be helping AA. 508-775-7060

## Sober Times Deadline

Have there been any changes such as meeting time, meeting type, meeting day, or meeting place for your group?

Please let us know. The deadline for submitting information to the Sober Times is the 10<sup>th</sup> of each month.

## Sober Times Updates

**Did you know that you can view and download the Sober Times from our website? Just go to <http://capecodaa.net> and click on "About Intergroup" on the top of the page and select Sober Times from the drop down menu.**

Don't forget our new office hours beginning December 1<sup>st</sup>, 2014 **Monday through Thursday 10am – 1:00pm & 2:00pm – 6:00pm.**

If you have any suggestions for improving YOUR Intergroup come on in or go to our website and share them with us. <http://capecodaa.net>

Remember, this is YOUR Intergroup. We are here to serve you and your group.

*"Stick with the winners and win with the stickers."*

## 7<sup>th</sup> Tradition made Easy

Every AA group ought to be fully self-supporting, declining outside contributions.

In 2010 AA World Service provided a means for AAmembers to contribute to AAWS. on their website. Many Intergroup offices followed suit.

In adherence to our 7<sup>th</sup> tradition, contributions are only accepted from AA members.

Would you or your group like to be able to support Intergroup directly from our website? Let us know. 508-775-7060

## Share your story with us.

Since you haven't shared your story with us yet, I will share your story for you.

Angie: at some point you started drinking.

Bob: You liked how alcohol made you feel.

Charlie: Because you liked how it felt you started drinking a lot.

Dan: Your drinking started to cause you problems...

Ed: When your drinking was causing problems you tried to control your drinking.

Frank: You found out you couldn't control your drinking.

George: You tried to quit drinking.

Hank: You discovered you couldn't quit drinking.

All of you: You couldn't quit so you came to AA.

I'm an alcoholic so I know your story. I don't know the details so I'm asking you to share your story (Experience, strength, and hope) with us to share with the readers of Sober Times.

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