

The Sober Times Newsletter February 2015

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Thursday Closed Friday, Saturday and Sunday

Cape Cod Intergroup

Editor's Memo

I would like to take this opportunity to introduce myself. My name is Chuck T. and I am your new Intergroup office manager. I would first like to thank John F. for the fine job he did in keeping the office going during the transition. He is a wonderful asset and resource. I am looking forward to the challenge of my new position and I am looking forward to meeting all of you. This office is here solely to cater to the needs of AA individuals and groups alike. If I can help you or your group in any way please don't hesitate to

ask. So please stop in, chat, present ideas, voice concerns. I want to hear from you. This is your Intergroup. I hope to see you soon.

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

It is suggested the 2nd Tradition be read at each meeting in February

"For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern"

There are openings for District Committee Chairs.

If interested call Mike @ 415-806-0331

Inside this issue:

Motivation	2
Meeting Updates	2
International Convention	2
Is Intergroup Part of AA?	2
We Have Increased Our Inventory	3
Upcoming Events and Open House	3
Share Your Story	3
Inside Story	

Did you

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

Meeting Updates

Cancelled Meetings
Cape Cod Young People
57 Pond st.
Osterville
New Meetings

Men's closed
12&12 165 Main st
St. Peter's Church
Mondays 7-8P.M.
Meeting Changes

Hyannis
SD
Sunday 7:00 pm
Community Youth Cntr
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."

The Lower Cape Group of AA meets at 7:30 pm on Sunday evenings at the Church of Holy Spirit, Orleans. We are an open meeting, and we are trying out a new informal discussion format, and we are extending an invite and welcome to all to

attend and check it out!!! join us as we gather to share our experience, strength and hope as members of AA. Hope to see you soon!

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.

The theory is that if I go to Alcoholics Anonymous, I will not drink again. That theory becomes a possibility when I actually go to AA. The more I go, and do what is asked, the possibility that I won't drink again increases. Get the picture? Many Meetings = Many Choices! Fewer Meetings = Fewer

Choices!
No Meetings = No Choice!
Yes there is much more to AA than going to meetings, I am going to hear all those things I ought to be doing in those meetings and I need repetition cause with this head I tend to forget. Keep Coming.

It Gets Weirder, but then Acceptance shows up if you work for it.

Are you grateful? Join our Gratitude Club. Share your gratitude. Just send in \$1.00 (or any amount) for each year of your sobriety.

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 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 to serve you better

Do you have a special anniversary coming up? Does your group need a bulk order of books or other material?? Would you like to order from the comfort of your home or meeting space? We'll look no further. We have increased our inventory and are now pleased to offer painted anniversary medallions,

the bronze "Boston" medallions and 24hr 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 a specialty item we will be happy to order it for you. Come in and

check us out. We would love to see you and get to know you. We try to always have coffee available and there is always time for good conversation. We look forward to meeting you and getting to know you. Also feel free to check out our website for the latest info on meetings and other related information.

Intergroup Open House Thurs March 2nd from 10:00 AM - 2:00 P.M.

We will be serving coffee and doughnuts.

If you have never visited YOUR Intergroup now is a good time. If you've already been here, why not come back? I would love to meet you.

If you have any suggestions for improving YOUR Intergroup come on in and share them with us.

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

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



Share your story with us.

We would love to share your experience, strength and hope. If you have a story you would like to share with our readers please submit them by email or feel free

to drop them off in person. Stories need to be submitted no later than the 10th of the month. We look forward to hearing from you.

Nowadays, whenever a newcomer asks me how they are supposed to believe in a Higher Power, I simply tell them, "God has done for me what I could not do for myself.

Receive this Newsletter at home!!!!

Please Update Our Group Records

Each Group Secretary Receives a Free Subscription

(Please Print)NAME (Secretary Name if group)

Street Address or PO Box

City

State

Subscription Rates
Individual \$5.00 per year
Group \$4.00 each per year
Or receive it for FREE!!! via
email!!!!!!

**396 main Street
PO Box 662
Hyannis MA 02601**

**Non Profit Org.
U.S. Postage
Permit NO 57**