

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**

January, 2014

It is suggested that the **FIRST TRADITION** be read in JANUARY: "Our common welfare should come first; personal recovery depends upon A.A. unity."

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.)

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.

Public Info & Cooperation with Profession Community Committee Treatment Committee

Griz, Chair, 508-563-3198

Web Master, Pat, 508-398-9116

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

CANCELLED MEETING

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

NEW MEETINGS

MEETING UP-DATES

So. Yarmouth, BB, Wed., Noon, Meth. Ch., moved to St. David's, 205 Main St., effec. 1/8/14.

SoYarm.Action OS, Wed., 7:30 pm, Meth.Ch., moved to St. David's 205 Main St. effec. 1/8/14.

So. Yarmouth, CWStep, Fri., 4:30, St. David's Ch., 205 Old Main St., needs support

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.

Anonymous	40 yrs.	\$40.00
Gerry B.	35 yrs.	\$35.00
Gerry B.		\$200.00

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.

To schedule, contact Jesse, 508-367-4843.

IN MEMORIUM CORNER

In memory of a
deceased friend or group member

From Twelve Steps & Twelve Traditions

FIRST Tradition -

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

pg. 189

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.



YOUR INTERGROUP OFFICE
PROVIDED THE FOLLOWING
SERVICES IN THE MONTH OF



NOVEMBER

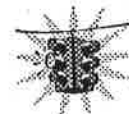
Walk-ins	104
Phone	103
Answering Service	67
Website visits	2190

Traveling this WINTER?



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

NEW YEAR'S ALKATHON

Sponsored by Dist 1&2

When: Dec. 31, 2013 to
Jan 1, 2014

Where: Graded School House
67 School St., W.Dennis

Meetings: 12/31 - 7 PM
1/1/14 - 4:30 PM

FOOD DONATIONS WELCOME
REFRESHMENTS * GOODIES

For more info:
Jean F. 508-398-4830

NO CAMERAS PLEASE

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

And for that:
I am responsible.

2013 Christmas Alkathon

*Sponsored by Pocasset Sunday Night
&
District 1&2*

*Christmas Eve, Dec. 24th, 7:00 P.M.
Thru*

Christmas Day, Dec. 25th, 6:00 P.M.

*Pocasset Community Building
Barlows Landing Rd., Pocasset
Between County Rd. & Shore Rd.*

*Food, Beverages and Fellowship
Meetings, Meetings, Meetings*

Contact: Keith B. 507-395-8536

Be there or be Square!

25TH ANNIVERSARY

*Sponsored by Falmouth
Sunday A.M. Breakfast Group*

SUNDAY, JAN. 19TH, 2014

10:00—11:15 A.M.

**Falmouth High School
1200 Gifford St. Ext.**

*** Food & Fellowship ***

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

New Years *ALKATHON*

When : Dec.31,2013 --- Jan.1,2014

Where : Graded School House
School St. West Dennis



Meetings from 12/31 - 7pm 1/1/14 -4:30 pm

Food Donations Welcome

Refreshments Goodies



For more info contact:

Jean F. - 508-398-4830

Sponsored by Districts 1 & 2

NO CAMERAS PLEASE



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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