

# SOBER TIMES



THE MONTHLY NEWSLETTER OF  
THE CAPE COD INTERGROUP OF ALCOHOLICS ANONYMOUS  
396 MAIN STREET, PO BOX 662, HYANNIS, MA 02601  
PHONE: 508-775-7060 1-800-637-6237  
E-mail: ccaa@capecodaa.net Web: www.capecodaa.net

LIVE  
AND  
LET  
LIVE

MARCH, 2014

It is suggested that the **THIRD TRADITION** be read in MARCH: "The only requirement for A.A. membership is a desire to stop drinking"

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. .

Web Master, Pat, 508-398-9116

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

## CANCELLED MEETINGS

Sandwich, YPOD, Mon., 6:00p.m., 1st Church of Christ, 136 Main St.  
Falmouth, 11 Step, Thurs. 7:00p.m., St. Barnabas Ch.

## NEW MEETINGS

Pocasset, WBBSS, Tues., 9:00 a.m., Firehouse, 311 Barlow's Landing Rd.

## MEETING UP-DATES

So. Yarmouth, BB, Wed., Noon, Meth. Ch., moved to St. David's, 205 Main .  
SoYarm.Action OS, Wed., 7:30 pm, Meth.Ch., moved to St. David's 205 Main St.

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

Osterville, Wed., 7:00pm, Our Lady of Assumption Ch., is now a CBBSS meeting.

Dennis, Brewster Mstep, Mon., 7:00pm, Sen.Ctr., 1045 Rte.134, needs support,

## NOTICE

HARWICH, 400 E. Plaza, 1421 Orleans Rd. (Rte. 139) Suite 101, has space available for group meetings.

## ATTENTION ALL MEMBERS

The new website test page (a work in progress) is now available for your viewing and evaluation, we welcome your feedback. Go to: capecodaa.net/wordpress/ Peruse the website options and let us know what you think thru e-mail to: ccaa@capecodaa.net (no phone calls please).

## **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.

J.W.E. 43yrs \$43.00

## 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.

## ATTENTION ALL GROUPS

Scott B. is volunteering to do audio recording of speakers at meetings of your choice. If interested contact him at: Scott B. 774-836-5117.

## IN MEMORIUM CORNER

In memory of a  
deceased friend or group member

From Twelve Steps & Twelve Traditions

THIRD Tradition -

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

*pg. 189*



YOUR INTERGROUP OFFICE  
PROVIDED THE FOLLOWING  
SERVICES IN THE MONTH OF



### JANUARY

Walk-ins	122
Phone	107
Answering Service	66
Website visits	2480

## 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.

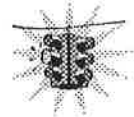
Most would agree that it is disturbing to imagine the Cape Cod A.A. community without the services provided by CCIG and, just as importantly, the services and support it provides to the still-suffering alcoholic.

## 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*

## Save the Date!

### 50TH ANNUAL MASS STATE AA CONVENTION

*Hosted by Areas 31 & 30  
With Al-Anon & Alateen participating*

**FRIDAY, NOV. 7TH  
THRU  
SUNDAY, NOV. 9TH, 2014**  
A weekend of  
Fellowship & fun

Sheraton Framingham Hotel  
1657 Worcester Rd.  
(off Mass Pike)

For more info:  
Brian O., Chair, 413-297-5969

### CABIN FEVER CRAZY SOBER DANCE

*Sponsored by Hit the Deck Running*

Saturday, March 1st, 2014  
Meeting: 6:30—7:30 p.m.

Followed by  
Dance with Live Band

Pocasset Community Ctr.  
Barlow's Landing Rd.  
(across from Firehouse)

### POT LUCK DINNER DONATIONS WELCOME

Contact:  
Michael 508-685-9289

## NERAASA 2014 Northeast Regional A.A. Service Assembly

Communicating Our Legacies  
Vital in a Changing World

**FEBRUARY 21-23, 2014**

Crown Plaza  
801 Greenwich Avenue  
Warwick, R.I.  
407-732-6000  
800-227-6963

Registrar2014@neraasa.org

### AREA 30 Pre-Conference Assembly *Hosted by District 25*

**SUNDAY, MARCH 30, 2014**  
9:00 a.m. — 4:00 p.m.  
North High School  
150 Harrington Way  
Worcester, MA 01604

Continental breakfast and lunch provided.  
THIS EVENT IS FREE—ALL INTERESTED  
A.A.'S ARE WELCOME TO ATTEND.

### ATTENTION ALL MEMBERS

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### 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

396 MAIN ST.  
PO BOX 662  
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