

# 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

May, 2014

OUR REVISED WEBSITE IS NOW AVAILABLE [www.capecodaa.net](http://www.capecodaa.net)

It is suggested that the FIFTH TRADITION be read in MAY: "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

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, then downstairs)

### 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.

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.  
Provincetown, 11Step, Sun, Noon, PASG; OD, Sun, Noon, UU Mtg. House  
Wellfleet, YPD, Fri. 7:00 Methodist Ch.  
Hyannis, OD, Wed., 7:30pm, Federated Ch.

### NEW MEETINGS

Pocasset, WBBSS, Tues., 9:00 a.m., Firehouse, 311 Barlow's Landing Rd.  
Provincetown, BB, Mon., 5:30, Community Ctr., Mayflower Ln.  
Harwich, GD, Fri., 7:00-8:00pm, 400 East Plaza, 1421 Orleans Rd. (Rte.39) Suite 101, ALL ARE WELCOME.  
Osterville, OYPBBB, Sat., 7:00pm, United Methodist Ch., 57 Pond St.

### 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.  
Osterville, Wed., 7:00pm, Our Lady of Assumption Ch., is now a CBBSS meeting.  
Dennis, MBB/12&12Step, Mon., 7:00pm, Sen.Ctr., 1045 Rte.134, needs support.  
Chatham, Wstep, Thurs., 10:00am, is now the Chatham Women's 12&12.  
Falmouth, 11 Step, Thurs. 7:00p.m., St. Barnabas Ch. reinstated 3/13/14.  
Orleans, OD, Sun. 2:00-4:00, Comm. Ctr., 44 Main St. changed to Beg.BB, 2:30—4:00pm.  
Wellfleet, OD, Sat., 7:00pm, Meth. Ch., moved to 1st Cong. 200Main

### 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.

Erwin S. 6yrs. \$12.00  
Sheila M. \$50.00

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### CHANGED OFFICE HOURS

Starting MAY 1st, 2014  
THRU  
OCT. 31st, 2014

### MONDAY THRU FRIDAY

9:00—1:00  
2:00—5:00  
\*\*\*\*\*

### ATTENTION ALL MEMBERS

Any member of A.A. with 2 or more years of sobriety who is interested in being nominated to the Steering Committee FY14/15 contact:  
Scott B., Co-Chair 774-326-5117

### NOTICE

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

## IN MEMORIAM CORNER

In memory of a  
deceased friend or group member

So. Yarmouth Wednesday Noon BB Group  
Pete C. Deceased Feb. 23rd, 2014

### From Twelve Steps & Twelve Traditions . . . .

#### FIFTH Tradition

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*—that of carrying its message to the alcoholic who still suffers.

pg.190

### From As Bill Sees It . . . .

#### Membership Rules

Around 1943 or 1944, The Central Office asked the groups to list their membership rules and send them in. After they arrived we set them all down. A little reflection upon these may rules brought us to an astonishing conclusions.

If all of these edicts had been in force everywhere at once it would have been practically impossible for any alcoholic to have ever joined A.A. About nine-tenths of our oldest and best members could never have got by!

pg.41



**YOUR INTERGROUP OFFICE  
PROVIDED THE FOLLOWING  
SERVICES IN THE MONTH OF**



#### FEBRUARY

Walk-ins	121
Phone	103
Answering Service	53
Website visits	2289

### Traveling this SPRING

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.



## WHAT DOES CAPE COD INTERGROUP DO?

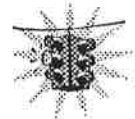
CCIG serves groups in the general area of Cape Cod and the Islands. It is your group's shared office that is doing what your group is responsible to do but unable to do because of size, cost, and time. There are roughly 205 groups on Cape Cod that share the same responsibilities as yours. The duplication 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.

## 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  
Ken T., Treas., 978-433-6772

### ROUNDUP

Recovery/Unity/& Service  
*Hosted by District 1&2*

**APRIL 26th, 2014**  
Dennis Church of Nazarene  
200 Upper County Rd.  
So. Dennis

### ALL ARE INVITED

#### Agenda

9:30—10:00 AM Meet & Greet  
10:00—Noon Workshops  
NOON Lunch  
1:00—2:00 PM Workshops  
2:00-3:00 Speakers

\$2.00 charge for lunch  
See GSR's for tickets  
For more info: Jim 508-398-4830

**NO SMOKING ON PREMISES**

### BREAKFAST MEETING

*Sponsored by Dist. 1&2*

**SATURDAY, May 31, 2014**  
9:00 — 11:30 AM

St. PiusX Life Center  
21 Barbara St.  
So. Yarmouth

Doors open at 8:30 a.m.  
**BREAKFAST PROMPTLY AT 9:00AM**  
Followed by 2 speakers  
Meeting open to all.

Breakfast donation \$5.00  
For Tickets see your GSR or call Jim D.  
508-398-4830. Flyers and tickets available  
at Intergroup office.

Meeting open to all.

### 56TH ANNIVERSARY

*Sponsored by the Harwichport Group*

**SATURDAY, JUNE 14TH, 2014**  
7:30 P.M.

Christ Episcopal Church  
671 Rte. 28  
Harwichport

### FOOD & FELLOWSHIP

Food donations welcome!

### AREA 30

### POST CONFERENCE ASSEMBLY

*Hosted by District 20*

**SUNDAY, JUNE 1ST, 2014**  
Haverhill Elks Lodge #165  
24 Summer St.

Registration 9:00 a.m.  
GSR & DCM Orientation 9:30 a.m.  
Assembly 10:00 to 4:00  
Breakfast \* Lunch \* Beverages

**EVENT IS FREE - ALL ARE WELCOME**

### 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

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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  
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