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The Sober Times Newsletter February 2016

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Thursday as of Oct 2nd, closed Friday, Saturday and Sunday



Notes from the editor

Hello All,

Winter is upon us and hopefully you have settled into that familiar cold weather routine. I am working to update the information on the website and for the next meeting list. One of the difficulties I have is getting the most up to date information on new meetings and meetings that have folded. If you are a member of a new group or one that has disbanded please give the office a call so I can accurately update your groups information. The office is always looking for volunteers to help with mailings etc. The office will also be looking for someone to work on Fridays when we go back to a 5 day schedule and to cover my vacation days and any sick days. Please stop by the office if interested. Stay safe and warm out there.

Chuck T

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

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2
508-771-4143

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

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."

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"

Boston's Bid for ICYPAA is looking for people to get involved from Dist. 1&2. Group meets at 12 Channel St. So. Boston, 1st & 3rd Sundays at 5 P.M.

Did you.....

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

Meeting Updates

Meeting Changes

New Meetings

Bourne

Cataumet train station, BBSS
Sat. nights 7:30-8:30

Bourne

All meetings formerly held at the fire station on Barlow's Landing Rd. are now being held at the community center at 314 Barlow's Landing Rd.

Harwich

"Living the life group"
Thurs. 7:30 pm
@ Club Dry Dock, East Harwich Plaza

Harwich

"Steppin Out group" Tues.
7:30pm @ Club Dry Dock, East Harwich Plaza

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.

Your Intergroup Office is always looking for volunteers to staff the office during vacations, illness, etc. Please contact the office if interested.

What are the ideas embodied in the Twelve Traditions?

That, touching all matters affecting A.A. unity, our common welfare should come first; that A.A. has no human authority - only God as He may speak in our Group conscience; that our leaders are but trusted servants, they do not govern; that any alcoholic may become an A.A. member if he says so - we exclude no one; that every A.A. Group may manage its own affairs as it likes, provided surrounding groups are not harmed thereby; that we A.A.'s have but a single aim - the carrying of our message to the alcoholic who still suffers; that in consequence we cannot finance, endorse or otherwise lend the name 'Alcoholics Anonymous' to any other enterprise, however worthy; that A.A., as such, ought to remain poor, lest problems of property, management and money divert us from our sole aim; that we ought to be self-supporting, gladly paying our small expenses ourselves; that A.A. should forever remain non-professional, ordinary 12th step work never to be paid for; that, as a Fellowship, we should never be organized but may nevertheless create responsible Service Boards or Committees to insure us better propagation and sponsorship and that these agencies may engage full-time workers for special tasks; that our public relations ought to proceed upon the principle of attraction rather than promotion, it being better to let our friends recommend us; that personal anonymity at the level of press, radio and pictures out to be strictly maintained as our best protection against the temptations of power or personal ambition; and finally, that anonymity before the general public is the spiritual key to all our ever reminding us to place principles before personalities, that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all. (Twelve Traditions, Cleveland, July, 1950) .

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 CCIG by volunteering. While CCIG 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 materials? Would you like to order from the comfort of your home or meeting space? Well, look no further. We have increased our inventory and are now pleased to offer painted medallions, the bronze "Boston" medallions, and 24 hour 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 specialty items we will be happy to order them for you. Come in and check us out. We would love to see and get to know you. We always try to have coffee available and have time for good conversation. Also, feel free to check out the website for info on meetings and other related information. **DON'T FORGET WE OFFER FREE SHIPPING!!!!!!**

"The Promises"

We are going to know a new freedom and a new happiness. We will not regret the past or wish to close 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 fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

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

Volunteers are needed for the Corrections Committee. Please contact Sharon D. for details. 508-563-4435

Birthday Plan

On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area, GSO and your local Intergroup

How do you justify calling alcoholism an illness, and not a moral responsibility?

Early in A.A.'s history, very natural questions arose among theologians. There was a Mr. Henry Link who had written "The Return to Religion (Macmillan Co., 1937). One day I received a call from him. He stated that he strongly objected to the A.A. position that alcoholism was an illness. This concept, he felt, removed moral responsibility from alcoholics. He had been voicing this complaint about psychiatrists in the American Mercury. And now, he stated, he was about to lambaste A.A. too. Of course, I made haste to point out that we A. A.'s did not use the concept of sickness to absolve our members from moral responsibility. On the contrary, we used the fact of fatal illness to clamp the heaviest kind of moral responsibility on to the sufferer. The further point was made that in his early days of drinking the alcoholic often was no doubt guilty of irresponsibility and gluttony. But once the time of compulsive drinking, veritable lunacy had arrived and he couldn't very well be held accountable for his conduct. He then had a lunacy which condemned him to drink, in spite of all he could do; he had developed a bodily sensitivity to alcohol that guaranteed his final madness and death. When this state of affairs was pointed out to him, he was placed immediately under the heaviest kind of pressure to accept A.A.'s moral and spiritual program of regeneration - namely, our Twelve Steps. Fortunately, Mr. Link was satisfied with this view of the use that we were making of the alcoholic's illness. I am glad to report that nearly all theologians who have since thought about this matter have also agreed with that early position. While it is most obvious that free will in the matter of alcohol has virtually disappeared in most cases, we A.A. 's do point out that plenty of free will is left in other areas, It certainly takes a large amount of willingness, and a great exertion of the will to accept and practice the A.A. program. It is by this very exertion of the will that the alcoholic corresponds with the grace by which his drinking obsession can be expelled. (N.C.C.A. 'Blue Book', Vol.12, 1960) Bill Wilson.