

# The Sober Times Newsletter November 2015

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,

Hopefully your Fall is off to a good start and you all are enjoying what I think is the best time of year on Cape Cod. I want to remind you that we offer **FREE SHIPPING** on all orders and I will do my best to accommodate any requests that you have. I have increased our inventory of greeting cards and I will gladly take special orders for those hard to find items. I am currently working on the new meeting list for winter/spring so if you have meeting additions or changes please get them into me as soon as possible. Thanksgiving is right around the corner and we at Intergroup want to wish you a safe and happy Thanksgiving.

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

### Service Committee Meetings

**Intergroup Reps Meeting** Every 1<sup>st</sup> Tuesday at 7:30  
Federated Church  
Resource Room, 320  
Main Street (Front  
Door Hyannis, MA.

**General Service Districts 1&2** Every 2<sup>nd</sup> 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

**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 11th Tradition be read at each meeting in November:

***"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films ."***

**Did you.....**

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

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

## Meeting Updates

### Meeting Changes

#### Hyannis New Meeting

"Taking it seriously" group will be meeting Friday's 6:30-7:30 209A Main St. This is An OSD meeting.

#### Hyannis

The "Sunshine Group" Will be meeting at the Barnstable Middle school, 895 Falmouth Rd. until further notice.

**The Intergroup Office** is looking for information on the status of the **Pocasset** tues, thurs 1000 a.m. meeting at the First Baptist Ch.



### 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.

### My Plant

I have this plant that sits on a little table in my bedroom. I am not quite sure what kind of plant it is, other than it's green and small and on some days looks like it's going to die. For the past week or so it has been flowering. It's strange to see this plant that looks like it is dying.....producing these beautiful, violet flowers, reaching towards the sun. Maybe my plant isn't dying, I really have no idea. At times it seems too dry, sometimes I water it too much I think. I move it into the sun, but I look at it and wonder if it's getting too much sun and I move it back into the shade. Despite my best efforts it doesn't seem to grow much and it certainly doesn't seem to be thriving. It just seems like it is always on the verge of withering and dying away and yet right around this time of year it creates these beautiful, bright violet flowers, reaching skyward.

So yesterday I spent some time looking at these flowers, really looking at them. For a moment I felt as if the flowers were looking back at me. It caused me to smile, sort of a mutual appreciation if you will. This plant tolerates my inability to care for it properly and my obviously lack of a "green thumb". I think it realizes that I do my best. It is how I work my program. I do my best. I have good days and bad days but through all that I go through on a daily basis I haven't felt the need to have a drink. I touched the plant and thanked it for adding a little color into my life.

Anonymous

### 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 1<sup>st</sup> 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.

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## **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.

Alcoholics Anonymous pgs. 83&84

**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

### **12 Concepts for World Service, written by Bill W. 1962**

**The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principle planners and administrators. They and their primary committees directly manage these affairs, (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which the exercise through their ability to elect all directors of these entities.**

