

The Sober Times Newsletter October 2016

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Thursday, Closed Friday, Saturday and Sunday



Phone- 508-775-7060

Notes from the editor

Hello All,

In my opinion the best season of the year is here. The leaves are starting to change. The air is warm during the days and crisp at night. You can now get your pumpkin spice coffee and the Striped Bass are making their Fall run. This is the time of year for me that I am the most thankful for my recovery. None of what I get to experience would be possible without the help the program has given me.

I am still looking for help regarding meetings that have disbanded or new meetings that have started up. We are always looking for group representation at our Intergroup reps meetings. This is **YOUR** Intergroup and you all have a say in how it is run. The Sober Times is also available on the website the same day it is mailed out, as are the Intergroup meeting minutes and financials. Please feel free to call the office regarding any questions regarding Intergroup.

Chuck T.

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 10th Tradition be read at each meeting in October:

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy"

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

P-Town

7 AM Attitude Adjustment has added a new meeting for the summer at 8:30 am. In the same room as the 7am meeting.

Osterville

"Beginners Group" Our Lady of Assumption Church 76 Wianno Ave. 5:30pm.

Dennis

The Men's Thursday night meeting has moved from the Senior Center to St. Peter's Church, 310 Rte. 137 @ 7 P.M.

Falmouth

The "Power of Example" Group. Tues. night @ 7 p.m. has disbanded.

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 procedure does your group use???

Guidelines state that committee meetings are conducted using Robert's Rules of Order . They are perhaps the best known and widely used type of parliamentary procedure, and are just a common sense method of maintaining an orderly consideration of a question by a group. The procedure helps keep order by clarifying what the topic under discussion is, keeping it on track, and protecting the rights of both individuals and the organization. In particular it guards: The right of the individual to be heard. • The right of the majority to decide. • The right of the minority to be heard. • The rights of absentees. (giving advanced notice of meetings) • In the pamphlet "The AA Group," (P-16, page 30) it states that "AA business meetings tend to be informal, but custom varies from group to group. Some groups have tried observing Robert's Rules of Order, only to find that many members are inexperienced in the procedures and feel too intimidated to speak up. Besides, there is the spiritual nature of our Fellowship, embodied in our Traditions and Concepts, which give ample guidance." It's up to the conscience of the district or group to choose to use Robert's Rules of Order. More information can be found in book stores or on the internet.

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!!!!!!**

FROM THE AA GRAPEVINE www.aagrapevine.org—
October 1945 Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

**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

INTERESTING

Editorial by Bill W.

A.A. Grapevine, September 1948

No A.A. Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters they can express no views whatever.

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever. If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our A.A. Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10th Tradition, for it deals with the subject of controversy -- serious controversy.

On the other side of the world, millions have not long since died in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, "You must do as we say, or else". Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

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