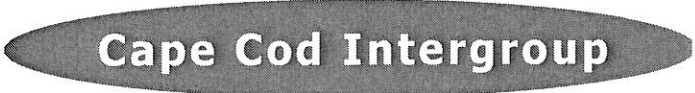


# The Sober Times Newsletter March 2015

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



## Notes from the editor

Hopefully you are all surviving this unusually harsh winter on the Cape. Things at your Intergroup office continue to move forward. So far I have met some wonderful people and have gotten to know some of you quite well. I am looking to update our call lists for volunteers and I am trying to gather contact information for the groups. Anyone who can provide contact information for their groups is appreciated. We are exploring the feasibility of providing each group secretary with an email address for the purpose of a convenient method of sharing information. My goal is to provide you with the services and merchandise you need. This is YOUR Intergroup and I am here to serve you. Any requests, comments or concerns can be directed to me at the office. Please stop in and say Hi. I am looking forward to meeting you.

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

## 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

Are you grateful? Join our Gratitude Club. Share your gratitude. Just send in \$1.00 (or any amount) for each year of your sobriety.

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

It is suggested the 3rd Tradition be read at each meeting in March:

***The only requirement for AA membership is the desire to stop drinking.***

So. Yarmouth

**There are openings for District Committee Chairs.**

If interested call Mike @ 415-806-0331

**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."**

## Did you

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

## Meeting Updates

### Meeting Changes

#### Chatham

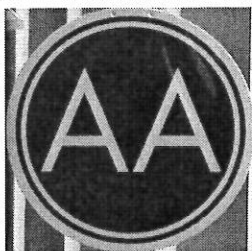
Women's 12&12  
Monday Night  
"Be Still" group  
has moved from  
Osterville to the  
South  
Congregational  
Church in  
Centerville at  
565 Main St.  
6:30-7:30pm

#### Sandwich

C12&12 Friday  
nights at 270  
Quaker Meeting  
House Rd is  
now 7:30-  
8:30pm.

### Meeting Requests

The Stephen S.  
French Youth  
Camp in  
Brewster is  
looking for a  
weekly or bi-  
weekly  
commitment.  
Please contact  
the Intergroup  
office for details



## 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.

## Reprinted with Permission

Writing to thank Grapevine and Cindy B\* (Nov. 2013 article "The Tough Girl") for helping me identify my sobriety date. I knew my last drink was at a San Diego Padres ballgame in April 1977, but was never sure of the date. I traditionally celebrate my recovery from the day-driven by dry insanity-I return to and made my commitment to AA-July 22, 1977.

I had made a feeble, unsuccessful attempt to find the date several years ago (before everything was computerized) by contacting the Padres and the San Diego Union. While reading Cindy's article, her sobriety date of April 1977 leapt off the page at me. I decided to search again. All I knew for certain was that it was a day game. I looked up the April '77 Padres schedule and found 2 day games: Thursday April 14 (I would have been working) and Sunday April 17-BINGO!

I had been 6 months without a drink-my way. Was invited by some friends to a tailgate party and the game. Using great alcoholic reasoning, I insisted on popping the top of a bottle of Champaign and naturally guzzled the overflow. Possessed by instant misery and anger and jealous of my friends who were happily partying, I decided to escape sobriety. In the stadium I went to the bar and ordered a double shot of Johnny Walker Red. I slammed down, but it was the most brutal drink I ever took.

That brutality was well over shadowed by the absolute joy and gratitude I felt some 18 years later sitting in that stadium celebrating my recovery with some 60,000 or so of my closest friends.

\*If you can forward this on to Cindy B., I would appreciate it. I am going to try to contact her through the Harwich, MA group myself. I have never met anyone with my sobriety date.

-Barron F.

## 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.

## **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.

### **Share your story with us**

I was born and raised on Cape Cod, and came from a great family where alcoholism wasn't present. I took my first drink at age 12, but drinking did not take off for me until high school. My friends and I would only drink of the weekends and sporting events. From the beginning, I could tell I did not drink like my friends. They could control it, but I made sure to get to the point of blackout every time I drank.

I never felt comfortable in my own skin; I felt like I had to do what everyone else was doing to fit in. After graduating high school, I found other substances I told myself I would never do. Ingesting these substances into myself made me feel a sense of peace. It was my solution to feeling whole.

6 years later, 4 near death experiences, and many run ins with the law, I looked inward, and could see I wasn't just hurting myself, but also everyone who cared about me. They didn't want to see me kill myself slowly anymore. The last time I woke up in the back of an ambulance I took a good, hard look at my life and realized that God does not give people this many chances to get it right. I like to think November 24, 2014 was the day the grace of God entered my life. Ever since that day, I threw myself into the program of AA. I attended as many meetings as possible, found a sponsor, started step work, and built a great network of women and men who genuinely care about me. It took 15 detoxes and coming in and out of the halls for 3 years before it finally occurred that if I wanted my life to change I had to put the effort in. I'm so happy that I got to celebrate Thanksgiving, my 24th birthday, and Christmas sober and with my amazing friends and family. I am forever grateful for this fellowship which helped me find my true self again.

### **Share your story with us.**

We would love to share your experience, strength and hope. If you have a story you would like to share with our readers please submit them by email or feel free to drop them off in person. Stories need to be submitted no later than the 10th of the month. We look forward to hearing from you!

### **Intergroup Open House Thursday, March 5th from 10:00 AM - 2:00 P.M.**

We will be serving coffee and doughnuts.

If you have never visited YOUR Intergroup now is a good time. If you've already been here, why not come back? I would love to meet you.

If you have any suggestions for improving YOUR Intergroup come on in and share them with us.

Remember, this is YOUR Intergroup. We are here to serve you and your group.

Receive this Newsletter at home!!!!

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Please Update Our Group Records

*Each Group Secretary Receives a Free Subscription*

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(Please Print)NAME (Secretary Name if group)

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