

The Sober Times Newsletter April 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

Well it seems as we may have turned the corner and a welcome spring is on the way. I am currently focusing on compiling all the information needed for the next printing of our meeting list. I need help from all of you out there in making sure that I have the most update information on meeting locations, times and format. If you know of any discrepancies, cancelled meetings or new meetings please let me know. Also you can update you group information at our website as well. Our open house was a success!!! It was nice to meet many of you and if you couldn't make it in I hope that if you are in the Hyannis area you will swing in and say hello. Your Intergroup office is here for you. I look forward to seeing 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
Actually, your Intergroup has many volunteer opportunities.

Service Committee Meetings

Intergroup Reps Meeting Every 1 st Tuesday at 7:30 Federated Church Resource Room 320 Main Street (Front Door) Hyannis, MA.	General Service Districts 1&2 Every 2 nd Tuesday at 7:30 pm behind St David's Church in Nelson's Hall 205 Old Main St South Yarmouth
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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 4th Tradition be read at each meeting in April:

Each group should be autonomous except in matters affecting other AA groups or A.A. as a whole.

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

Meeting Updates

Meeting Changes

Chatham

Women's 12&12 Thursday 10 AM meeting has moved to St. Christopher's Church 625 Main St. Chatham.

Osterville

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

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.

Like it was yesterday

I remember quite well the last days of my drinking. I was holed up in my house, drinking around the clock wishing I would die. I had lost my job, which at the time was my whole world. Of course I lost it due to alcohol or would it be more accurate to say that I gave it away due to my obsession with alcohol. I blamed everyone and anyone for my despair. Everyone was the problem and alcohol was my solution. How was that working for me??? Let me tell you. A handful of DWIs while traveling to the liquor store(I couldn't fathom how the police didn't understand the necessity of me getting there) Too many hospital visits to mention, 5 rehabs and 10 different counselors. Even after all of this and after the consensus from all involved pointed at alcohol as the problem I still refused to see it. My world had become very small. I lived to drink and I had no idea on how to live my life without it. One day while sitting in my recliner covered with my own vomit but still drinking up a storm a friend of mine stopped by, a person in the program. He looked at me in my current state and asked me if I was ready to try something different. I told him to go to hell and to get out of my house. He left and I was there again alone with my booze. As I drank myself into a fog a nagging thought kept coming over me. "what if there is a way out???" I knew I was miserable and that either one of two things was going to happen. I was either going to drink myself to death or I was going to clean myself up. The next day I called my friend and asked for help. It was the first time in my life that I had done that. He brought me to rehab and when I was released he took me to a meeting. That was 7 years ago and that man is still my sponsor and I haven't found it necessary to drink again since. I am grateful for all AA has done for me. God Bless

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 1st Tuesday of every month. Any AA member can attend.

As an A.A. member you can support CGIG by volunteering. While CGIG 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.

"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.**

74th Annual Dinner Dance and Meeting
Sponsored by
CENTRAL SEREVICE COMMITTEE,
A.A.

Saturday, June 6th, 2015

Grand Ballroom
Lantana, Randolph
Dinner 7:00 P.M. Sharp
Contact the office for details

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!

**The Hyannis Noon Time meeting is proud to present:
"Get your Spring on!!!"
Saturday April 11th at the Federated Church in Hyannis (Fellowship Hall)
A.A. Speaker meeting from 6-7p.m. followed by food, dancing and
fellowship from 7 p.m. to Midnight. For more information contact Curtis D.
at 774-810-5067**

Receive this Newsletter at home!!!!

Please Update Our Group Records

Each Group Secretary Receives a Free Subscription

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