

# The Sober Times Newsletter April 2017

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  
www.capecodaa.net

## Notes from the editor

Hello All,

Well I have certainly seen some better weather during the month of March than we saw this year. Snow storms and cold temperatures certainly have delayed that "Spring " feel, here on the Cape. Soon enough the flowers will bloom and the Cape will gear up for another busy summer season. Hopefully you have all survived the winter no worse for wear.

I have begun preparations for the next update to our meeting list and I need all of your help in making sure that the meeting list is as up to date as possible. If you know of any meeting changes, meeting additions or meetings that have disbanded please let me know. The biggest complaint I receive in this office is how someone went to a location to attend a meeting and there was no meeting there. We have to be cognizant that this might be someone's first attempt at seeing what our program is all about. It can extremely disheartening for someone to work up the courage to finally attend a meeting only not to find it at a posted location. So please help me keep the meeting list and website as up to date as possible.

Chuck

### 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 4th Tradition be read at each meeting in April:

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

### Did you.....

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

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.

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 6:45 pm in Nelson's Hall for a welcoming orientation.

Barbara F. is contact for District 1 & 2  
774-836-8830

## Meeting Updates

### Meeting Changes

#### New Meeting Bourne

Open Big Book Wednesday's at 7:00 At the Methodist Church, 37 Sandwich road.

#### Cotuit

The Monday night meeting has changed times from 8 pm to 7:30 pm. Meeting lasts for 1 hour

#### Mashpee

The "One day at a time group" has moved from Tuesday nights to Monday nights at 5:30 same location and format.

#### Sandwich

"Sandwich Saturday night" will now be meeting from 7:30-9:00 P.M. with a break.

### 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.

### **Tradition 4 Checklist**

**Tradition Four:** Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

### 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. **DON'T FORGET WE OFFER FREE SHIPPING!!!!!!**

**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.**

### **67th General Service Conference**

**April 23rd-29th  
Rye, New York**

Volunteers are needed for the Corrections Committee. Please contact Roger Allen. for details. 508-563-4435

**Please go to the World Services website for  
updated agenda and meeting information.**

The Intergroup office would like to thank Sharon D. for all of her years of service and support to the program. It is beyond appreciated. Enjoy your well deserved retirement.

### **What about the alcoholic who says that he cannot possibly believe in God?**

A great many of them come to A.A. and they say that they are trapped. By this they mean that we have convinced them that they are fatally ill, yet they cannot accept a belief in God and His grace as a means of recovery. Happily this does not prove to be an impossible dilemma at all. We simply suggest that the newcomers take an easy stance and an open mind; that he proceeds to practice those parts of the Twelve Steps that anyone's common sense would readily recommend. He can certainly admit that he is an alcoholic; that he ought to make a moral inventory; that he ought to discuss his defects with another person; that he should make restitution for harms done; and that he can be helpful to other alcoholics.

We emphasize the 'open mind,' that at least he should admit that there might be a 'Higher Power.' He can certainly admit that he is not God, nor is mankind in general. If he wishes he could place his own dependence upon his own A.A. group. That group is certainly a "Higher Power," so far as recovery from alcoholism is concerned. If these reasonable conditions are met, he then finds himself released from the compulsion to drink; he discovers that his motivations have been changed far out of proportion to anything that could have been achieved by a simple association with us or by any practice of a little more honesty, humility, tolerance, and helpfulness. Little by little he becomes aware that a "Higher Power" is indeed at work. In a matter of months, or at least in a year or two, he is talking freely about God as he understands Him. He has received the gift of God's grace - and he knows it. (N.C.C.A., Blue Book, Vol.12, 1960)

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