

The Sober Times Newsletter April 2019

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



Phone- 508-775-7060
www.capecodaa.net

Notes from the editor

Hello All,

I would like to talk to you about service work for a minute. This has been on my mind for a while now and as the time for nominations for Steering Committee draws near, now is a good time to bring the subject up. We have approximately 80 named groups on the Cape. Each of these groups is entitled to have an Intergroup rep to represent their group at the Intergroup Reps meeting. At a typical meeting we are lucky to have 8-9 reps show up. The Steering Committee and the Intergroup reps decide how the Intergroup office is run, make decisions on expenditures and provide guidelines for the operation of the office. Their job is very important, and they all help me to do my job to the best of my ability. We are really having difficulty getting members to participate. We are going to have a large turnover this year in the Steering Committee and we really need group support in filling all these important positions. This is YOUR Intergroup. Please consider being a part of it.

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 7:00 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?

The Intergroup Steering Committee meets the last Monday of the month at 6 P.M. At the Intergroup office. 396 Main St. Hyannis.

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 6:30 pm in Nelson's Hall for a welcoming orientation.

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

Meeting Updates

Meeting Changes

Falmouth

11 step at St Barnabas church Thursday at 7 PM has disbanded

Brewster

New Meeting

11 step meditation group meeting Fri. 2PM
11 Satucket Rd.
Cape Cod Covenant Church

Orleans

The Monday womens 12&12 at Pause awhile at 6:30 PM has disbanded

Cotuit

New Meeting

“Just Breathe”

Womens CD
Wed 6:30 PM At the Federated Church 40 School St.

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 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 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!!!!!!**

Sandwich Saturday Night Group

Will be celebrating their 55th Anniversary on

Saturday, April 6. Food will be served at 6:30.

Meeting: 7:30 to 9:00.
ALL ARE WELCOME.

Volunteers are needed for the Corrections Committee. Please contact Roberta Churchill for details. 508-563-4435

What are the ideas embodied in the Twelve Traditions?

That, touching all matters affecting A.A. unity, our common welfare should come first; that A.A. has no human authority - only God as He may speak in our Group conscience; that our leaders are but trusted servants, they do not govern; that any alcoholic may become an A.A. member if he says so -- we exclude no one; that every A.A. Group may manage its own affairs as it likes, provided surrounding groups are not harmed thereby; that we A.A.'s have but a single aim, the carrying of our message to the alcoholic who still suffers; that in consequence we cannot finance, endorse or otherwise lend the name "Alcoholics Anonymous" to any other enterprise, however worthy; that A .A., as such, ought to remain poor, lest problems of property, management and money divert us from our sole aim; that we ought to be self-supporting, gladly paying our small expenses ourselves; that A.A. should forever remain non-professional, ordinary 12th step work never to be paid for; that, as a Fellowship, we should never be organized but may nevertheless create responsible Service Boards or Committees to insure us

better propagation and sponsorship and that these agencies may engage full-time workers for special tasks; that our public relations ought to proceed upon the principle of attraction rather than promotion, it being better to let our friends recommend us; that personal anonymity at the level of press, radio and pictures out to be strictly maintained as our best protection against the temptations of power or personal ambition; and finally, that anonymity before the general public is the spiritual key to all our traditions, ever reminding us to place principles before personalities, that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all. (**Tape - Twelve Traditions, Cleveland, July 1950**)

We sometimes congratulate ourselves on the Traditions as though they were a list of virtues singular to us. Actually, they are a codification of the lessons of our past experience during the early days of A.A.

These Traditions are not fixed absolutely. There may be room for improvement. However, they should not be lightly cast aside, since they bear on our unity, survival and growth under Gods grace.

We are entering a new era of growth with vast forces tearing at the world. The problems and difficulties of the future may be greater than those we have already survived. Still, there is a love among us that passeth all understanding and that will sustain us through all the trials that lie ahead, no matter how formidable." (**Transcribed from tape, GSC, 1968**)

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