

The Sober Times Newsletter March 2022

Intergroup Office hours are Wednesday 10-4, Thursday and Friday 9-2

Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

Notes from the editor

Hello all,

Spring has sprung! Covid seems to have receded a bit the weather is warming up and the Cape is warming up. Maybe things are on the path back to some normalcy. We now have the ability to process credit cards so phone or in person orders do not require a check or cash any longer. We have added an extensive line of grapevine books to our inventory. Stop in and take a look. We are still looking for volunteers and elections for Steering Committee will be held in June. If you're interested, please contact the Intergroup office. District has a new website address and mailing address which are listed on page 2. I have enclosed a copy of the new 12 step call list for people to take a look at. The 12 step committee has put much effort and time into updating and recreating this list and they are thanked for their efforts. You will be seeing these in your groups soon for interested members to sign up for the call list. Longer and warmer days are here. Let's enjoy them.

Chuck T.

Service Committee Meetings

Intergroup Reps

Meeting Every 1st

Tuesday at 7:30 on the Zoom platform.

Meeting ID: 833 6954 2618. Text Constance

S. 508-274-7797 for password

General Service Districts

1&2 Every 2nd Tuesday at

7:00 pm at the Cape Cod Covenant Church,

Setucket Rd. In Brewster.

District Zoom ID is 306-270-5910

Newly elected GSR's are requested to meet at Cape Cod Covenant Church every 2nd Tuesday At 6:30 pm for a welcoming orientation.

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

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

The Intergroup Steering Committee meets the last Monday of the month at 7:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password

Meeting Updates

Meeting Changes

District has a new web address and a new mailing address. The new website is capecodaa.org
Their new mailing address is
P.O. Box 1270
South Dennis
Mass 02660

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.



Updated Policy Regarding Shipping and After Hour Calls.

Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 16 hrs a week. Wed, Thurs, and Fri. Non emergent calls will be handled during business hours only. Messages can be left with the answering service and business will be handled on next business day.

Birthday Plan

On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities: District, Area, GSO and your local Intergroup

Do alcoholics as a class differ from other people?

Some years ago, the doctors began to look at Alcoholics Anonymous and they got about thirty of us together and they said to themselves "Well, now that these fellows are in A.A., and they won't lie so badly, and maybe for the first time we'll get a good look at what the interior of a drunk is like." So a number of us were examined at great length by psychiatrists, and all sorts of tests taken, and the object of this particular inquiry was to see whether alcoholics as a class differed from other people, and if they did, just why and how much.

A number of us were invited to attend the conclave, and a number of learned papers were read, and finally one of these physicians (a very noted one - the meeting took place at the New York Academy of Medicine) began to sum up what he thought the conclusion which they had arrived at was this: that the alcoholic is emotionally on the childish side. That the alcoholic is a person who is more sensitive emotionally than the average person. And then, they ascribed another quality to us - they used the word "grandiosity," they were grandiose (meaning by that that as a type we were what you might call "All of nothing people.") Someone once described it by saying all alcoholics hanker for the moon when perhaps the stars would have done just as well. As a class, we're like that, said the doctors. (Bill W., Memphis, Tenn., Sept.18-20, 1947)

Receive this Newsletter at home!!!!

**Please Update Our Group Records. THIS COULD BE YOUR LAST COPY OF THE SOBER TIMES!!!!
PLEASE CONTACT THE INTERGROUP OFFICE TO UPDATE YOUR SUBSCRIPTION INFORMATION.
OTHERWISE THIS IS YOUR LAST COPY!!!!!! CALL TODAY!!!**

(Please Print)NAME (Secretary Name if group)

Street Address or PO Box

City

State

Subscription Rates

Individual \$5.00 per year.

**Group Secretaries receive
the Sober Times FREE!!!!**

(This barely covers the postage)

**Cape Cod Intergroup
745 Falmouth Road
Hyannis MA 02601**

Non-Profit Org.