

The Sober Times Newsletter August 2016

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

Cape Cod Intergroup

Phone- 508-775-7060

Notes from the editor

Hello All,

The dog days of summer have arrived!!! Hopefully you are all enjoying another wonderful summer on Cape Cod. One of the issues I have here in the office is keeping both the website and the meeting list as up to date as possible. I receive quite a few calls from people that have gone to a meeting posted on the website only to find no one there at the meeting site. A lot of times I don't know whether the meeting has been disbanded or temporarily moved to another site. If you could reach out to the members of the groups you attend and advise them to notify the office when there is a change to a group or a venue it would be greatly appreciated. I know that we don't want that person desperately in need of a meeting not being able to find one that is listed.

As always we provide **free shipping for any of your purchases**. I am always looking for people willing to share their stories of experience, strength and hope with our readers. You can do this anonymously if you would like.

Have a great month and stay safe.
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 7:30 pm
behind St David's
Church in Nelson's
Hall 205 Old Main
So. Yarmouth

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2

508-771-4143

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 8th Tradition be read at each meeting in August:

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers"

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.

Did you.....

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

Meeting Updates

Meeting Changes

New Meetings

P-Town

7 AM Attitude Adjustment has added a new meeting for the summer at 8:30 am. In the same room as the 7am meeting.

Osterville

"Beginners Group" Our Lady of Assumption Church 76 Wianno Ave.

5:30pm.

Dennis

The Men's Thursday night meeting has moved from the Senior Center to St. Peter's Church, 310 Rte. 137 @ 7 P.M.

Falmouth

The "Power of Example" Group. Tues. night @ 7 p.m. has disbanded.

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 Eight:

The 8th Tradition is so very simple but greed no matter how you try to rationalize it, is still greed. We know nothing good comes from a negative action, except a negative reaction.

As it is implied in our 8th Tradition: "freely you have received, freely give". Twelfth-step work should not be paid for! Both AA members lose, the newcomer is already in an outsider's position because of paying for services, the paid "professional" offering the message of AA is put in a position to compromise all that he is offering because of his profit. He loses what AA has given to him big time.

Paying someone for their services outside of twelfth-step work does not compromise AA's message, it just gets other jobs done so the recovering alcoholic has the freedom to be there and reach out and help another alcoholic, have the literature to give, have meeting list printed, etc.

"Our 12th-step is never to be paid for, but those who labor in service for us are worthy of their hire." This very important Tradition is the very rock on which the freely given program of AA is built. Kept it a gift!

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!!!!!!**

The Sunday Night Live and Let Live Gay AA Group is alive and well

The Live and Let Live Group has been meeting for over 35 years on Cape Cod and for about 4 years now at 460 West Main Street, (HAC Building) Hyannis. This is a Special Interest Group geared toward the needs of Gay Men and Lesbians in Alcoholics Anonymous. We want to be sure that Gay and Lesbian alcoholics know where we are and that this meeting is there for them today, and tomorrow.

We would like to invite you to join in our Sunday Summer Speaker Meetings in July and August. For these 2 months we are inviting members of our Cape Cod/South Shore Gay and Lesbian fellowship to come and share their experience, strength and hope with us. Our format for this summer will be a Speaker Meeting, then light refreshments and fellowship. The dates are:

July 3, 10, 17, 24 and 31 August 7, 14, 21, and 28.

We would love to see you again, or meet you for the first time. We meet from 6 pm until 7 pm every Sunday. Human Services Building 460 West Main Street, Hyannis, MA (Across from Steve and Sue's Ice Cream).

You can contact us:

Mary S. - [508-237-0634](tel:508-237-0634)

**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.**

Volunteers are needed for the Corrections
Committee. Please contact Sharon D. for
details. 508-563-4435

Birthday Plan

Group Inventory Worksheet

These questions may be useful in arriving at an informed group conscience. **1.** What is the basic purpose of the group? **2.** What more can the group do to carry the message? **3.** Is the group attracting alcoholics from different backgrounds? Are we seeking a good cross-section of our community, including those with special needs? **4.** Do new members stick with us, or does the turnover seem excessive? If so, Why? What can we as a group do? **5.** Do we emphasize the importance of sponsorship How effectively? How can we do better? **6.** Are we careful to preserve the anonymity of our group members and other A.A.s outside meeting rooms? Do we also leave the confidences they share at meetings behind? **7.** Do we take the time to explain to all members the value to the group of keeping up with the kitchen/ housekeeping chores and other essential services that are part-and-parcel of our Twelfth-step efforts? **8.** Are all members given the opportunity to speak at meetings and to participate in other group activities? **9.** Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care? **10.** Are we doing all we can to provide an attractive and accessible meeting place? **11.** Does the group do its fair share toward participating in the purpose of A.A.—as it relates to our three Legacies of Recovery, Unity, and Service? **12.** What has the group done lately to bring the A.A. message to the attention of professionals in the community—the physicians, clergy, court officials, educators, and others who are often the first to see alcoholics in need of help?

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