

The Sober Times Newsletter August 2018

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

Cape Cod Intergroup

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

Notes from the editor

Hello All,

The dog days of Summer are here. I hope that you all are having a great Summer on Cape Cod. It's been busy here at your Intergroup office. I've been making some trips around the Cape delivering orders and I really enjoy meeting all the new people. We do offer **free shipping** but if an order is too large or too heavy to make shipping feasible then I am happy to deliver your order personally. I always recommend calling before coming up to the office so that I can make sure that I am here. If your group is having an anniversary or a special event please let me know so that I can add it to the newsletter. If you can get me these notices at the beginning of the month I would appreciate it. I hope you all get out there and experience all the Cape has to offer this time of year. If you see me out there fishing stop by and say hello.

Chuck T.

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."

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

Did you.....

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

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

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

Orleans

Women's open
12&12 Mon. 6:30
26 Giddiah Hill
Rd.

Dennis

The Men's
BB/12&12
Monday Night
has moved from
the senior center
to the 400 East
plaza in Harwich
suite 101

Provincetown

The Monday
evening Big Book
Study Meeting at
the Provincetown
Community Center
at 5:30PM has been
disbanded

Harwich

The Sunday A.M.
Women's
CBB12&12
11:30 A.M. 400
East Plaza 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: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Questions for Tradition 8:

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

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!!!!!!**

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

From various talks and articles by and on Bill W. reveal a wealth of the thinking and insight
of the co-founder of A.A.

Q - Do alcoholics as a class differ from other people?

A - 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 Wilson, Memphis, Tenn., Sept.18-20, 1947)

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