

# The Sober Times Newsletter August 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

**Cape Cod Intergroup**

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

## Notes from the editor

Hello All,

The Steering Committee and the Intergroup reps have decided on the following changes in the operation of the Intergroup office in an effort to reduce costs associated with running the office. The hours of operation have been changed to 9 A.M. to 1 P.M. Mon-Thurs. This is a reduction of 16 hours a week. All orders requiring shipping will be paid in full before the order is shipped. If you are picking up an order in person that order must be paid for in full at the time of pick up. We will still offer free shipping on all orders. There are a few groups that have outstanding balances with the office. These need to be paid in full prior to any other orders being filled. I want to personally thank those groups that have sent in donations. We have definitely seen an increase in the amount of money donated this month. We sincerely appreciate all your support. If you have any questions or concerns, please contact your Intergroup rep or feel free to call me at the office.

Chuck T.

### 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 7:00 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

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?

## 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

#### Hyannis

The Monday 12&12 OD at 5:30 PM has disbanded.

#### Cotuit

##### **New Meeting "Just Breathe"**

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

#### Bourne

Weds night open beginner meeting at 7:30P.M. at 311 Barlow's Landing Rd. needs support.

### 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.

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 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!!!!!!**

### **PRIMARY PURPOSE 14<sup>TH</sup> ANNIVERSARY**

**August 8<sup>th</sup> from 8-9 P.M.  
First Baptist Church  
298 Barlow's Landing Road. Pocasset  
Food and Fellowship**

**14th Anniversary Celebration  
"Bill's Friends" of Mashpee  
Tuesday August 6, 2019  
7:30pm**

**Christ the King Parish Hall  
5 Job's Fishing Road  
Mashpee, MA**

**All Welcome  
Great Speakers!**

### **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 can not 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, **Bill W.** 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, **Bill W.**, **GSC**, 1968)

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