

# The Sober Times Newsletter August 2020

Intergroup Office hours are Thursday 9:00 am to 1:00 pm

**Cape Cod Intergroup**

Phone- 508-775-7060

www.capecodaa.net

## Notes from the editor

Hello All,

I hope this finds you all well and safe. The challenges that began in the beginning of the year are still with us. Fortunately, we currently are faring better than a lot of states in regard to the Corona Virus pandemic. There have been no changes regarding the office hours or practices. I have been receiving a lot of calls and emails regarding in person meetings. I can only post the information that I have regarding established groups meeting in person. I know there are quite a few informal groups that are meeting in person in different locations. These will not be posted on the website unless they are a formally recognized group of A.A. If your group is meeting in person, please let me know so I can pass that info along. If your group has updated ID or password info for Zoom meetings, please forward that info to me as well. I want to thank you all again for your support of Intergroup. Without your help this would not be possible. Please stay healthy and safe.

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

at the Cape Cod

Covenant Church,

Setucket Rd. In

Brewster.

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 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

## Meeting Updates

### Meeting Changes

#### Falmouth

Sisters in Sobriety new location.  
790 Main St at the Rec center.  
Also, the format is now OPEN women's step.

#### Pocasset

Pocasset Sunday night has changed their meeting time from 7:30-9:00 to 7:30-8:30 PM

#### Pocasset

New Meeting Pocasset Community Center BBSS Thursdays 9 A.M.

#### Cotuit

New Meeting "Just Breathe" Womens CD Wed 6:30 PM At the Federated Church 40 School St.

#### Sandwich

Sunday nights 7:00 P.M. St. Johns Church 159 Main St. OD traditions meeting

### 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!!!!!!**

### **Commitment time slots that need to be filled at Emerson House MONTHLY**

Start times are either 7 or 7:30 based on group preference.

Participants must be WOMEN with more than 90 days of sobriety.

1<sup>st</sup> and 3<sup>rd</sup> Mondays

1<sup>st</sup> and 2<sup>nd</sup> Tuesdays

3<sup>rd</sup> Wednesdays

Every Friday

1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Saturdays

Contact Michelle M to schedule 617-905-4651 or email

Mmerlino8@gmail.com

### **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

### **The Third Tradition**

The third tradition is a sweeping statement; indeed, it takes in a lot of territory. Some people might think it is too idealistic to be practical. It tells every alcoholic in the world that he may become and remain a member of Alcoholic Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical.

Even in self-protection, we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform to either the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence, we cannot offer to meet him at any halfway mark.

We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So, when he asks, "Are there any conditions?" We joyfully reply, "no not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," We quickly answer, "in Alcoholics Anonymous there are no musts."

That comes from the February 1948 **Grapevine, Bill W. author** ©

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