

The Sober Times Newsletter August 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,

Boy has it been hot!!!! Regardless things are still being accomplished here at the Intergroup office. The meeting list first printing is complete with the initial 500 already delivered with more on the way. The Steering Committee and Intergroup reps voted to purchase 2000 of these meeting lists and then see where we are at in terms of demand for them. Please continue to send in your updates so that we can keep the meeting list as current as possible. Please advise a group member to notify Boston Central service with changes to group format, times, location etc. The "chair" app defaults to Boston Central Service meeting info. So if your information is correct on our website but not on Boston's your information will be inaccurate on the chair app. It's very important to understand that the app **ISN'T** our web site. Always check capecodaa.net for the most up to date Cape Cod meeting info. I hope you are all having a great Summer and staying cool. Be safe.

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 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 7:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password

Did you.....

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

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

The Sandwich/W. Barnstable Sunday Morning group is now meeting from 9:30-10:30 for the summer. We will evaluate our options in the fall.

We have a new Zoom account for our Hybrid meeting.
Zoom ID: 523 956 0213
Password: 386918

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 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.

“On August 2nd fresh off of the General Service Board Weekend, Francis G., the Northeastern Regional Trustee of AA, and one of 9 AA Grapevine Directors, will be at the Intergroup Reps meeting on Zoom. This is the first time anyone from GSO has been to an Intergroup meeting and take advantage to attend and participate.

Topics: Communication from GSO- our reps feel they are not informed with regarding information from GSO.

Another topic rotation and, positions staying open, duration of service of a position for trustees.

Why shouldn't the General Service Conference be a government for Alcoholics Anonymous?

Each A.A. Group is autonomous; our only “authority” is a Higher Power. Practically speaking, no A.A. Group will stand for a personal government anyhow; we’re built that way. Though the Conference will guide A.A. Headquarters, it must never assume to govern A.A. as a whole. While it can publicly deplore misuse of the A.A. name or departures from Tradition, it ought never attempt punishment or legal restraint of non-conformists – in A.A. or out. That is the road to public controversy and internal disruption. The Conference will give us an example and a guide, but not government. A personal government is something, God willing, that Alcoholics Anonymous will never have. We shall authorize servants to act for us, but not rulers. (Third Legacy Pamphlet, October 1950)

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(Please Print)NAME (Secretary Name if group)

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

(This barely covers the postage)

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

Non-Profit Org.

**District 1 & 2 is sponsoring an AA softball game at 3 P.M. at the Johnny Kelly
Field in Dennis. It will be the Upper Cape vs The Lower Cape. If you're
interested in participating, please contact Dan B. @ 508-360-0870 for all the
details.**