

The Sober Times Newsletter December 2019

Intergroup Office hours are from 9:00 am to 1:00 pm
Monday - Thursday, Closed Friday, Saturday and Sunday

Cape Cod Intergroup

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

Notes from the editor

Hello All,

I hope you all had a wonderful Thanksgiving. During this holiday season make sure to check in on your neighbors and check in with members of the fellowship. The holidays can be a tough time for some, and it certainly helps to keep the program close. I have enclosed flyers for the alkathons that are coming up on Cape.

Some things that I have been working on, we are close to being online with the AA meeting app. I am busy changing over some of the format on the website regarding meetings. A lot of them when the website was set up have an end date of 1/1/2020 so I have been busy going through all the meetings to make sure they get updated. We will soon have a "donate" button on our home page for people wishing to do so. We will also be able to take credit card and Paypal payments soon too. As we march on towards Christmas this program has given us a lot to be thankful for. I know it saved my life. Merry Christmas.

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 7:00 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 12th Tradition be read at each meeting in December:

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities"

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

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

Bourne

Head of the Bay group will **NOT** meet on Xmas Eve or New Years Eve,

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 Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?

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!!!!!!**

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.

1st and 3rd Mondays

1st and 2nd Tuesdays

3rd Wednesdays

Every Friday

1st, 3rd and 4th 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

Bill Wilson's Christmas Message to Dr. Silkworth

NEW YORK 17, N.Y.

December 25, 1949

Dear Doctor:

As no other time does, Christmas reminds us of our friends. None come more quickly to recollection than you and your good wife.

Surely great things have happened since that day fifteen years ago when you said "No, you're not hallucinating - you'd better hold onto what you have"! That saved my life, and this is a letter of appreciation from Lois and me. What you have since meant to so many, no one can measure. You are among the first of those without whom A.A. could never have been.

Lois joins me in eternal gratitude.

Bill

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OTHERWISE THIS IS YOUR LAST COPY!!!!!! CALL TODAY!!!**

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