

The Sober Times Newsletter December 2022

Intergroup Office hours are Tuesday 10-4, Wednesday 10-4, Thursday and Friday 9-2

Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

Notes from the editor

Hello all,

Hopefully everyone had a great Thanksgiving and as we turn our sights to cold, snow and Christmas remember we have entered the holiday trifecta which can cause a lot of trouble for newcomers as well as long time AA'ers as well. Here's where it is important to reach out, check on and support each other. Give someone a ride to a meeting or an alkathon, even a simple phone call can sometimes make a difference. It's also a good time to remind others of service work. We are always looking for volunteers here at Intergroup. Every little bit of service work makes a difference. The new meeting book is now available (blue cover) Please check and make sure your groups information is correct. Intergroup is thankful for all of the support the groups provide to keep the office open and doing its work. Without you this would be impossible. All of us at Intergroup would like to take this opportunity to wish you all a very Merry Christmas

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 **508 487 9451**

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
www.capecodaa.org

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 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, 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?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

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.



Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 22 hrs. a week. Tues, 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.

December 12, 2022
BREWSTER MONDAY NIGHT 50TH ANNIVERSARY
Brewster Baptist Church

SPEAKERS, RAFFLES AND FOOD
7:30-9:00PM

What are the ideas embodied in the Twelve Traditions?

Answer

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 cannot 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. (**Bill W.** tape – Twelve Traditions, Cleveland, July 1950) .

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