

# The Sober Times Newsletter February 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



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

## Notes from the editor

Hello All,

Well the holidays are over, and winter has settled in. I don't know about you, but I love this time of year. It seems like I get a lot of stuff done. I am still looking for help in identifying groups that are no longer in existence. If you know of any groups that have disbanded please let me know. I have also been contacted and told that there is some meeting space available on the Brewster-Dennis town line. I have personally viewed this space and think it's a great space for a meeting and the price is very affordable. If you know of any groups looking please have them contact the Intergroup office. Since I am the only person working in the office, I recommend that you contact the office if you are making a special trip to the office. I don't want anyone making a trip here only to find that I am not here. Every group is entitled representation at the Intergroup reps meeting. It is your groups opportunity to voice concerns and help shape how the Intergroup office is run. We'd love to see you there. Have a great month and stay 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  
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 2nd Tradition be read at each meeting in February:

***"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."***

**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

“Each day a new beginning has changed their starting time from 7:00 to 7:30

#### Hyannis

##### **New Meeting**

“Living Life”

open 12&12

Mon. 5:30-6:30

P.M. 760 Main St

Hyannis

#### Osterville

The open 12 step meeting.

Tuesday @ 7:30

at the Methodist

Church has

disbanded.

#### Hyannis

##### **New Meeting**

“Mary’s

Meeting”

Federated Church

Baldwin Hall 320

Main St. Wed.

night 7 P.M.

OBBSS

### 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 Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge

### 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!!!!!!**

### **Friday night LGBTQ Open Discussion Meeting**

**At Club Dry Dock, 400 East Plaza (upstairs)**

**1421 Orleans Rd, Suite 101 in East Harwich**

**(at the intersection of Rt 39 and Rt 137)**

**Every Friday at 7pm. All are welcome!**

Volunteers are needed for the Corrections Committee. Please contact Roberta Churchill for details. 508-563-4435
---

### **Do alcoholics as a class differ from other people?**

Some years ago the doctors began to look at Alcoholics Anonymous and they got about thirty of us together and they said to themselves "Well, now that these fellows are in A.A., and they won't lie so badly, and maybe for the first time we'll get a good look at what the interior of a drunk is like." So a number of us were examined at great length by psychiatrists, and all sorts of tests taken, and the object of this particular inquiry was to see whether alcoholics as a class differed from other people, and if they did, just why and how much.

A number of us were invited to attend the conclave, and a number of learned papers were read, and finally one of these physicians (a very noted one - the meeting took place at the New York Academy of Medicine) began to sum up what he thought the conclusion which they had arrived at was this: that the alcoholic is emotionally on the childish side. That the alcoholic is a person who is more sensitive emotionally than the average person. And then, they ascribed another quality to us - they used the word "grandiosity," they were grandiose (meaning by that that as a type we were what you might call "All of nothing people.") Someone once described it by saying all alcoholics hanker for the moon when perhaps the stars would have done just as well. As a class, we're like that, said the doctors. ( Bill Wilson, Memphis, Tenn., Sept.18-20, 1947)

Receive this Newsletter at home!!!!

---

**Please Update Our Group Records. THIS COULD BE YOUR LAST COPY OF THE SOBER TIMES!!!!  
PLEASE CONTACT THE INTERGROUP OFFICE TO UPDATE YOUR SUBSCRIPTION INFORMATION.  
OTHERWISE THIS IS YOUR LAST COPY!!!!!!! CALL TODAY!!!**

---

(Please Print)NAME (Secretary Name if group)

---

Street Address or PO Box

---

City

State

**Subscription Rates**

**Individual \$5.00 per year.**

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

**(This barely covers the postage)**

**396 Main Street  
PO Box 662  
Hyannis MA 02601**

**Non Profit Org.**