

The Sober Times Newsletter February 2021

Intergroup Office hours are Tuesday 1-5 and Thursday 9-1 Also 1st Saturday of each month 9-1



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

Notes from the editor

Hello All,

Here we are in the middle of Winter. Covid is still here but we're making our way through these unprecedented times. Some changes are coming for your Intergroup Office. Your Intergroup Reps have voted to change how the office is staffed and the Steering Committee is finalizing changes for the hours and days of operation as well. As situations develop, we A.A.'rs adapt and overcome any adversity that comes our way.

If you have new or updated group info please go to our website and update your meeting info under the meeting finder tab or you can send your information to the office. Again I want to reiterate we are always looking for volunteers to help staff the office, write articles etc. Please contact the office or stop by for details. Stay safe out there.

Chuck T.

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 6:30 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

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

Meeting Updates

Meeting Changes

Falmouth

Each Day A New Beginning in Falmouth no longer meets on the weekend at Falmouth hospital, we are 7 days a week, 7:30 -8:30 AM at John Wesley United Methodist Church, physical meeting

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.

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 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

Don't forget Grapevine Subscriptions make a great gift

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

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 are 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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