

The Sober Times Newsletter February 2023

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



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

Notes from the editor

Hello all,

Hopefully this finds you all well and sloshing through what seems to be a never-ending deluge of rain. I, however, am not complaining. It could all be snow and I'm all set with that. We now have a solid inventory of Grapevine books for you to choose from, as well as most other approved AA literature. We are happy to announce we have some new permanent guests at Intergroup. We have a new 10-gallon fish tank with an assortment of colorful fish and of course one snail. They all are looking for names so if you have any suggestions, please let me know here at the office and when they are named, I will post them in here. I think they have a nice, calming effect and enhance the office. We are still looking for volunteers for the office. The current chairperson has some projects that he would like to get off the ground and accomplished if possible. If you haven't been to the Intergroup office, please come in and say hi. We would love to see you. Only 55 or so days until Spring. We'll get there one day at a time.

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 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 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 Zoom has been updated. 508 487 9451 no password is needed

Eastham

First Light chapel in the pines meets daily at 630 am 220 Samoset rd. The zoom version of this meeting also meets at 630 am daily and is called the “rising tide” meeting

Orleans

Orleans young people “off the sauce” group has moved to the Federated Church of Orleans, 162 Main st. at 8 p.m. on Sundays.

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 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.



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.

What are the ideas embodied in the Twelve Traditions?

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. On Tape – Twelve Traditions, Cleveland, July, 1950) .

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