

# The Sober Times Newsletter January 2016

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm  
Monday - Thursday as of Oct 2nd, closed Friday, Saturday and Sunday



## Notes from the editor

HAPPY NEW YEAR!!!

A new year is upon us. A time for new beginnings, a fresh start, if needed. Resolutions are made and some are carried through throughout the year. Hopefully your holidays have been a joyous time spent with friends and family. As I start my second year here at Intergroup I hope to continue providing the service that all of you expect. I look forward to meeting those of you I haven't met and seeing the new friends that I have made in the past year. We are still offering FREE SHIPPING for those of you that can't make it into the office. We also will gladly handle any special orders you or your group may have. The New Year has begun. Let's make it a great one!!!!

Chuck T.

Would you like to be on our 12 Step volunteer list? We don't give out your number; we call our volunteers and they call the person needing help.

If you would like to volunteer to be on our 12 Step volunteer list, just call us at 508-775-7060

Actually, your Intergroup has many volunteer

### 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 7:30 pm  
behind St David's  
Church in Nelson's  
Hall 205 Old Main  
So. Yarmouth

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 1st Tradition be read at each meeting in January:

***"Our common welfare should come first; personal recovery depends on A.A. unity."***

### Did you.....

- Begin your morning with prayer?
- Talk with another alcoholic?
- Call your sponsor?
- Are you doing service work?

Boston's Bid for ICYPAA is looking for people to get involved from Dist. 1&2. Group meets at 12 Channel St. So. Boston, 1st & 3rd Sundays at 5 P.M.

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2  
  
508-771-4143

## Meeting Updates

### Meeting Changes

#### Hyannis New Meeting

"Hyannis Men's Group" (Closed men's group)  
Wed. 6:30 209A  
Main St. Rear entrance.

#### Hyannis

The "Sunshine Group" Will be meeting at the Barnstable Middle school, 895 **Falmouth** Rd. until further notice.

**The Intergroup Office** is looking for information on the status of the **Pocasset** tues, thurs 1000 a.m. meeting at the First Baptist Ch.



### 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.

### GRATITUDE

Gratitude should go forward rather than backward. In other words, if you carry the message to still others you will be making the best possible repayment for the help given you. So "gratitude" is far more than an attitude, as is so often heard in our meetings. "Gratitude" is action!!! The first example we have of "gratitude" in our history is Ebby's efforts to help Bill Wilson. Ebby, two months sober, had heard that Bill was in serious trouble with his drinking. The first thing he had to do was find out where Bill was, take a subway and go to Bill's residence with a single thought, "Can I help my old friend?" Ebby "sought out", "went to" and "tried to carry" his message of hope to a suffering alcoholic.

The second example we are given of "gratitude" is Bill's desperate search for an alcoholic he might try to carry his message to on the evening of May 11th, 1935. True, his motive was a pretty selfish one. He knew that his only hope on that disappointing day was to find a suffering serious drinker to whom he could tell his story. So he decided to "search out", "go to" and "try to carry his message of hope" to a problem drinker. To help insure the sobriety of his new found friend and to help insure his own sobriety, Bill most willingly stayed in Akron until the Fall of 1935. The end result was that a miraculous solution for alcoholism became a reality; Alcoholics Anonymous.

### 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!!!!!!**

### "The Promises"

We are going to know a new freedom and a new happiness. We will not regret the past or wish to close the door on it. We will comprehend the word "serenity" and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

**I am responsible...When  
anyone, anywhere, reaches out  
for help, I want the hand of  
A.A. always to be there. And  
for that I am responsible.**

Volunteers are needed for the Corrections Committee. Please contact Sharon D. for details. 508-563-4435

### **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

## **The Lord's Prayer At Meetings**

***The business of adding the Lord's Prayer to each A.A. meeting.***

***This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in A.A. Comes of Age what the connection of these people in A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us.***

***Of course there will always be those who seem to be offended by the introduction of any prayer whatever into an ordinary A.A. gathering. Also, it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless this Prayer is of such widespread use and recognition that the arguments of its Christian origin seems to be a little farfetched. It is also true that most A.A.'s believe in some kind of God and that communication and strength is obtainable through His grace. Since this is the general consensus it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding our light under a bushel.***

***However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer who feel that they would care to do so. The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress.***

***So that's the sum of the Lord's Prayer business as I recall it.***

***Bill Wilson, in a letter dated April 14, 1959***

Receive this Newsletter at home!!!!

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