

The Sober Times Newsletter January 2017

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Thursday, Closed Friday, Saturday and Sunday



Phone- 508-775-7060

Notes from the editor

Hello All,

Happy New Year's from Intergroup!!!
I hope you all had a wonderful Christmas. As we turn our focus towards 2017 some new things are happening at Cape Cod Intergroup. New meeting lists are in !!!! Please stop by and pick some up. On the website the upcoming events tab is actively being updated with all A.A. events. If your group is having an event you would like added to the calendar please call the office. We are always looking for new Intergroup reps from groups not currently represented. we meet the first Tuesday of the month at the Federated Church on Main St. in Hyannis. We look forward to seeing you there. From all of us at Intergroup we want to wish you a happy, safe and sober 2017!!!!!!

I am still looking for updated information on new groups and groups that are disbanding. The new meeting list for Winter/Spring will be available before Christmas. Stay safe.

Chuck T.

Service Committee Meetings

Intergroup Reps Meeting Every 1st Tuesday at 7:30
Federated Church
Resource Room, 320
Main Street (Front
Door Hyannis, MA.

General Service Districts 1&2 Every 2nd 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 upon 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 6:45 pm in Nelson's Hall for a welcoming orientation.

Barbara F. is contact for District 1 & 2
774-836-8830

Meeting Updates

Meeting Changes

New Meeting Osterville

Big Book Study
Monday's at 7:00
At the Methodist
Church, 57 Pond
St.

Cotuit

The Monday
night meeting has
changed times
from 8 pm to
7:30 pm.
Meeting lasts for
1 hour

Mashpee

The "One day at a
time group" has
moved from
Tuesday nights to
Monday nights at
5:30 same
location and
format.

Sandwich

"Sandwich
Saturday night"
will now be
meeting from
7:30-9:00 P.M.
with a break,
effective 1/08/17

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 One: Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of ?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

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!!!!!!**

2017 NEW YEARS ALKATHON

**NEW YEARS EVE, DECEMBER 31ST 7:00PM
THROUGH NEW YEARS DAY, JANUARY 1ST
12:00 PM**

**POCASSET COMMUNITY BUILDING
314 BARLOWS LANDING ROAD, POCASSET.**

**FOOD, BEVERAGES AND FELLOWSHIP
MEETINGS, MEETINGS, MEETINGS**

**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

Bill's Last Message

My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace.

And so—once more, I salute you in that spirit and again I thank you *for your lives*.

May God bless us all now, and forever.

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.