

The Sober Times Newsletter January 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

Cape Cod Intergroup

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

Notes from the editor

Hello All,

Happy New Year!!!! I hope that all of you have had a great holiday season and have made some attainable resolutions for the New Year. As we usher in 2019 I am looking for some suggestions from all of you on how we can make Intergroup even better. This is your Intergroup and I am here to serve you and your groups. I would like to know the things you like about Intergroup and the things that maybe you don't like or things you would like to see changed. Understand that with one employee some things might be difficult to implement. It seems like a lot of the groups like the free ordering and shipping. I am committed to making Intergroup better and would appreciate any help that any of the members out there are willing to provide. I can speak from experience that service work is not only personally gratifying but a necessary component of working a good program. Please feel free to drop me a note or stop by with your suggestions. I hope you all have a happy and safe New Year

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 7:00 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 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?

The Intergroup Steering Committee meets the last Monday of the month at 6 P.M. At the Intergroup office. 396 Main St. Hyannis.

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

W.Barnstable

“Educational

variety” 4 C’s

Thursday 2 pm

North Bldg. rm

108.

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 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!!!!!!**

Falmouth Sunday Morning Breakfast Group

28th year anniversary

**Sunday January 20th 10:00 A.M. at Falmouth High
School.**

Come celebrate with us.

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

By Bill W., General Service Conference, 1965

A.A. members can soberly ask themselves what became of the 600,000 alcoholics who approached the Fellowship during the past 30 years but "who did not stay," Bill W., surviving co-founder, suggested in a moving address to the Conference at its closing session. "How much and how often did we fail all these?" Bill asked. "When we remember that in the 30 years of A.A. existence we have reached less than ten per cent of those who might of been willing to approach us, we began to get an idea of the immensity of our task, and of the responsibilities with which we will always be confronted."

In no circumstances should members feel that the Alcoholics Anonymous is the know-all and do-all of alcoholism, Bill noted, citing the "perhaps one hundred agencies" in the United States and Canada alone that are engaged in "research, alcohol education and rehabilitation."

"We should very seriously ask ourselves how many alcoholics have gone on drinking because we have failed to cooperate in good spirit with these many agencies - whether they be good, bad or indifferent," the co-founder remarked. "No alcoholic should go mad or die merely because he did not come straight to A.A. at the beginning."

"All of the basic components of A.A. were supplied by others, Bill pointed out, "although we drunks certainly did put A.A. together. Here, especially, our maxim should be 'Let's be friendly with our friends.'"

Bill said that at certain great turning points in A.A. history, members have backed away from what should have been "clearly visible responsibilities." He cited the old-timers who almost prevented preparation of the Big Book "because some avowed we did not need it," while others shrank from the risks involved.

There was "a great outcry" against formation of the General Service Conference, he recalled. "There was almost no belief that such a linkage could be effectively forged; even an attempt at such a project would ruin us, many thought." The spiritual assets of A.A. have "in God's time" invariably come to exceed even such large liabilities, Bill said, "A.A. recovery goes forward on a large scale. Practice of A.A.'s Twelve Traditions has amazingly cemented our unity. Our General Service Office and General Service Conference have made possible a wide spreading of our message at home and abroad. Our pains and our necessities first called us reluctantly to responsibility. But in the latter years a joyous willingness and a confident faith have more and more permeated all the affairs of our Fellowship."

Fear of negative factors should not deceive members into absurd rationalizations, Bill suggested. "In the fear of accumulated wealth and bureaucracy, we should not discover an alibi for failure to pay A.A.'s legitimate service expenses. For fear of controversy, our leadership should not go timid when lively debate and forthright action is a necessity. And for fear of accumulating prestige and power, we should never fail to endow our trusted leaders with proper authority to act for us."

"Let us never fear needed change," Bill urged. "Once a need becomes clearly apparent in an individual, a Group, or in A.A. as a whole, it has long since been found out that we cannot stand still and look the other way."

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