

# The Sober Times Newsletter January 2021

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

## Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

## Notes from the editor

Hello All,

Wow!!!! It's 2021!!!! I, as I am sure all of you are looking forward to a much better and brighter year this year. To say last year was a challenge would be an understatement. This year is still going to be a challenge as well. Intergroup definitely still needs your support to keep the doors open. We are always looking for volunteers to help out in any way they can. If you have any information regarding meeting changes or updates, please forward that info to the Intergroup office. Also, we would like to update all of our 12 step call lists for the coming year. If you could have someone from your group, contact the office I will get the update forms to them. If your group doesn't have an Intergroup rep please consider electing one. It's great service work and it ensures that your collective group voice is heard. I want to take this opportunity to wish you all a happy and safe New Year from Cape Cod Intergroup!!!! Thank you so much for your support.

Chuck T.

### Service Committee Meetings

#### **Intergroup Reps**

**Meeting** Every 1<sup>st</sup>

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 2<sup>nd</sup> 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

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

**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**

## 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 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 pretexts such as "just for the sake of discussion," plunge into argument?
- 3.
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 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!!!!!!**

### **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.

1<sup>st</sup> and 3<sup>rd</sup> Mondays

1<sup>st</sup> and 2<sup>nd</sup> Tuesdays

3<sup>rd</sup> Wednesdays

Every Friday

1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> 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

### **How can A.A. best assure its continued existence?**

Since the beginning of recorded time, many societies and nations of civilizations have passed in review. In those great ones that have left their mark for good, in contrast with those who have left their mark for evil, there has always been a sense of history, a true and high constant purpose, and there has always been a sense of destiny.

In the societies which failed to leave a bright mark in the annals of the world, there was always a false or boastful sense of history, always a mistaken or inadequate purpose and always the presumption of an infinite, a glorious and an exclusive destiny.

In the societies that left their mark of goodness on time, the sense of history was not a matter for pride or for glory; it was the substance of the learning of the experience of the past. In the purpose of such a society there was always truth and constancy, but never a supposition that the society had apprehended all of the truth -- or the superior truth. And in the sense of destiny there was no conceit, no supposition that a society or nation or culture would last forever and go on to greater glories. But there was always a sense of duty to be fulfilled, whatever destiny the society might be assigned by providence for the betterment of the world.

This is the crossroads at which we in A.A. stand. This is a good time to re-examine how well we have looked upon our A.A. history and how much we have profited by it, what false insights or false glories we may have been extracting from history -- to our future detriment. It is a moment to examine the purpose of this Society. Indeed, we are very lucky to be able to state as the nucleus of that purpose a single word: sobriety.

Quite early we saw, however, that sobriety in abstinence from alcohol could never be attained unless there was sobriety and more quietude in the false motivation that underlay our drinking.

When the Twelve Steps were cast up -- without any real experience and therefore under some Guidance, surely -- we were given keys to sobriety in its wider implications. We have been blessed with a concrete definition of purpose but, for all its concreteness, we could still abuse it and misuse it in a very natural way.

Sometimes we begin to think that perhaps, according to Scriptural promise, the first shall be last and the last -- meaning us -- shall really be first. That would indeed be a very dangerous presumption and never should we indulge it. If we do, we shall compete in history with other societies who have been ill-advised enough to suppose that they had a monopoly on truth or were in some way superior to other attempts of men to think and to associate in love and in harmony.

We may look out upon our destiny with no violation of our principle that we are to live one day at a time. We mean that, emotionally, each in his personal life is never to repine upon the past glory too much, in the present, or presume upon the future. We shall attend to the day's business, but we shall try to apprehend ever more truth from the lessons of our history, not the lessons of our successes but the lessons of our defections, failures and the awful emotions that can set us loose upon us. For these, indeed, are the raw materials that God has used to forge this still rather little instrument called Alcoholics Anonymous. So, we may look at destiny and we may ask ourselves about it and speculate upon it a little -- if we do not presume to play God. (G.S.C., 1961)

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