

The Sober Times Newsletter January 2022

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

Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

Notes from the editor

Hello all,

I hope you all had a happy and safe Christmas. One more major holiday to go and we will have navigated through the alcoholic holiday trifecta. Hopefully you all made it through without a hitch. Covid is still a major player in all of our lives with these never-ending variants. However, the program pushes on and continues to be a beacon of hope for millions. As we start a brand-new year take this time to reset and redefine your goals for the coming year. Something reasonable and maintainable. At intergroup we have some changes coming up for the new year. It seems like an eternity, but we shall shortly be able to take credit card payments for purchases and donations. Hopefully this will make access to Intergroup easier for all of our customers and donors. At Cape Cod Intergroup we strive to meet our ongoing responsibility of helping the still sick and suffering alcoholic in anyway we can. If you would like to be of service, please give us a call. We would be happy to have you.

Chuck T.

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 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 on 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 7:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password

Meeting Updates

Meeting Changes

January 23rd

2:00 PM - 3:00PM

Bookie meeting

Meeting ID: 834

7344 8836

Passcode

543368

February 27th

02:00 PM - 03:00

PM

Treasurer's workshop

Meeting ID: 895

1682 3039

Passcode

885109

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.



Updated Policy Regarding Shipping and After Hour Calls.

Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 16 hrs a week. 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.

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

What purposes do the Twelve Concepts for World Services serve?

"The Concepts to be discussed in the following pages are primarily an interpretation of AA's world service structure. They spell out the traditional practices and the Conference charter principles that relate the component parts of our world structure into a working whole. Our Third Legacy manual is largely a document of procedure. Up to now the Manual tells us how to operate our service structure. But there is considerable lack of detailed information, which would tell us why the structure has developed as it has and why it's working parts are related together in the fashion that our Conference and General Service Board charters provide.

"These Twelve Concepts therefore represent an attempt to put on paper the why of our service structure in such a fashion that the highly valuable experience of the past and the conclusions that we have drawn from it cannot be lost.

"These Concepts are no attempt to freeze our operation against needed change. They only describe the present situation, the forces and principles that have molded it. It is to be remembered that in most respects the Conference charter can be readily amended. This interpretation of the past and present can, however, have a high value for the future. Every oncoming generation of service workers will be eager to change and improve our structure and operations. This is good. No doubt change will be needed. Perhaps unforeseen flaws will emerge. These will have to be remedied.

But along with this very constructive outlook, there will be bound to be still another, a destructive one. We shall always be tempted to throw out the baby with the bathwater. We shall suffer the illusion that change, any plausible change, will necessarily represent progress. When so animated, we may carelessly cast aside the hard-won lesions of early experience and so fall back into many of the great errors of the past.

Hence, a prime purpose of these Twelve Concepts is to hold the experience and lessons of the early days constantly before us. This should reduce the chance of hasty and unnecessary change. And if alterations are made that happen to work out badly, then it is hoped that these Twelve Concepts will make a point of safe return." (GSC, © 1960)

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