

The Sober Times Newsletter January 2023

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

Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

Notes from the editor

Hello all,

And just like that we have turned the page on 2022. Another challenging year for all of us. I enjoyed Covid in December, we had cold, a little snow and hopefully for all a Merry Christmas. As we start our journey into 2023 perhaps take a moment to reflect on the past year. What went well and what we could've done better to enhance our program. Let's all try to be of and involved in more service to the program. Extend a hand to those in need, especially in these uncertain times. At the Intergroup office we have the new meeting books in stock as well as many new books from grape vine. We are always looking for new, enthusiastic volunteers to come join us at Intergroup. Take a look at the new calendar of events we have on our web page for the latest in AA upcoming events and feel free to give us any information you would like for us to add to the calendar on behalf of your group. From everyone at Intergroup we wish you a happy, safe, sober and prosperous New Year.

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 **508 487 9451**

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
www.capecodaa.org

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

District Zoom has been updated. 508 487 9451 no password is needed

Eastham

First Light chapel in the pines meets daily at 630 am 220 Samoset rd. The zoom version of this meeting also meets at 630 am daily and is called the "rising tide" meeting

Orleans

Orleans young people "off the sauce" group has moved to the Federated Church of Orleans, 162 Main st. at 8 p.m. on Sundays.

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, 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.



Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 22 hrs. a week. Tues, 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.

What is the success rate of Alcoholics Anonymous?

As we gained in size, we also gained in effectiveness. The recovery rate went up. Of all those who really tried A.A., 50 per cent made it at once, 25 per cent finally made it; and the rest, if they stayed with us, were definitely improved. That percentage has since held, even with those who first wrote their stories in the original edition of "Alcoholics Anonymous." In fact, 75 per cent of these finally achieved sobriety. Only 25 per cent died or went mad. Most of those still alive have been sober for an average of twenty years.

In our early days and since, we have found that great numbers of alcoholics approach us and then turn away – maybe three out of five, today. But we have happily found out that the majority of them later return, provided they are not too psychopathic or too brain damaged. Once they have learned from the lips of other alcoholics that they are beset by an often-fatal malady, their further drinking only turns up the screw.

Eventually they are forced back into A.A., they must or die. Sometimes this happens years after the first exposure. The ultimate recovery rate in A.A. is therefore a lot higher than we at first thought it could be.

Yet we must humbly reflect that Alcoholics Anonymous has so far made only a scratch upon the total problem of alcoholism. Here in the United States, we have helped to sober up scarcely five per cent of the total alcoholic population of 4,500,000. Bill W. as quoted in, (N.Y. Med. Society on Alcoholism, 1958).

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