

The Sober Times Newsletter July 2015

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Friday as of May 1st, closed Saturday and Sunday



Notes from the editor

Summer is here on Cape Cod!!! Hopefully you all are enjoying all the sober fun that the Cape has to offer. The office has been busy with people visiting from out of town and of course the people who regularly stop by. I enjoy the opportunity to meet you and get to know you. I feel that a strong sober network can only help in one's quest to maintain sobriety. All of you continue to help me stay sober. For those of you I have yet to meet, stop in and say hi when you get the chance. I hope you all have a happy and safe summer!!!!

Chuck T.

Would you like to be on our 12 Step volunteer list? We don't give out your number; we call our volunteers and they call the person needing help.

If you would like to volunteer to be on our 12 Step volunteer list, just call us at 508-775-7060

Actually, your Intergroup has many volunteer opportunities.

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 7th Tradition be read at each meeting in July:
"Every A.A. group ought to be fully self-supporting, declining outside contributions."

Did you.....

- Begin your morning with prayer?
- Talk with another alcoholic?
- Call your sponsor?
- Are you doing service work?

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2

508-771-4143

Meeting Updates

Meeting Changes

Hyannis

The "Sunshine" group will be meeting at the Barnstable Middle School, 895 Falmouth Rd. from June 28th through September 6th

Group Needing Support

WBSS, Buzzards Bay, Knights of Columbus, 5 Amory Rd. 6:00 P.M. on Monday's.

Meeting Requests

The Stephen S. French Youth Camp in Brewster is looking for a weekly or bi-weekly commitment. Please contact the Intergroup office for details



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.

Maintaining My Sobriety

I thank my higher power and AA for my sobriety. It was a long time coming.

It's probably the greatest blessing in my life. Without it, I might be dead.

I saw how distraught, how ruined, a fellow AA, who was drunk at a meeting, and

had previously had some sobriety, looked. It was hard for me to be

compassionate, but it was hard not to be. I was of mixed emotions, probably more mad than sad. But, today in prayer and meditation, I remembered how hard it was, how long it took, to stop drinking. I remembered that it was divine

intervention. I struggled for so long. I wanted to stop but couldn't. When I remembered these things I thought, but for the grace of God go I. I remembered

or realized that going back to drinking is like going back to hell. It's going back

to a certain slavery which is sheer torture and definite pain. I'm glad I was a witness to what I saw, not because I wish my friend hardship, but because the

anguish I felt watching her, listening to her, reminded me of how it was for me.

A drink, however pleasant it started out, almost always led to a bereavement of some kind, in spirit, mind, or body. I'm freed of that today. I need not be afraid if I don't take that first drink. I was afraid when I saw my friend in that state.

The fear told me that can happen to me. My experience, strength and hope told me it doesn't have to happen. I can remain in sobriety if I remain in AA, coming

to meetings, working the steps, keeping my mind and heart open to the

promptings of my Higher Power, and by loving. Loving the still sick and suffering, not being afraid of them, but embracing them in my thoughts and

prayers, and doing 12 step work to the best of my ability. God Bless the still sick and suffering inside and outside of AA.

Joanne D

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.

"The Promises"

We are going to know a new freedom and a new happiness. We will not regret the past or wish to close the door on it. We will comprehend the word "serenity" and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Alcoholics Anonymous pgs. 83&84

SEEKING NOMINATIONS FOR INTERGROUP STEERING COMMITTEE

Nominations for Steering Committee members are now being accepted. There are currently three vacancies on the Steering Committee. Nominations will be accepted up to the election which will be held at the Intergroup Reps meeting in July. Please call the office for more information.

★AA's NEEDED @ BARNSTABLE COUNTY FAIR★

**We need you to offer this very Public Service to cover the AA Information
Booth for a 3 hour shift at the Barnstable County Fair!**

Friday and Saturday, July 24th and 25th

Noon to 10:00PM

Sunday, July 26th, Noon to 9:00PM

Please have 2(+) years of sobriety

Contact:

Mike C. [508-685-9289](tel:508-685-9289)

or

Brenda C. [508-539-3204](tel:508-539-3204)

**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

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