

# The Sober Times Newsletter July 2016

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm  
Monday - Thursday, Closed Friday, Saturday and Sunday

**Cape Cod Intergroup**

Phone- 508-775-7060

## Notes from the editor

Hello All,

Summer is here with the crowds and all the hustle and bustle summer brings To Cape Cod. The Steering Committee voted to keep the office closed on Friday's this year in an effort to keep costs down. The office hours will continue to be Mon-Thurs. The new meeting list has been completed and will be available as soon as we sell the remaining list that we have. There are a few changes and as always the website is always as current as it can with the information provided by the groups. Starting this month you can find the most current issue of the Sober Times online. It will be available on the same day as the mailing. As I have vacation days to use it is advisable to call ahead to make sure the office is open. I will post the days the office is closed on the website.

As always we provide **free shipping for any of your purchases**. I am always looking for people willing to share their stories of experience, strength and hope with our readers. You can do this anonymously if you would like.

Have a great month and stay safe.  
Chuck T.

### Service Committee Meetings

#### **Intergroup Reps**

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

Tuesday at 7:30

Federated Church

Resource Room, 320

Main Street (Front

Door Hyannis, MA.

#### **General Service**

**Districts 1&2 Every 2<sup>nd</sup>**

Tuesday at 7:30 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 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2

508-771-4143

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?

Boston's Bid for ICYPAA is looking for people to get involved from Dist. 1&2. Group meets at 12 Channel St. So. Boston, 1st & 3rd Sundays at 5 P.M.

## Meeting Updates

### Meeting Changes

#### New Meetings

##### P-Town

7 AM Attitude Adjustment has added a new meeting for the summer at 8:30 am. In the same room as the 7am meeting.

##### Osterville

"Beginners Group" Our Lady of Assumption Church 76 Wianno Ave. 5:30pm.

##### Harwich

The 12pm and 5pm "Dry Dock meetings are looking for support

##### Falmouth

The "Power of Example" Group. Tues. night @ 7 p.m. is looking for support.

### 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 Seven:

Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

### 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!!!!**

### **Dennis "Pass It On"**

#### **31st Anniversary Celebration**

**Thursday, July 7th 7:30-8:30**

**Great food and fellowship after the meeting!!!!**

**57 School St. West Dennis**

**All are welcome.**

**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

#### **Birthday Plan**

### **"TAKING PAUSE" ... Citations from AA Literature**

1. ... pause and count your blessings... (BB To Wives, p.119). When resentful thoughts come, try to pause and count your blessings. 2. ... pause, ask for quiet, and in the ... (12&12 Step Three, p.41). In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness simply say: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done." 3. ... pause here to consider what humility is ... (12&12 Step Seven, p.70). Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. 4. ... pause in reading one of the forty-two ... (BB Preface, p.xii). If you have a drinking problem, we hope that you may pause in reading one of the forty-two personal stories and think: "Yes, that happened to me"; or, more important, "Yes, I've felt like that"; or, most important, "Yes, I believe this program can work for me too." 5. ... pause, saying, "Not my will, but Thine, ... (12&12 Step Ten, p.93). When in doubt we can always pause, saying, "Not my will, but Thine, be done." 6. ... pause, when agitated or doubtful, and ask ... (BB Into Action, p.87) As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. 7. ... pause where situations must be met and ... (12&12 Step Eleven, p.102). As the day goes on, we can pause where situations must be met and decisions made, and renew the simple request: "Thy will, not mine, be done." ▲

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