

The Sober Times Newsletter July 2020

Intergroup Office hours are from 9:00 am to 4:00 pm
Monday - Thursday, Closed Friday, Saturday and Sunday

Cape Cod Intergroup

Phone- 508-775-7060
www.capecodaa.net

Notes from the editor

Hello All,

Summer is here on Cape Cod, albeit a different Summer for sure. This month we welcome in a brand-new Steering Committee. They have their work cut out for them but they certainly seem like they are up to the task. The office is still currently open on Thursdays from 9-1 and by appointment. When and if your groups decide to go back to in person meetings could you please let the Intergroup office know? I have created a re-opening page on the website so that we can centralize this information. The new meeting list is still on hold until things stabilize and we have some clear direction. I would like to thank all of the individuals and groups that have continued to donate to Intergroup during this pandemic. Your donations are what is keeping this office going. Without your support we would be done so thank you from all of us. Please stay safe and vigilant. We will get through this.

Chuck T.

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 May:

Did you.....

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

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

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 7:00 pm

at the Cape Cod

Covenant Church,

Setucket Rd. In

Brewster.

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

The Intergroup Steering Committee meets the last Monday of the month at 6 P.M. At the Intergroup office. 396 Main St. Hyannis.

Meeting Updates

Meeting Changes

Falmouth

Sisters in Sobriety
new location.
790 Main St at
the Rec center.
Also, the format
is now OPEN
women's step.

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.

Cotuit

New Meeting "Just Breathe"

Womens CD Wed
6:30 PM At the
Federated Church
40 School St.

Sandwich

Sunday nights
7:00 P.M. St.
Johns Church 159
Main St. OD
traditions meeting

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 cannot 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?
4. 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 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. **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.

1st and 3rd Mondays

1st and 2nd Tuesdays

3rd Wednesdays

Every Friday

1st, 3rd and 4th Saturdays

Contact Michelle M to schedule 617-905-4651 or email

Mmerlino8@gmail.com

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

When you first sobered up how did you approach alcoholics, and did you change that approach?

I took off to cure alcoholics wholesale. It was twinjet propulsion; difficulties meant nothing. The vast conceit of my project never occurred to me. I pressed my assault for six months; my home was filled with alcoholics. Harangues with scores produced not the slightest result. None of them got it. Disappointingly, my friend of the kitchen table, who was sicker than I realized, took little interest in other alcoholics. This fact may have caused his endless backslides later on. For I had found that working with alcoholics had a huge bearing on my own sobriety. But why wouldn't any of my new prospects sober up?

Slowly the bugs came to light. Like a religious crank, I was obsessed with the idea that everybody must have a "spiritual experience" just like mine. I 'd forgotten that there were many varieties. So my brother alcoholics just stared incredulously or kidded me about my "hot flash." This had spoiled the potent identification so easy to get with them. I had turned evangelist. Clearly the deal had to be streamlined. What came to me in six minutes might require six months in others. It was to be learned that words are things, that one must be prudent. It was also certain that something ailed the deflationary technique. It definitely lacked wallop. Reasoning that the alcoholic's "hex" or compulsion, must issue from some deep level, it followed that ego deflation must also go deep or else there couldn't be any fundamental release. Apparently religious practice would not touch the alcoholic until his underlying situation was made ready. Fortunately, all the tools were right at hand. You doctors supplied them.

The emphasis was shifted from "sin" to "sickness" - the "fatal malady," alcoholism. We quoted doctors that alcoholism was more lethal than cancer; that it consisted of an obsession of the mind coupled to increasing body sensitivity. These were our twin ogres of madness and death. We leaned heavily on Dr. Jung's statement of how hopeless the condition could be and then poured that devastating dose into every drunk within range. To modern man science is omnipotent; it is a God. Hence if science could pass a death sentence on a drunk, and we placed that verdict on our alcoholic transmission, it might shatter him completely. Perhaps he would then turn to the God of the theologian, there being no place else to go. Whatever the truth in this device, it certainly had practical merit. Immediately our whole atmosphere changed. Things began to look up. Bill W (1949)

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