

The Sober Times Newsletter June 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

Hopefully you all enjoyed your Memorial Day weekend!!! Things are certainly busy here at your Intergroup office. The new meeting lists have gone to the printer, upgrades to the office have been completed and we have the store geared up for the busy summer season. As the busy season for the Cape approaches I am looking forward to meeting new folks and seeing familiar faces. This a great time to be on Cape Cod, enjoying what the Cape has to offer, including great AA meetings. I hope you all have a safe and prosperous Summer and I look forward to seeing you.

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

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 6th Tradition be read at each meeting in May:
An A.A group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

District 1 & 2 Round up June 13th from 11am - 3pm At the Church of St. Mary of the Harbor 517 Commercial St. Provincetown, Ma Call the office for details.

Did you.....

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

Meeting Updates

Meeting Changes

Chatham

Women's 12&12
Thursday 10 AM
meeting has
moved to St.
Christopher's
Church 625 Main
St. Chatham.

Sandwich

Wednesday night
closed 12 step
159 Main St.
now meets from
7:30pm-8:30pm
was 8-9pm

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.

Finding the Way

I was born and raised in Fall River, MA and came from a great family. I always did very well in school and received highest honors. I played varsity basketball all four years of high school and was the captain of the team for two of those years. In my senior year I tore my ACL & MCL and I had to have emergency surgery. Up until this point I had never had a problem with alcohol. I started drinking heavily and my addiction took off from there. For once in my life I felt acceptance and good enough. For a while everything looked good on the outside. I had an apartment, a car, I was going to college to get my Bachelor's, and a great boyfriend. 4 years later, I found myself sitting in a jail cell, after never being arrested in my life, and then getting sentenced to 3 years. While incarcerated, I realized the damage I was doing not only to myself but my family and friends as well. So I decided to do something different for a change and I went to a program instead of going back home. My life today consists of at least 2 meetings a day, having a sponsor and working the steps. I'm starting to build back relationships with my family based on trust and honesty which I was never able to do while using. Today I can admit that I am powerless over my addiction and if I don't stay upfront, honest, and work the program - I know how fast I can lose everything I've worked hard to get back. I just recently celebrated my 1 year anniversary and I can honestly say it was one of the best feelings of accomplishment. I am very grateful for this fellowship and for the amazing network I have built.

Anonymous

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

**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.**

74th Annual Dinner Dance and Meeting
Sponsored by
CENTRAL SERVICE COMMITTEE,
A.A.

Saturday, June 6th, 2015

Grand Ballroom
Lantana, Randolph
Dinner 7:00 P.M. Sharp
Contact the office for details

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 June. 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)

Receive this Newsletter at home!!!!

Please Update Our Group Records

Each Group Secretary Receives a Free Subscription

(Please Print)NAME (Secretary Name if group)

Street Address or PO Box

City

State

Subscription Rates

Individual \$5.00 per year

Group \$4.00 each per year

**Or receive it for FREE!!! via
email!!!!!!**

**396 Main Street
PO Box 662
Hyannis MA 02601**

**Non Profit Org.
U.S. Postage
Permit NO 57**