

The Sober Times Newsletter March 2016

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



Notes from the editor

Hello All,

As we look for ways to save money and make the office more efficient we have focused our attention on this newsletter. The purpose of the Sober Times is to provide information and inspiration for our members. Each month I mail approximately 250 of these out. Originally the Sober Times was to be provided to AA groups free of charge and to individuals for a fee of \$5.00 per year. My mailing list goes back to when the newsletter first started. Groups come and go, as do individuals. In an effort to update this list and make sure that people receiving this newsletter actually want it, we have decided to do the following. This will be the **LAST** mailing we will do utilizing the current mailing list. Groups wishing to continue receiving the newsletter will have to contact the office and provide up to date mailing information. Individuals still wishing to receive the newsletter will have to provide the same information as well as the \$5.00 fee for the yearly subscription. We appreciate your cooperation in getting this mailing list up to date. Thank you.
Chuck T.

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 3rd Tradition be read at each meeting in March:

"The only requirement for A.A. membership is a desire to stop drinking"

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.

Did you.....

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

Meeting Updates

Meeting Changes

New Meetings

Bourne

Cataumet train station, BBSS
Sat. nights 7:30-8:30

Bourne

All meetings formerly held at the fire station on Barlow's Landing Rd. are now being held at the community center at 314 Barlow's Landing Rd.

Harwich

"Living the life group"

Thurs. 7:30 pm
@ Club Dry Dock, East Harwich Plaza

Yarmouth

As of March 26th the Station Ave. Group is disbanding and will no longer be meeting at 7:30 Saturday nights at St PiusX

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.

What about the alcoholic who says that he cannot possibly believe in God?

A great many of them come to A.A. and they say that they are trapped. By this they mean that we have convinced them that they are fatally ill, yet they cannot accept a belief in God and His grace as a means of recovery. Happily this does not prove to be an impossible dilemma at all. We simply suggest that the newcomers take an easy stance and an open mind; that he proceeds to practice those parts of the Twelve Steps that anyone's common sense would readily recommend. He can certainly admit that he is an alcoholic; that he ought to make a moral inventory; that he ought to discuss his defects with another person; that he should make restitution for harms done; and that he can be helpful to other alcoholics.

We emphasize the 'open mind,' that at least he should admit that there might be a 'Higher Power.' He can certainly admit that he is not God, nor is mankind in general. If he wishes he could place his own dependence upon his own A.A. group. That group is certainly a "Higher Power," so far as recovery from alcoholism is concerned. If these reasonable conditions are met, he then finds himself released from the compulsion to drink; he discovers that his motivations have been changed far out of proportion to anything that could have been achieved by a simple association with us or by any practice of a little more honesty, humility, tolerance, and helpfulness. Little by little he becomes aware that a "Higher Power" is indeed at work. In a matter of months, or at least in a year or two, he is talking freely about God as he understands Him. He has received the gift of God's grace - and he knows it.

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!!!!!!**

"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.

**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

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

How do medicine and religion differ in their approach to the alcoholic?

They differ in one respect. When the doctor has shown the alcoholic the underlying difficulties and has prescribed a program of readjustment, he says to him, "Now that you understand what is required for recovery, you should no longer depend on me. You must depend on yourself. You go do it." Clearly, then, the objective of the doctor is to make the patient self-sufficient and largely, if not wholly, dependent upon himself.

Religion does not attempt this. It says that faith in self is not enough, even for a non-alcoholic. The clergyman says that we shall have to find and depend upon a Higher Power - God. He advises prayer and frankly recommends an attitude of unwavering reliance upon Him who presides over all. By this means we discover strength much beyond our own resources.

So, the main difference seems to add up to this: Medicine says, know yourself, be strong and you will be able to face life. Religion says, know thyself, ask God for power, and you will become truly free.

In Alcoholics Anonymous the new person may try either method. He sometimes eliminates "the spiritual angle" from the Twelve Steps to recovery and wholly relies upon honesty, tolerance and working with others. But it is interesting to note that faith always comes to those who try this simple approach with an open mind - and in themeantime they stay sober.

If, however, the spiritual content of the Twelve Steps is actively denied, they can seldom remain dry. That is our A.A. experience. We stress the spiritual simply because thousands of us have found we can't do without it. (N.Y. State 3. Med., Vol. 44, Aug. 15, 1944)

Receive this Newsletter at home!!!!

Please Update Our Group Records. THIS COULD BE YOUR LAST COPY OF THE SOBER TIMES!!!!
PLEASE CONTACT THE INTERGROUP OFFICE TO UPDATE YOUR SUBSCRIPTION INFORMATION.
OTHERWISE THIS IS YOUR LAST COPY!!!!!! CALL TODAY!!!

(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