

The Sober Times Newsletter March 2018

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



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

Notes from the editor

Hello All,

Spring is right around the corner and hopefully we can get through the rest of the winter without any more snow. A friend of mine gave me 4 varieties of peppers to grow this year, Ghost, Tobasco, Cayenne and Scotch Bonnet. I keep them in the window of my office, these little seedlings and hopefully with some food, water and some nurturing they will grow and prosper. It's similar to what I have been doing for my sobriety. I have learned that I need to take care and look after it. For me it is not something I can take for granted. Sobriety has given me a new lease on life, a new perspective that I appreciate very much. I do not try and forget my past rather I try and always keep learning from it. I shudder to think of going back to that dark place from where I emerged. A.A. has helped me get my life back and for that I will always be grateful.

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 7:00 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 6:30 pm in Nelson's Hall for a welcoming orientation.

Barbara F. is contact for District 1 & 2
774-836-8830

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."

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

Osterville

Primary Purpose Group will not be meeting starting Jan. 21st. The meeting will resume April 9th.

Osterville

Friday Night “New Beginnings” has disbanded.

Hyannis

Does anyone have any info on the meeting at 460 West Main St. On Sat. nights??

Centerville

“Compassion” group has changed their format from OD to OS.

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 Three

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

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

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!!!!!!**

**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 Roger Allen. for details. 508-563-4435
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What is alcoholism?

Alcoholism is a malady; that something is dead wrong with us physically; that our reaction to alcohol has changed; that something has been very wrong with us emotionally; that our alcoholic habit has become an obsession, a obsession which can no longer reckon even with death itself. Once firmly set, one is not able to turn it aside. In other words, a sort of allergy of the body which guarantees that we shall die if we drink, an obsession of the mind which guarantees that we shall go on drinking. Such has been the alcoholic dilemma time out of mind, and it is altogether probable that even those alcoholics who did not wish to go on drinking, not more than five out of one hundred have ever been able to stop before A.A.

Bill Wilson 1949 excerpt from a lecture, Yale Summer School of Alcohol Studies

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