

# The Sober Times Newsletter March 2019

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

**Cape Cod Intergroup**

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

## Notes from the editor

Hello All,

Spring is right around the corner. You won't hear me complaining about the lack snow around here either. My latest project is updating the Intergroup call list. It's been a couple of years since we updated the 12-step call list. We usually do this by group. That way when we get a call from someone requesting help, we can put them in touch with the most appropriate person available, taking location, male or female etc. into consideration. If your group is interested in helping out with the 12-step call list, please let me know. I have also started work on the new meeting list. If you know of any new groups or any groups that have disbanded please let me know. I like the list to be as accurate as possible when it's printed. The new meeting list should be ready around Memorial Day weekend. If your out and about in Hyannis stop in and say Hi. Warmer weather is coming so hang in there.

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 7:00 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?

**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

“Each day a new beginning has changed their starting time from 7:00 to 7:30

#### Hyannis

#### **New Meeting**

“Living Life”

open 12&12

Mon. 5:30-6:30

P.M. 760 Main St

Hyannis

#### Osterville

The open 12 step meeting.

Tuesday @ 7:30

at the Methodist

Church has

disbanded.

#### Hyannis

#### **New Meeting**

“Mary’s

Meeting”

Federated Church

Baldwin Hall 320

Main St. Wed.

night 7 P.M.

OBBSS

### 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 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!!!!!!**

### **Sandwich Saturday Night Group**

Will be celebrating their 55th Anniversary on

Saturday, April 6. Food will be served at 6:30.

Meeting: 7:30 to 9:00.  
**ALL ARE WELCOME.**

Volunteers are needed for the Corrections Committee. Please contact Roberta Churchill for details. 508-563-4435

### **How many drug addicts are there in A.A. and in the organization similar to A.A. which operates among drug addicts?**

We have quite a number of drug addicts who were once alcoholics. So far, I don't know of any case of pure drug addiction that we have been able to approach. In other words, we can no more approach a simon-pure addict than the outsider can usually approach us. We are in exactly the same position with them that the doctor and the clergyman have been in respect to the alcoholic. We just don't talk that fellow's language. He always looks at us and says, "Well, those alcoholics are the scum of the earth and besides, what do they know about addiction?"

Now, however, since we have a good number of addicts who were once alcoholics, those addicts in their turn are making an effort, here and there, to transfer the thing over to the straight addict. In that way we hope the bridge is going to be crossed. There may be a case here and there that has been helped. But in all, I suppose, there may be about 50 cases of real morphine addiction in former alcoholics who have been helped by A.A. Of course, we have a great many barbital users, but we don't consider those people particularly difficult if they really want to do something about it; and particularly if it's associated with liquor. They seem to get out of it after a while. But where you have morphine, or some of those other derivatives, then it gets very tough. Then you have to have a "dope" talk to a "dope," and I hope that we can someday find a bridge to the addict. Bill W. speaks at (Yale Summer School of Alcohol Studies©, June 1945)

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