

# The Sober Times Newsletter March 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,

A lot has happened since my last newsletter. I had some scary health issues that suddenly popped up just before Christmas. I won't bore you with the details but suffice to say I was extremely lucky to survive my situation. Going through something like that certainly changes your perspective on a lot of things. You learn very quickly about your own mortality as well as about what's really important and what's not. Not once during my entire ordeal did I find it necessary to pick up a drink. I had the support of the fellowship to help me stay strong. I am working on getting the office back to normal. I want to personally thank Eric P. for volunteering to staff the office during my absence. He was able to make sure the office was open a couple of days a week so that groups could get what they needed. I hope that you all had a wonderful holiday season and that you don't sweat the small stuff. Everyday I wake up I am thankful for another day and I can promise you I won't waste a single one.

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  
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

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

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 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!!!!!!**

### **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.

1<sup>st</sup> and 3<sup>rd</sup> Mondays

1<sup>st</sup> and 2<sup>nd</sup> Tuesdays

3<sup>rd</sup> Wednesdays

Every Friday

1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> 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

### **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 overall. 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 the meantime 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)

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