

# The Sober Times Newsletter March 2021

Intergroup Office hours are Wednesday 12-6, Thursday and Friday 9-2 Also 1<sup>st</sup> Saturday of each month 9-1

## Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

## Notes from the editor

Hello All,

I think we can almost see Spring..... Some changes have occurred here at the office and I have some updated hours for you to pass on to your group members. The office will now be open three days a week, Wednesday from 12-6 Thursday and Friday from 9-2. We hope that this added flexibility will help more of you in regard to a convenient time to come into the office. We are looking for more volunteers to help out in the office. We will be offering weekly training sessions at the Intergroup office from 12-2 on Thursday afternoons please email Hogie at [jhogie65@gmail.com](mailto:jhogie65@gmail.com) for requirements and more information. On the website under the meeting finder tab there is also a tab that allows you to update your groups meeting information. We encourage you to update your meeting anytime changes are made to location, hours, format etc. It's easy and helps keep our meeting list as accurate as possible. Before you know it, Spring will be here with all it's signs of new growth and rebirth. Stay safe.

Chuck T.

### Service Committee Meetings

#### **Intergroup Reps**

**Meeting** Every 1<sup>st</sup>

Tuesday at 7:30 on the Zoom platform.

Meeting ID: 833 6954 2618. Text Constance

S. 508-274-7797 for password

#### **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.

District Zoom ID is 306-270-5910

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 the desire to stop drinking."***

#### **Did you.....**

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

**The Intergroup Steering Committee meets the last Monday of the month at 6:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password**

## Meeting Updates

### Meeting Changes

#### Falmouth

Each Day A New Beginning in Falmouth no longer meets on the weekend at Falmouth hospital, we are 7 days a week, 7:30 -8:30 AM at John Wesley United Methodist Church, physical meeting

#### 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.

### 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 overimpressed 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

### **Don't forget Grapevine Subscriptions make a great gift**

#### **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

## **What purposes do the Twelve Concepts for World Services serve?**

"The Concepts to be discussed in the following pages are primarily an interpretation of AA's world service structure. They spell out the traditional practices and the Conference charter principles that relate the component parts of our world structure into a working whole. Our Third Legacy manual is largely a document of procedure. Up to now the Manual tells us how to operate our service structure. But there is considerable lack of detailed information, which would tell us why the structure has developed as it has and why its working parts are related together in the fashion that our Conference and General Service Board charters provide.

"These Twelve Concepts therefore represent an attempt to put on paper the why of our service structure in such a fashion that the highly valuable experience of the past and the conclusions that we have drawn from it cannot be lost.

"These Concepts are no attempt to freeze our operation against needed change. They only describe the present situation, the forces and principles that have molded it. It is to be remembered that in most respects the Conference charter can be readily amended. This interpretation of the past and present can, however, have a high value for the future. Every oncoming generation of service workers will be eager to change and improve our structure and operations. This is good. No doubt change will be needed. Perhaps unforeseen flaws will emerge. These will have to be remedied.

But along with this very constructive outlook, there will be bound to be still another, a destructive one. We shall always be tempted to throw out the baby with the bathwater. We shall suffer the illusion that change, any plausible change, will necessarily represent progress. When so animated, we may carelessly cast aside the hard won lessons of early experience and so fall back into many of the great errors of the past.

Hence, a prime purpose of these Twelve Concepts is to hold the experience and lessons of the early days constantly before us. This should reduce the chance of hasty and unnecessary change. And if alterations are made that happen to work out badly, then it is hoped that these Twelve Concepts will make a point of safe return." (Bill W. GSC©, 1960)

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