

The Sober Times Newsletter March 2022

Intergroup Office hours are Wednesday 10-4, Thursday and Friday 9-2



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

Notes from the editor

Hello all,

Looks like that maybe we've turned the corner on Winter and are now headed into Spring. Intergroup would like to encourage groups to select an Intergroup rep to represent their interests at the monthly Intergroup Reps meeting. The Intergroup reps are the body that decides the future and the direction of Intergroup. Currently we have only a fraction of the total groups on the Cape represented at these meetings which are held once a month on Zoom. These meetings are important for garnering feedback and deciding collectively in what direction the Intergroup office should be headed in. The more input and feed back that the Intergroup reps receive at their monthly meeting the more information the reps have before deciding on recommendations to present to the Steering Committee. Everyone's input and ideas are important just as participation is. If you have any questions on what the requirements of being an Intergroup rep are, please don't hesitate to call me at the office and I will be happy to help. Thank you for your time and support. They are appreciated.

Chuck T.

Service Committee Meetings

Intergroup Reps Meeting Every 1st 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 2nd Tuesday at 7:00 pm at the Cape Cod Covenant Church, Setucket Rd. In Brewster.
District Zoom ID is 306-270-5910

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

The Intergroup Steering Committee meets the last Monday of the month at 7:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password

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

Meeting Updates

Meeting Changes

January 23rd

2:00 PM - 3:00PM

Bookie meeting

Meeting ID: 834

7344 8836

Passcode

543368

February 27th

02:00 PM - 03:00

PM

Treasurer's workshop

Meeting ID: 895

1682 3039

Passcode

885109

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 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.



Updated Policy Regarding Shipping and After Hour Calls.

Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 16 hrs a week. Wed, Thurs, and Fri. Non emergent calls will be handled during business hours only. Messages can be left with the answering service and business will be handled on next business day.

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 are the ideas embodied in the Twelve Traditions?

That, touching all matters affecting A.A. unity, our common welfare should come first; that A.A. has no human authority -only God as He may speak in our Group conscience; that our leaders are but trusted servants, they do not govern; that any alcoholic may become an A.A. member if he says so - we exclude no one; that every A.A. Group may manage its own affairs as it likes, provided surrounding groups are not harmed thereby; that we A.A.'s have but a single aim - the carrying of our message to the alcoholic who still suffers; that in consequence we cannot finance, endorse or otherwise lend the name 'Alcoholics Anonymous' to any other enterprise, however worthy; that A .A., as such, ought to remain poor, lest problems of property, management and money divert us from our sole aim; that we ought to be self-supporting, gladly paying our small expenses ourselves; that A.A. should forever remain non-professional, ordinary 12th step work never to be paid for; that, as a Fellowship, we should never be organized but may nevertheless create responsible Service Boards or Committees to insure us better propagation and sponsorship and that these agencies may engage full-time workers for special tasks; that our public relations ought to proceed upon the principle of attraction rather than promotion, it being better to let our friends recommend us; that personal anonymity at the level of press, radio and pictures out to be strictly maintained as our best protection against the temptations of power or personal ambition; and finally, that anonymity before the general public is the spiritual key to all our traditions, ever reminding us to place principles before personalities, that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all. (Tape - Twelve Traditions, Cleveland, July 1950)

We sometimes congratulate ourselves on the Traditions as though they were a list of virtues singular to us. Actually, they are a codification of the lessons of our past experience during the early days of A.A.

These Traditions are not fixed absolutely. There may be room for improvement. However, they should not be lightly cast aside, since they bear on our unity, survival and growth under God's grace."

We are entering a new era of growth with vast forces tearing at the world. The problems and difficulties of the future may be greater than those we have already survived. Still, there is a love among us that passeth all understanding and that will sustain us through all the trials that lie ahead, no matter how formidable."
(Transcribed from tape, **GSC**, 1968)

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 Secretaries receive
the Sober Times FREE!!!!**

(This barely covers the postage)

**Cape Cod Intergroup
745 Falmouth Road
Hyannis MA 02601**

Non-Profit Org.