

The Sober Times Newsletter March 2023

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



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

Notes from the editor

Hello all,

Hopefully this finds you all well and making it through this relatively mild Winter so far. I guess the biggest news to report is that GSO has announced a price increase for all literature coming in the near future. At this time, I do not know what that increase is going to be. The last GSO increase was in 2014. As soon as I have confirmed numbers in hand I will update all of you accordingly. I would like to remind everyone to try and update your group info as it changes so that people looking can find you. I have had some difficulty getting things updated in the past and the last thing that we want is people going to meetings that aren't there. If you come across any meeting changes along the way please forward those to the Intergroup office. The fish are doing well and we have received a few interesting suggestions for their names. We received a recent order of books and medallions so we are fully stocked for your needs. Thank you all for your continued support. We couldn't do it without you.

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 **508 487 9451**

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
www.capecodaa.org

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."

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

Did you.....

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

Meeting Updates

Meeting Changes

District Zoom has been updated. 508 487 9451 no password is needed

Orleans

Sunday Night 11th Step Serenity AA Meeting has moved to 250 Underpass Road in Brewster, next to the Brewster Post Office

Orleans

Orleans young people "off the sauce" group has moved to the Federated Church of Orleans, 162 Main St. at 8 p.m. on Sundays.

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, 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.



Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 22 hrs. a week. Tues, 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.

If an alcoholic comes to an A.A. meeting under the influence of alcohol, how do you treat him or handle him during the meeting?

Groups will usually run amuck on that sort of question. At first, we are likely to say that we are going to be supermen and save every drunk in town. The fact is that a great many of them just don't want to stop. They come, but they interfere very greatly with the meeting. Then, being still rather intolerant, the group will swing way over in the other direction and say, "No drunks around these meetings." We get forcible and put them out of the meeting, saying, "You're welcome here if your sober." But the general rule in most places is that if a person comes for the first or second time and can sit quietly in the meeting, without creating an uproar, nobody bothers him. On the other hand, if he's a chronic "slipper" and interferes with the meetings, we lead him out gently, or maybe not so gently, on the theory that one man cannot be permitted to hold up the recovery of others. The theory is "the greatest good for the greatest number."
(**Bill W.** Yale Summer School of Alcohol Studies, June 1945)

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.