

The Sober Times Newsletter May 2015

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Friday as of May 1st, closed Saturday and Sunday



Notes from the editor

I noticed the tulips coming up in my yard the other day. A sure sign that spring is here. I lost a very good friend the other day to this disease. It was the first time that I had lost someone close to me. I was surprised at how much losing this person hurt. I wasn't really prepared for it and if it were not for a good sponsor and working a good program I could see how something like this could take you right back out. This disease doesn't care who you are or what you have, actually it likes it if you have more that way it can take more. I mourn the loss of a good friend who was taken to soon. It reminds me to stay vigilant and to work a good program. I need all of you to help keep me sober.
Chuck T.

Would you like to be on our 12 step volunteer list? We don't give out your number; we call our volunteers and they call the person needing help.

If you would like to volunteer to be on our 12 step volunteer list, just call us at 508-775-7060
Actually, your Intergroup has many volunteer opportunities.

Service Committee Meetings

Intergroup Reps Meeting Every 1st Tuesday at 7:30
Federated Church
Resource Room 320
Main Street (Front Door)
Hyannis, MA.

General Service Districts 1&2 Every 2nd Tuesday at 7:30 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 7:00 pm in Nelson's Hall for a welcoming orientation.

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**

It is suggested the 5th Tradition be read at each meeting in May:
Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

District 1 & 2 round up June 13th from 11am - 3pm At the Church of St. Mary of the harbor 517 Commercial St. Provincetown, Ma Call the office for details.

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."

Did you

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

Meeting Updates

Meeting Changes Chatham

Women's 12&12
Thursday 10 AM
meeting has
moved to St.
Christopher's
Church 625 Main
St. Chatham.

Sandwich

Wednesday night
closed 12 step
159 Main st. now
meets from
7:30pm-8:30pm
was 8-9pm

Meeting Requests

The Stephen S.
French Youth
Camp in
Brewster is
looking for a
weekly or bi-
weekly
commitment.
Please contact the
Intergroup office
for details



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.

Getting here through the eyes of another.

Seeing just what detox and rehab looked like visiting my teenager helped me realize there could be a new horizon for myself as a parent. The question in my mind was presenting itself "How am I going to handle do as I say not as I do?" Upon returning from there my journey started, not knowing yet what AA had to offer. Talking to empty bottles in my kitchen cabinet after 4 or 5 days without a drink, wishing the bottles would not be filled again. I went to that log cabin looking building in Orleans where a friend in AA mentioned meetings take place. That day was a little over 3 years ago in March 2012. I went merely looking for a meeting list for someone else. Nervous and unsure what to expect, a handful of people were there a little before noon. I walked in, circled the room maybe 3 times. I could not imagine what the room had to offer. Then it happened, I was greeted. He and I spent a few minutes talking then he said would you like to join us for the meeting in about 5 minutes? I agreed. I was curious to know what my teenager was talking about when he mentioned they went to AA meetings at the end of the day or AA commitments came to us meant. My journey began that day. I was willing to say " I am an alcoholic" and receive my 24 hour coin. It has been 3 years now, lots of meetings, reading AA literature daily and calling others. In my pocket I carry my coin every day.

Anonymous

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 CGIG by volunteering. While CGIG 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.

"The Promises"

We are going to know a new freedom and a new happiness. We will not regret the past or wish to close the door on it. We will comprehend the word "serenity" and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Alcoholics Anonymous pgs. 83&84

**I am responsible...When
anyone, anywhere, reaches out
for help, I want the hand of
A.A. always to be there. And
for that I am responsible.**

74th Annual Dinner Dance and Meeting
Sponsored by
CENTRAL SERVICE COMMITTEE,
A.A.

Saturday, June 6th, 2015

Grand Ballroom
Lantana, Randolph
Dinner 7:00 P.M. Sharp
Contact the office for details

SEEKING NOMINATIONS FOR INTERGROUP STEERING COMMITTEE

Nominations for steering committee members are now being accepted. There are currently three vacancies on the steering committee. Nominations will be accepted up to the election which will be held at the Intergroup reps meeting in June. Please call the office for more information.

The coffee is always on at your Intergroup office

If you have never visited YOUR Intergroup now is a good time. If you've already been here, why not come back? I would love to meet you.

If you have any suggestions for improving YOUR Intergroup come on in and share them with us.

Remember, this is YOUR Intergroup. We are here to serve you and your group.

Receive this Newsletter at home!!!!

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