

# The Sober Times Newsletter May 2016

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



Phone- 508-775-7060

## Notes from the editor

Hello All,

It's May and Spring is finally here!!! Currently I am working on updating the meeting list for the upcoming Summer/Fall printing. I need your help in doing this. If you have any information on meetings that have started, folded, changed locations or times, that information would greatly enhance my ability to provide you with the most up to date meeting list that I can.

As always we provide **free shipping for any of your purchases**. I am always looking for people willing to share their stories of experience, strength and hope with our readers. You can do this anonymously if you would like.

As always please feel free to stop by the office, have a cup of free coffee and chat. I look forward to seeing all of you. Have a great month and stay safe.

Chuck T.

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 5th Tradition be read at each meeting in May:

***"Each group has but one primary purpose--to carry it's message to the alcoholic who still suffers."***

### Did you.....

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

## 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 7:30 pm  
behind St David's  
Church in Nelson's  
Hall 205 Old Main  
So. Yarmouth

Boston's Bid for ICYPAA is looking for people to get involved from Dist. 1&2. Group meets at 12 Channel St. So. Boston, 1st & 3rd Sundays at 5 P.M.

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.

Stephanie D. is contact for District 1 & 2  
  
508-771-4143

## Meeting Updates

### Meeting Changes

#### New Meetings

##### Bourne

Cataumet train station, BBSS  
Sat. nights 7:30-8:30

##### Bourne

All meetings formerly held at the fire station on Barlow's Landing Rd. are now being held at the community center at 314 Barlow's Landing Rd.

##### Harwich

"Living the life group"

Thurs. 7:30 pm  
@ Club Dry Dock, East Harwich Plaza

##### Falmouth

The "Power of Example" Group.  
Tues. night @ 7 p.m. is looking for support.

### 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.

### Traditions Checklist

Reprinted with permission from the A.A. Grapevine. These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion. Practice These Principles.... Tradition One: Our common welfare should come first; personal recovery depends upon AA unity. 1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories? 2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument? 3. Am

I gentle with those who rub me the wrong way, or am I abrasive? 4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another? 5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA? 6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of? 7. Am I as considerate of AA members as I want them to be of me? 8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility? 9. Do I go to enough AA meetings or read enough AA literature to really keep in touch? 10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship? ▲

### 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!!!!!!**

### "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.

**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.**

Volunteers are needed for the Corrections Committee. Please contact Sharon D. for details. 508-563-4435

### **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

### "TAKING PAUSE"

... Citations from AA Literature 1. ... pause and count your blessings... (BB To Wives, p.119). When resentful thoughts come, try to pause and count your blessings. 2. ... pause, ask for quiet, and in the ... (12&12 Step Three, p.41). In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness simply say: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done." 3. ... pause here to consider what humility is ... (12&12 Step Seven, p.70). Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. 4. ... pause in reading one of the forty-two ... (BB Preface, p.xii). If you have a drinking problem, we hope that you may pause in reading one of the forty-two personal stories and think: "Yes, that happened to me"; or, more important, "Yes, I've felt like that"; or, most important, "Yes, I believe this program can work for me too." 5. ... pause, saying, "Not my will, but Thine, ... (12&12 Step Ten, p.93). When in doubt we can always pause, saying, "Not my will, but Thine, be done." 6. ... pause, when agitated or doubtful, and ask ... (BB Into Action, p.87) As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. 7. ... pause where situations must be met and ... (12&12 Step Eleven, p.102). As the day goes on, we can pause where situations must be met and decisions made, and renew the simple request: "Thy will, not mine, be done." ▲

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)**

**396 Main Street  
PO Box 662  
Hyannis MA 02601**

**Non Profit Org.  
U.S. Postage  
Permit NO 57**