

# The Sober Times Newsletter May 2018

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:00 pm  
Monday - Thursday, Closed Friday, Saturday and Sunday



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

## Notes from the editor

Hello All,

Spring has finally arrived!!!! It's about time. Hopefully you all survived the Winter. Things are happening at the office. I am in the process of editing the new meeting list for Summer/Fall. If you have any updates or know of any groups that have started up or disbanded, please pass that information along to the Intergroup office. The new meeting list should be out in time for Memorial Day.

Nominations are now being accepted for the Steering Committee. This is a great opportunity to get involved and do some service work. The Steering Committee is responsible for the day to day operations of the Intergroup office. Nominations go through the Intergroup reps and candidates must be at the Intergroup meeting in June in order to be elected. If your group doesn't have an Intergroup rep this is a good time to elect one and get your group involved.

Chuck T.

### 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 7:00 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 6:30 pm in Nelson's Hall 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 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?

**The Intergroup Steering Committee meets the last Monday of the month at 6 P.M. At the Intergroup office. 396 Main St. Hyannis.**

## Meeting Updates

### Meeting Changes

#### Bourne

WBSS Thurs  
6:00 has moved  
from the  
community center  
to 10 Williston  
rd., Sagamore

#### W. Barnstable

Friday Night  
Women's Open  
Step 5:30 P.M.  
Our Lady of  
Good Hope, 6A  
and Parker rd.  
Has Disbanded.

#### Provincetown

The Monday  
evening Big Book  
Study Meeting at  
the Provincetown  
Community Center  
at 5:30PM has been  
disbanded

#### Centerville

"Compassion"  
group has  
changed their  
format from OD  
to OS.

### 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 Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

### 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!!!!!!**

### **Serenity Group 22<sup>nd</sup> Anniversary**

**Tuesday, May 15<sup>th</sup> 2018 7:00 P.M.**

**St. David's Church, 205 Old Main St.  
South Yarmouth**

**Special guest speakers  
Food, fellowship and fun**

**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 Roberta Churchill for details. 508-563-4435
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### **How do medicine and religion differ in their approach to the alcoholic?**

#### **Bill Wilson Answers**

**A** - They differ in one respect. When the doctor has shown the alcoholic the underlying difficulties and has prescribed a program of readjustment, he says to him, "Now that you understand what is required for recovery, you should no longer depend on me. You must depend on yourself. You go do it."

Clearly, then, the objective of the doctor is to make the patient self-sufficient and largely, if not wholly, dependent upon himself.

Religion does not attempt this. It says that faith in self is not enough, even for a non-alcoholic. The clergyman says that we shall have to find and depend upon a Higher Power - God. He advises prayer and frankly recommends an attitude of unwavering reliance upon Him who presides over all. By this means we discover strength much beyond our own resources.

So, the main difference seems to add up to this: Medicine says, know yourself, be strong and you will be able to face life. Religion says, know thyself, ask God for power, and you will become truly free.

In Alcoholics Anonymous the new person may try either method. He sometimes eliminates "the spiritual angle" from the Twelve Steps to recovery and wholly relies upon honesty, tolerance and working with others. But it is interesting to note that faith always comes to those who try this simple approach with an open mind - and in the meantime they stay sober.

If, however, the spiritual content of the Twelve Steps is actively denied, they can seldom remain dry. That is our A.A. experience. We stress the spiritual simply because thousands of us have found we can't do without it. © (N.Y. State 3. Med., Vol. 44, Aug. 15, 1944)

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