

The Sober Times Newsletter May 2019

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 is here!!!! The Cape is awakening, getting ready for that Summer onslaught. This is a great time of year to be on Cape Cod. Things are stirring at your Intergroup as well. I am busy working on the next edition of our meeting list. If you have any group changes, additions or deletions please get those into the office as soon as you can. We do have a bunch of changes to the meeting list for this edition already.

We have elections coming up for the Steering Committee. We have a lot of turnover coming up and we need willing participants to serve on this committee. For those that don't know the Intergroup Reps elect the members who serve on the Steering Committee. The Steering Committee and the Intergroup Reps oversee the Intergroup office and provide direction to the office manager regarding office operations. These positions are vitally important to the continued operation of the Intergroup Office. Please consider being a part of it.

Chuck T.

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 7:00 pm
behind St David's
Church in Nelson's
Hall 205 Old Main
So. Yarmouth

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 its 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.

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

Meeting Updates

Meeting Changes

Falmouth

11 step at St Barnabas church Thursday at 7 PM has disbanded

Brewster

New Meeting

11 step meditation group meeting Fri. 2PM 11 Satucket Rd. Cape Cod Covenant Church

Hyannis

The Monday 12&12 OD at 5:30 PM needs support.

Cotuit

New Meeting "Just Breathe"

Womens CD Wed 6:30 PM At the Federated Church 40 School St.

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 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.



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!!!!!!**

Volunteers are needed for the Corrections
Committee. Please contact Roberta
Churchill for details. 508-563-4435

How did the Twelve Steps get written?

We were up around Chapter 5. As you know I 'd gone on about myself which was natural after all. Then we had the introductory chapter and we dealt with the agnostic and we described alcoholism. Well, we finally got to the point where we really had to say what this book was all about and how this deal works. As I told you this had been a six-step program then.

On this particular evening, I was lying in bed on Clinton Street wondering what the deuce this next chapter would be about. The idea came to me, well, we need a definite statement of concrete principles that these drunks can't wiggle out of. There can't be any wiggling out of this deal at all and this six-step program had two big gaps which people wiggled out of. Moreover, if this book went out to distant readers, they have to have got an absolutely explicit program by which to go. This was while I was thinking these thoughts, while my imaginary ulcer was paining me and while I was mad as hell at these drunks because the money was coming in too slow. Some had the stock and were not paying up. A couple of guys came in and they gave me a big argument and we yelled and shouted at each other and I finally went and laid on the bed with my ulcer and said, "poor me."

There was a pad of paper by the bed and I reached for it and said, "you've got to break this program up into small pieces so they can't wiggle out. So I started writing, trying to bust it up into little pieces and when I got the pieces set down on that piece of yellow paper, I put numbers on them and was rather agreeably surprised when it came out to twelve." I said, "that's a good significant number in Christianity and mystic lore." Then I noticed that instead of leaving the God idea to the last, I'd got it up front but I didn't pay too much attention to that, it looked pretty good. Well, the next meeting comes along; I'd gone on beyond the steps trying to amplify them in the rest of that chapter and I presented it at the meeting. Well, pandemonium broke loose. "What do you by mean changing the program, .what about this, what about that, this thing is overloaded with God. We don't like this, you've got these guys on their knees...stand them up because a lot of these drunks are scared to death of being Godly. . . let's take God out of it entirely." Such were the arguments that we had. Out of that terrific hassle came the Twelve Steps.

Those arguments caused the introduction of a phrase which has been the lifesaver to thousands. it was certainly none of my doing. I was on the pious side then, you see, still suffering from the big hot flash of mine. The idea of "God as you understand Him" came out of that perfectly ferocious argument and we put it in the book. **(Bill Wilson, Transcribed from tape, Fort Worth, 1954)**

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