

The Sober Times Newsletter May 2020

Intergroup Office hours are from 9:00 am to 4:00 pm
Monday - Thursday, Closed Friday, Saturday and Sunday



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

Notes from the editor

Hello All,

I hope this finds you all safe and well. These are certainly trying times for us all. However, us AA's have proven to be a resilient bunch and we have adapted to our surroundings. Since the vast majority of us are not meeting in person virtual meetings have sprung up and many of our members are participating in online meetings. I have added a virtual meeting page to the website so you can check there for local listings of virtual meetings. Nominations are now being accepted for the Steering Committee. Here is your opportunity for some great service work. Nominations will be accepted right up to election day which is June 2nd. Please reach out to your Intergroup rep for details. If your group is hosting virtual meetings could you, please email that information to the Intergroup office? I am trying to provide as complete a list as I can. We have also added a donation/contribution button to the home page of the website. We now have the ability to accept PayPal and we will also be accepting credit cards as soon as everything gets back to normal. Please stay safe and well.

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
at the Cape Cod
Covenant Church,
Setucket Rd. In
Brewster.

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

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.

Meeting Updates

Meeting Changes

Falmouth

Sisters in Sobriety new location.
790 Main St at the Rec center.
Also, the format is now OPEN women's step.

Pocasset

Pocasset Sunday night has changed their meeting time from 7:30-9:00 to 7:30-8:30 PM

Pocasset

New Meeting Pocasset Community Center BBSS Thursdays 9 A.M.

Cotuit

New Meeting "Just Breathe" Womens CD Wed 6:30 PM At the Federated Church 40 School St.

Sandwich

Sunday nights 7:00 P.M. St. Johns Church 159 Main St. OD traditions meeting

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.

Here is a quote from Bill Wilson that is appropriate for the times:

"We of AA now find ourselves in a world characterized by destructive fears as never before in history. But in it we nevertheless see great areas of faith and tremendous aspirations toward justice and brotherhood. Yet no prophet can presume to say whether the world outcome will be blazing destruction or the beginning, under God's intention, of the brightest era yet known to mankind..."

We AA's can say that we do not fear the world outcome, whichever course it may take. This is because we have been enabled to deeply feel and say, 'We shall fear no evil - Thy will, not ours, be done.'" (Bill W., January 1962)

The 9/11 attack on America reminds us of a statement made by one of our non alcoholic trustees over sixty years ago (around the time of WWII):

**"Alcoholics Anonymous is an island of sanity in a world gone mad."
And, from the 12 & 12**

"We live in the imminent possibility of a fresh holocaust to determine how we shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished"

© 12 Steps & 12 Traditions pp. 1176-1177

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!!!!!!**

Commitment time slots that need to be filled at Emerson House MONTHLY

Start times are either 7 or 7:30 based on group preference.

Participants must be WOMEN with more than 90 days of sobriety.

1st and 3rd Mondays

1st and 2nd Tuesdays

3rd Wednesdays

Every Friday

1st, 3rd and 4th Saturdays

Contact Michelle M to schedule 617-905-4651 or email

Mmerlino8@gmail.com

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

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?

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(Please Print)NAME (Secretary Name if group)

Street Address or PO Box

City

State

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the Sober Times FREE!!!!**

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