

# The Sober Times Newsletter May 2021

Intergroup Office hours are Wednesday 12-6, Thursday and Friday 9-2 Also 1<sup>st</sup> Saturday of each month 9-1



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

## Notes from the editor

Hello All,

Spring is here and with Memorial Day right around the corner the Cape is beginning to come alive once again. The Corona virus is still with us but there is reason for optimism. People are receiving vaccinations and the precautions we have been taking for over a year now seem to be working. We are still here at Intergroup, working hard to stay afloat and still provide the service that Cape Cod AA has come to expect. We have had a couple of departures from the Steering Committee. We want to thank Wanda A. and Teri P. for their service. We have two openings as well as nominations and elections coming up in the next couple of months. Serving on the Steering Committee or becoming an Intergroup rep is a great way to connect and do service work. We also have volunteer opportunities in the office. If you are interested in any of the above, please contact your Intergroup rep or call the office. Stay safe out there.

Chuck T.

### Service Committee Meetings

**Intergroup Reps Meeting** Every 1<sup>st</sup> Tuesday at 7:30 on the Zoom platform.  
[Meeting ID: 833 6954 2618.](#) Text Constance S. 508-274-7797 for password

**General Service Districts 1&2** Every 2<sup>nd</sup> Tuesday at 7:00 pm at the Cape Cod Covenant Church, Setucket Rd. In Brewster. District Zoom ID is 306-270-5910

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 April:

***"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

**The Intergroup Steering Committee meets the last Monday of the month at 6:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password**

## Meeting Updates

### Meeting Changes

#### Falmouth

Each Day A New Beginning in Falmouth no longer meets on the weekend at Falmouth hospital, we are 7 days a week, 7:30 -8:30 AM at John Wesley United Methodist Church, physical meeting

#### 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.

### 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!!!!!!**

### **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.

1<sup>st</sup> and 3<sup>rd</sup> Mondays

1<sup>st</sup> and 2<sup>nd</sup> Tuesdays

3<sup>rd</sup> Wednesdays

Every Friday

1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Saturdays

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

Mmerlino8@gmail.com

**Don't forget Grapevine  
Subscriptions make a great gift**

### **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

**"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 Corona virus pandemic brings this quote, also from Bill W. to mind.**

**"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"**

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