

The Sober Times Newsletter November 2016

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



Phone- 508-775-7060

Notes from the editor

Hello All,

Leaves are changing, cooler temperatures and Fall is in the air. The holiday season is approaching. Getting together with family and friends. It's that time of year again. Some people really look forward to this time of year while others see this time of year as a challenge. Keeping your sponsor and the program close can help you weather any challenges the holiday season may bring. Also remember to look in on others during this time of year, reach out if you can. You never know how much a single act of kindness can help someone in need.

I am still looking for updated information on new groups and groups that are disbanding. I am in the process of updating the meeting list for the winter/spring edition. If your group is planning any events for Christmas or New Years and you want the information shared please try and get me the info as soon as you can. I hope you all have a safe and happy Thanksgiving.

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 7:30 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 6:45 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2

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 11th Tradition be read at each meeting in September:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films"

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.

Did you.....

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

Meeting Updates

Meeting Changes

Brewster

The "Better late than never" group on Monday mornings has disbanded.

Cotuit

The Monday night meeting has changed times from 8 pm to 7:30 pm. Meeting lasts for 1 hour

Mashpee

The "One day at a time group" has moved from Tuesday nights to Monday nights at 5:30 same location and format.

Falmouth

The "Power of Example" Group. Tues. night @ 7 p.m. has disbanded.

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 11

Tradition Eleven: *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

- Do I sometimes promote AA so fanatically that I make it seem unattractive?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around – even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my sobriety attractive enough that a sick drunk would want such a quality for himself?

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!!!!!!**

THANKSGIVING DAY OPEN HOUSE

7:00 AM TO 8:30 PM

**CARLETON HALL 1006 OLD BASS RIVER
ROAD, S. DENNIS**

AA MEETINGS WILL BE HELD AT 7:00, 8:30

AND 10:00 AM; 2:00, 3:30 AND 5:00 PM

DINNER 12:00 TO 2:00PM

SPEAKER MEETING 7:30-8:30 PM

HOSTED BY DENNIS PASS IT ON GROUP

AND SPONSORED BY DISTRICTS 1&2

FOR INFORMATION CALL TOM: 508-362-1613

OR LYNN 508-385-9750

**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

FOOD DONATIONS AND VOLUNTEERS

WELCOME.

INTERESTING

. A.A. Guidelines: Serving Alcoholics With Special Needs

I have had a few groups asking questions about dealing with these individuals, hopefully this might help.

Our Big Book says, "We are people who normally would not mix," and this is especially true when someone is a little "different" from the others. But the rewards of giving this kind of service to a fellow alcoholic are immense! Group unity grows stronger, the person with special needs is included and respected as a fully-participating member of the group, and everyone's sobriety is strengthened. When faced with the challenges of accommodating a special need, we would do well to remember: "When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible." Please share with your Intergroup office or the General Service Office your experiences and successes in carrying our A.A. message of recovery to alcoholics with special challenges to receiving that message. Intergroup and the G.S.O. will in turn share your experience with any A.A. member trying to reach out to alcoholics with special needs.

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.