

# The Sober Times Newsletter November 2017

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,

The holiday season is rapidly approaching, the leaves are changing and there is a distinct chill in the air. The new meeting lists are in (Green). There have been some changes so please make sure to take note. I have also enclosed a flyer for the Thanksgiving Alkathon in Dennis. This can be a trying time of the year for people trying to find or maintain their sobriety. It's important that we do our part in trying to reach out and help these people. The Intergroup office will be closed from Thursday Nov. 23<sup>rd</sup> to Wednesday Nov. 29<sup>th</sup> so please make sure that you have the necessary supplies for you and your groups prior to that. I hope that everyone has a happy and safe Thanksgiving.

Chuck T.

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 November:

***"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?

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

Barbara F. is contact for District 1 & 2  
774-836-8830

## Meeting Updates

### Meeting Changes

#### New Meetings Osterville

“New Beginnings”  
Lady of Assumption Church, 76 Wianno Ave.  
Mondays 7:30-8:30

#### Chatham

"Donut Hole"  
Open 12&12  
Saturdays 10:30-11:30  
819 Main St. Unitarian Meeting House Annex

#### Bourne

“Monday Night”  
WBBSS has MOVED to a new night and new location.  
The meeting will be Thursday nights 6-7:30 @ 239 Main St.  
Bourne Community Bldg.  
Buzzards Bay

### 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 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 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!!!!!!**

### NEW MEETING

Cape Cod Community College

"The Educational Variety" group

Mondays @ 2p.m.

Sept. 11 – Dec. 11

Jan. 22- May 7

North Bldg.

Open Discussion out of the Daily Reflections  
book.

**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 Roger Allen.  
for details. 508-563-4435

### Spiritual Experiences

It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project I would like to say a few introductory words. There is a very natural tendency to set apart those experiences or awakenings which happen to be sudden, spectacular or vision-producing. Therefore any recital of such cases always produces mixed reactions. Some will say, "I wish I could have an experience like that!" Others, feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, "I just can't buy this business. I can't understand what these people are talking about."

As most AAs have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence. At first it was very natural for me to feel that this experience staked me out for somebody very special.

But as I now look back upon this tremendous event, I can only feel very specially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

In all other respects, however, I am sure that my own experience was not in the least different than that received by every AA member who has strenuously practiced our recovery program.

How often do we sit in AA meetings and hear the speaker declare, "But I haven't yet got the spiritual angle." Prior to this statement, he had described a miracle of transformation which had occurred in him—not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; and that this gift was all out of proportion to anything that might be expected from simple AA activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, "Well, that guy is just reeking with the spiritual angle—except that he doesn't seem to know it yet!" We well know that this questioning individual will tell us six months or a year hence that he has found faith in God. Moreover he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate—my sudden spiritual experience notwithstanding.

So nowadays when AAs come to me, hoping to find out how one comes by those sudden experiences, I simply tell them in all probability that they have had one just as good—and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extending over six months had been condensed into six minutes—well, they then might have seen the stars too!

In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones—they are certainly all of the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."

This is why I think we should question no one's transformation—whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be the most useful for our needs.

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