

The Sober Times Newsletter November 2021

Intergroup Office hours are Wednesday 10-4, Thursday and Friday 9-2



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

Notes from the editor

Hello all,

I am writing this after spending 2 days in the office without power. We finally got it back this morning. That was quite a storm!!!! A humbling example of Mother Natures power. As a result, it put me a few days behind with office work. It's days like today that it would be nice to have a volunteer or two in the office. It's a great way to be of service to the program. This month marks the start of the holiday season and with it brings its own set of unique challenges for us in the program. It's important to try and not become overwhelmed and to keep things simple. Stay close to the program and be sure to reach out to a fellow A.A. if you feel yourself struggling. I will be posting alkathons on the website as I receive them and any other events as we enter the holiday season. From all of us at Intergroup we want to wish you a happy and safe Thanksgiving.

Chuck T.

Service Committee Meetings

Intergroup Reps Meeting Every 1st 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 2nd 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 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"

The Intergroup Steering Committee meets the last Monday of the month at 7:30 P.M. On Zoom. Meeting ID 872 2028 8723 Text Constance S. 508-274 7797 for password

Did you.....

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

Meeting Updates

Meeting Changes

If anyone has meeting updates ie: in person rather than Zoom etc. These changes can be made to the website meeting list by the responsible member of the group. Please call the office and update your meeting status as soon as it changes. WE WANT TO GET THE WORD OUT!!!!!!

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.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA 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.



Updated Policy Regarding Shipping and After Hour Calls.

Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 16 hrs a week. Wed, Thurs, and Fri. Non emergent calls will be handled during business hours only. Messages can be left with the answering service and business will be handled on next business day.

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

The Legacy of Recovery & Outside Influences

Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

Many of us, upon first seeing those words, asked ourselves the question "Can it be just that simple?" -- and then heard a voice inside us answer "Yes."

Bill's application of AA principles to ever-changing circumstances was another of his remarkable talents. Day in and day out, letters would arrive at his desk asking for his "last word" on a matter of AA policy. And, in answer after answer Bill would fall back upon the basic principles of AA's three Legacies, tempered by wisdom, humor, perspective, and regard for the feelings of others.

One warm example occurred in 1968 when a well-meaning AA wrote to Bill, in deep concern, about an influx of youthful hippies or flower children to local AA groups, along with their distinctive manner of dress, sexual mores, and other unorthodox behavior, including the use of drugs. The writer feared that this particular invasion might be "a very real threat to our wonderful, God-given program."

Bill's reply was typical of his use of AA principles to meet new challenges.

"Your letter about the hippie problem, so-called, was mighty interesting to me. I doubt that we need to be alarmed about this situation, because there have been precedents out of the past. All sorts of outfits have tried to move in on us, including communists and heroin addicts, prohibitionists and do-gooders of other persuasions.

"Nearly all of these people, who happened to have an individual problem with alcohol, not only failed to change AA, but, in the long run, AA changed them. I have a number of them among my closest friends today, and they are among the best AA's I know.

"You also have some people who are not alcoholics, but are addicts of other kinds. A great many AA's have taken pity on these people, and have actually tried to make them full-fledged AA's. Of course, their identification with alcoholics is no good at all, and the groups themselves easily stop this practice in the normal course of AA affairs.

"Thoughtful AA's, however, encourage these sponsors to bring addicts to open meetings, just as they would any other interested people. In the end, these addicts usually gravitate to other forms of therapy. They are not received on the platform in open meetings unless they have an alcohol problem, and closed meetings are, of course, denied them. We know that we cannot do everything for everybody with an addiction problem.

"There has also occurred lately a new development centering upon hippies who have LSD or marijuana troubles -- not so much stronger stuff. Many of these kids appear to be alcoholics also, and they are flocking into AA, often with excellent results.

"Some weeks ago, there was a young people's convention of AA's. Shortly thereafter, four of these kids visited the office. I saw one young gal prancing down the hall, hair flying, in a mini-skirt, wearing love beads and the works. I thought, 'Holy smoke, what now!' She told me she was the oldest member of the young people's group in her area -- age twenty-two! They had kids as young as sixteen. I was curious and took the whole party out to lunch.

"Well, they were absolutely wonderful. They talked (and acted) just about as good a kind of AA as I've seen anywhere. I think all of them said they had had some kind of drug problem, but had kicked that, too. When they first came around, they had insisted on their own ideas of AA, but in the end they found AA plenty good enough as it was. Though they needed their own meetings, they found interest and inspiration in the meetings of much older folks as well.

"Perhaps, as younger people come into AA, we shall have to put up with some unconventional nonsense -- with patience and good humor, let's hope. But it should be well worth the attempt. And also, if various hippie addicts want to form their own sort of fellowship along AA lines, by all means let us encourage them. We need deny them only the AA name, and assure them that the rest of our program is theirs for the taking and using -- any part or all of it.

"For these reasons, I feel hopeful and not a bit scared by this trend. Of course, I'm no prophet. I may be mistaken, so please keep me posted. This is a highly interesting and perhaps significant development. I certainly do not think it ought to be fought. Instead, it ought to be encouraged in what we already know to be workable channels.

In affection ... Bill"

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