

The Sober Times Newsletter November 2022

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

Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

Notes from the editor

Hello all,

Fall colors and soon the smell of turkey and pumpkin pie will fill the air. As we enter November and gratitude month, I am reminded how gratitude should be forwarded and not the other way around. I am certainly grateful for what I have, and I am always willing to share with others. As we enter the trifecta of holidays, the first being Thanksgiving, check in on your friends in the program. Make sure they are doing ok. There will be at least 1 Thanksgiving alkathon on the Cape that I am aware of, and the flyer is in this newsletter. The holidays can be difficult for those newly sober as well as those that have a lot of sobriety. It is easy to isolate amidst all that is going on, Covid etc. Take a few extra minutes and reach out to someone in the program who you haven't spoken to in a while. Extend your hand to the newcomer. Let's try and make sure that we take care of one another. It's the holiday season and everyone at Intergroup wishes you all a Happy 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 781 741 0434

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
www.capecodaa.org

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

District has a new web address and a new mailing address. The new website is capecodaa.org
Their new mailing address is
P.O. Box 1270
South Dennis
Mass 02660

The Sandwich/W. Barnstable Sunday Morning group is now meeting from 9:30-10:30 for the summer. We will evaluate our options in the fall.

We have a new Zoom account for our Hybrid meeting.
Zoom ID: 523 956 0213
Password: 386918

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, illness, etc. Please contact the office if interested.

Gratitude in Action

November is Gratitude Month — a time to express our collective gratitude for our individual sobriety. Many A.A. members observe Gratitude Month by holding Traditions meetings and taking up special contributions to the General Service Office and other A.A. Service entities.

A.A. co-founder Bill W. wrote in the November 1949 issue of the Grapevine (Language of the Heart pg. 95) about gratitude. “The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that “this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.’s worldwide services.” Three years later, Bill urged in a letter, “Gratitude should go forward, rather than backward ... if you carry the message to still others, you will be making the best possible repayment for the help given to you.”

“How about trying something new, something your group has never done before or individually, which will make the members’ gratitude more tangible and real?”

Gratitude in action can be as simple as volunteering a little bit of your time to be part of... Now Intergroup is looking for volunteers in several areas. To work any day of the week: To answer the phone during the week, to work on projects at Intergroup. All of this is for the newcomer who has not walked in the door. Please sign individually or by Group, by calling Intergroup.

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.



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.

Gratitude Should Go Forward – As Bill Sees It – page 29

“ Gratitude should go forward , rather than backward . “ In other words , if you carry the message to still others , you will be making the best possible repayment for the help given to you . ”

No satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light , to see their lives quickly fill with new purpose and meaning , and above all to watch them awaken to the presence of a loving God in their lives – these things are the substance of what we receive as we carry A.A.’s message.

1. Letter, 1959 2. Twelve and Twelve , p. 110

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