

The Sober Times Newsletter October 2019

Intergroup Office hours are from 9:00 am to 1:00 pm
Monday - Thursday, Closed Friday, Saturday and Sunday



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

Notes from the editor

Hello All,

It's the best time of year on the Cape in my opinion. Beautiful weather, the leaves are changing, and the air is cool. We can take that deep breath and relax again. I hope you all had a good Summer and are enjoying the beginning of Fall. The new meeting list comes out this month. Call the office immediately if you have a change for the list. Please keep those donations coming, we are very appreciative of the continuing support you have provided to Intergroup. We need those groups with outstanding balances to please submit your payments. If your group is planning any functions for the upcoming holidays, please get your notices to the Intergroup office early so That I can post them for you. If you have any questions or comments about Intergroup, whether it be about how the office is run or the current financial situation please don't hesitate to call or stop by and ask. All office scheduling changes are posted on the website so make sure to take a look before making a trip up.

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 7:00 pm
behind St David's
Church in Nelson's
Hall 205 Old Main
So. Yarmouth

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 10th Tradition be read at each meeting in October:

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy"

Did you.....

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

The Intergroup Steering Committee meets the last Monday of the month at 6 P.M. At the Intergroup office. 396 Main St. Hyannis.

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 6:30 pm in Nelson's Hall for a welcoming orientation.

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

Meeting Updates

Meeting Changes

Barnstable

The live and let live group at the Unitarian Church on Monday nights has disbanded

Brewster

New Meeting

11 step meditation group meeting Fri. 2PM
11 Satucket Rd.
Cape Cod Covenant Church

Hyannis

The Monday 12&12 OD at 5:30 PM has disbanded.

Cotuit

New Meeting

“Just Breathe”

Womens CD Wed 6:30 PM At the Federated Church
40 School St.

Bourne

Weds night open beginner meeting at 7:30P.M. at 311 Barlow’s Landing Rd. needs support.

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 Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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!!!!!!**

**INTERESTED IN GETTING ON THE 12 STEP CALL
LIST???? CONTACT YOUR INTERGROUP REP. OR
CALL THE OFFICE FOR DETAILS.**

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

Was the writing of the Big Book a difficult job?

As the chapters were done, we went to A.A. meetings in New York with the chapters in the rough. It wasn't like chicken-in-the-rough, the boys didn't eat those chapters up at all. I suddenly discovered that I was in a terrific whirlpool of arguments. I was just the umpire. I finally had to stipulate, "Well boys, over here we have the holy rollers who say we need all the good old-fashioned stuff in the book, and over here you tell me we've got to have a psychological book, and that never cure anybody, and they didn't do very much with us in the missions, so I guess you will have to leave me just to be the umpire. I'll scribble out some roughs here and show them to you and let's get the comments in." So we fought, bled and died our way through one chapter after another. We sent copies out to Akron and they were peddled around and there were terrific hassles about what should go in this book and what should not.

Meanwhile, we set drunks up to write their stories or we had newspaper people to write the stories for them to go in the back of the book. We had an idea that we'd have a text and then we'd have stories all about the drunks who were staying sober. **(Bill W.) (Transcribed from tape, Fort Worth, TX., 1954)**

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