

# The Sober Times Newsletter October 2020

Intergroup Office hours are Tuesday 1-5 and Thursday 9-1



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

## Notes from the editor

Hello All,

Fall is in the air and we are still under the threat of this virus. We Alcoholics are resilient and will persevere. If you are aware of groups that have transitioned back to in person meetings and they aren't on the website could you, please forward that info to the office? We would like to keep that as up to date as possible. I would like to say once again thank you to the groups and individuals who have continued to support the Intergroup office during this pandemic. Without your support this office would cease to function. If you have been on the website you might have noticed some changes. Hopefully, you have found these to be positive. We would love to have your feedback regarding the website. The store is still open on a limited basis and I can always come in and help with your supply needs. Fall is a great time here on the Cape, please be safe but get out there and enjoy it.

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 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

## Service Committee Meetings

### Intergroup Reps

Meeting Every 1<sup>st</sup> Tuesday at 7:30 on the Zoom platform.  
Meeting ID: 833 6954 2618. Password 663223

### General Service

Districts 1&2 Every 2<sup>nd</sup> Tuesday at 7:00 pm at the Cape Cod Covenant Church, Setucket Rd. In Brewster.

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

The Intergroup Steering Committee meets the last Monday of the month at 6:30 P.M. On Zoom. Meeting ID 872 2028 8723 Password 524284

## Meeting Updates

### Meeting Changes

#### Falmouth

Sisters in Sobriety new location.  
790 Main St at the Rec center.  
Also, the format is now OPEN women's step.

#### Pocasset

Pocasset Sunday night has changed their meeting time from 7:30-9:00 to 7:30-8:30 PM

#### Pocasset

New Meeting  
Pocasset  
Community Center BBSS  
Thursdays 9 A.M.

#### Cotuit

New Meeting  
"Just Breathe"  
Womens CD Wed  
6:30 PM At the Federated Church  
40 School St.

#### Sandwich

Sunday nights  
7:00 P.M. St. Johns Church 159 Main St. OD traditions meeting

### 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 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!!!!!!**

### **Commitment time slots that need to be filled at Emerson**

#### **House MONTHLY**

Start times are either 7 or 7:30 based on group preference.

Participants must be WOMEN with more than 90 days of sobriety.

1<sup>st</sup> and 3<sup>rd</sup> Mondays

1<sup>st</sup> and 2<sup>nd</sup> Tuesdays

3<sup>rd</sup> Wednesdays

Every Friday

1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Saturdays

Contact Michelle M to schedule 617-905-4651 or email

Mmerlino8@gmail.com

### **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

## **Do alcoholics as a class differ from other people?**

Some years ago the doctors began to look at Alcoholics Anonymous and they got about thirty of us together and they said to themselves "Well, now that these fellows are in A.A., and they won't lie so badly, and maybe for the first time we'll get a good look at what the interior of a drunk is like." So a number of us were examined at great length by psychiatrists, and all sorts of tests taken, and the object of this particular inquiry was to see whether alcoholics as a class differed from other people, and if they did, just why and how much.

A number of us were invited to attend the conclave, and a number of learned papers were read, and finally one of these physicians (a very noted one - the meeting took place at the New York Academy of Medicine) began to sum up what he thought the conclusion which they had arrived at was this: that the alcoholic is emotionally on the childish side. That the alcoholic is a person who is more sensitive emotionally than the average person. And then, they ascribed another quality to us - they used the word "grandiosity," they were grandiose (meaning by that that as a type we were what you might call "All of nothing people.") Someone once described it by saying all alcoholics hanker for the moon when perhaps the stars would have done just as well. As a class, we're like that, said the doctors. (Bill W. Memphis, Tenn., Sept.18-20, 1947)

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