

The Sober Times Newsletter October 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,

Fall is here, soon the leaves will be changing and it will be getting cooler. Winter is right around the corner. Lots of you have stopped into the office and the response has been very positive. We appreciate all the support. Did you know that we have roughly 80 named groups on the Cape??? Currently an average Intergroup Reps meeting has approx. 10 or so Reps in attendance. Intergroup Reps are of vital importance to A.A. as a whole. An Intergroup Rep brings concerns and questions that a group may have to the body for discussion and also brings back information regarding A.A. to their home group. If your group doesn't have an Intergroup Rep suggest that they elect one or even volunteer to be one yourself. It's a great way to get in some service work and requires attendance at one meeting per month. We'd love to have you. Every group should have a Rep. If you have any questions, please call the office.

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 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."

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 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.



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.

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.

1st and 3rd Mondays

1st and 2nd Tuesdays

3rd Wednesdays

Every Friday

1st, 3rd and 4th 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

By Bill W., General Service Conference, 1965

A.A. members can soberly ask themselves what became of the 600,000 alcoholics who approached the Fellowship during the past 30 years but "who did not stay," Bill W., surviving co-founder, suggested in a moving address to the Conference at its closing session.

"How much and how often did we fail all these?" Bill asked.

"When we remember that in the 30 years of A.A. existence we have reached less than ten per cent of those who might of been willing to approach us, we began to get an idea of the immensity of our task, and of the responsibilities with which we will always be confronted."

In no circumstances should members feel that the Alcoholics Anonymous is the know-all and do-all of alcoholism, Bill noted, citing the "perhaps one hundred agencies" in the United States and Canada alone that are engaged in "research, alcohol education and rehabilitation."

"We should very seriously ask ourselves how many alcoholics have gone on drinking because we have failed to cooperate in good spirit with these many agencies - whether they be good, bad or indifferent," the co-founder remarked. "No alcoholic should go mad or die merely because he did not come straight to A.A. at the beginning."

"All of the basic components of A.A. were supplied by others, Bill pointed out, "although we drunks certainly did put A.A. together. Here, especially, our maxim should be 'Let's be friendly with our friends.'"

Bill said that at certain great turning points in A.A. history, members have backed away from what should have been "clearly visible responsibilities." He cited the old-timers who almost prevented preparation of the Big Book "because some avowed we did not need it," while others shrank from the risks involved.

There was "a great outcry" against formation of the General Service Conference, he recalled. "There was almost no belief that such a linkage could be effectively forged; even an attempt at such a project would ruin us, many thought." The spiritual assets of A.A. have "in God's time" invariably come to exceed even such large liabilities, Bill said, "A.A. recovery goes forward on a large scale. Practice of A.A.'s Twelve Traditions has amazingly cemented our unity. Our General Service Office and General Service Conference have made possible a wide spreading of our message at home and abroad. Our pains and our necessities first called us reluctantly to responsibility. But in the latter years a joyous willingness and a confident faith have more and more permeated all the affairs of our Fellowship."

Fear of negative factors should not deceive members into absurd rationalizations, Bill suggested. "In the fear of accumulated wealth and bureaucracy, we should not discover an alibi for failure to pay A.A.'s legitimate service expenses. For fear of controversy, our leadership should not go timid when lively debate and forthright action is a necessity. And for fear of accumulating prestige and power, we should never fail to endow our trusted leaders with proper authority to act for us."

"Let us never fear needed change," Bill urged. "Once a need becomes clearly apparent in an individual, a Group, or in A.A. as a whole, it has long since been found out that we cannot stand still and look the other way."

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**Cape Cod Intergroup
745 Falmouth Road
Hyannis MA 02601**

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