

The Sober Times Newsletter September 2015

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:30 pm
Monday - Friday as of May 1st, closed Saturday and Sunday



Notes from the editor

As summer winds down across the Cape we are left with what I believe is the best time of the year here. The masses for the most part have departed, traffic is bearable and the weather takes on that Fall feel. When I was actively drinking, the seasons meant nothing to me. I would only notice that lines at the package store were shorter or that it seemed colder when I went out to purchase alcohol. These days I take the time to enjoy all that the changing seasons have to offer. I am thankful that A.A. has given me the opportunity to live a more fulfilling life. I miss friends who have passed and honor them with service, remembrance and a promise to stay on my chosen path. Fall is my favorite season. Enjoy.

Chuck T.

Would you like to be on our 12 Step volunteer list? We don't give out your number; we call our volunteers and they call the person needing help.

If you would like to volunteer to be on our 12 Step volunteer list, just call us at 508-775-7060

Actually, your Intergroup has many volunteer opportunities.

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 7:30 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 9th Tradition be read at each meeting in August:

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Did you.....

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

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 7:00 pm in Nelson's Hall for a welcoming orientation.

Stephanie D. is contact for District 1 & 2

508-771-4143

Meeting Updates

Meeting Changes

Sandwich

The Sandwich Friday Night Group meets at 7:30 P.M. Not at 8:00 as printed in the meeting list.

Hyannis

The Hyannis noontime meeting, when meeting at the Federated Church, meets in Baldwin Hall

Hyannis

The "Sunshine Group" Will be meeting at the Barnstable Middle school, 895 Barnstable Rd. until further notice.

The Intergroup Office is looking for information on the status of the Pocasset tues, thurs 1000 a.m. meeting at the First Baptist Ch.



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.

Recovery Cape

A life on the Cape, quiet and serene would be perfect to all, so it may seem. A home on the water, nature all around. Inner peace in the soul, could surely be found. The devil inside us soon made an appearance like a movie that played by the name Deliverance. You may run or walk but you cannot hide. I am deep in your soul, deep on the inside, to lead you to wrong, to keep you from right. To fuel your desires, take away your insight. I promise you treasures, across this whole land, come walk with me, come to me hand in hand. I had a desire to pursue this evil cult. Would it really give me a positive result? I chose the other, to go my own way. Slowly others joined, increasing day by day. We yearned for inner peace, our thirst for inner soul, now again gratified. So we walk in the sand, stare across the vast sea. Grateful to again have our once lost harmony.

Christos A.A.

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.

"The Promises"

We are going to know a new freedom and a new happiness. We will not regret the past or wish to close the door on it. We will comprehend the word "serenity" and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Alcoholics Anonymous pgs. 83&84

I am responsible...When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible.

Volunteers are needed for the Corrections Committee. Please contact Sharon D. for details. 508-563-4435

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

12 Concepts for World Service, written by Bill W. 1962

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principle planners and administrators. They and their primary committees directly manage these affairs, (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which the exercise through their ability to elect all directors of these entities.

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