

The Sober Times Newsletter September 2018

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:00 pm
Monday - Thursday, Closed Friday, Saturday and Sunday



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

Notes from the editor

Hello All,

And just like that the Summer is over. I don't know about you but to me Summer seemed to fly by this year. As we enter September I think we are coming into the best time of year on the Cape. Cooler weather, less crowds and traffic make the Cape the place to be this time of year.

I am reaching out to all of you for a little help. I am trying to keep the website as accurate as possible regarding meetings and times. Arguably one of the most important things we provide is that help to the newcomer. I receive many more phone calls than I would like from people telling me they went to a location for a meeting and no one was there. If you are aware of any meetings that have disbanded if you could forward that info to me I would appreciate it. I don't like to just remove a meeting from the list without confirmation that it's actually disbanded. Any help that any of you can provide is greatly appreciated.

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

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

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 September:

"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?

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

Meeting Updates

Meeting Changes

Orleans

Women's open
12&12 Mon. 6:30
26 Giddiah Hill
Rd.

Dennis

The Men's
BB/12&12
Monday Night
has moved from
the senior center
to the 400 East
plaza in Harwich
suite 101

Provincetown

The Monday
evening Big Book
Study Meeting at
the Provincetown
Community Center
at 5:30PM has been
disbanded

Harwich

The Sunday A.M.
Women's
CBB12&12
11:30 A.M. 400
East Plaza has
disbanded.

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 Nine:

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

- 1. Do I still try to boss things in AA?**
- 2. Do I resist formal aspects of AA because I fear them as authoritative?**
- 3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?**
- 4. Do I exercise patience and humility in any AA job I take?**
- 5. Am I aware of all those to whom I am responsible in any AA job?**
- 6. Why doesn't every AA group need a constitution and bylaws?**
- 7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?**
- 8. What has rotation to do with anonymity? With humility?**

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!!!!!!**

Volunteers are needed for the Corrections Committee. Please contact Roberta Churchill for details. 508-563-4435

If an alcoholic comes to an A.A. meeting under the influence of alcohol, how do you treat him or handle him during the meeting?

A - Groups will usually run amuck on that sort of question. At first we are likely to say that we are going to be supermen and save every drunk in town. The fact is that a great many of them just don't want to stop. They come, but they interfere very greatly with the meeting. Then, being still rather intolerant, the group will swing way over in the other direction and say, "No drunks around these meetings." We get forcible and put them out of the meeting, saying, "You're welcome here if your sober." But the general rule in most places is that if a person comes for the first or second time and can sit quietly in the meeting, without creating an uproar, nobody bothers him. On the other hand, if he's a chronic "slipper" and interferes with the meetings, we lead him out gently, or maybe not so gently, on the theory that one man cannot be permitted to hold up the recovery of others. The theory is "the greatest good for the greatest number." (**Bill Wilson, Yale Summer School of Alcohol Studies**©, June 1945)

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