

# The Sober Times Newsletter September 2022

Intergroup Office hours are Tuesday 10-4, Wednesday 10-4, Thursday and Friday 9-2



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

## Notes from the editor

Hello all,

And in a blink of an eye Summer is over and Labor Day is upon us. The seasons sure change fast here on Cape Cod. The new meeting lists have been delivered and are currently for sale. One complaint was the size of the print. I've heard you and on the next run I will be increasing the size of the font so that hopefully we can all read them. We charge .50\$ for the booklets when they actually cost us .80\$ a piece to have them made. These are paid for by the donations we receive here at Intergroup. We hope to get back on the Schedule of printing these twice a year. The Steering Committee and the Intergroup reps voted to open the office an additional day. Starting this month, the office will be open on Tuesdays as well from 10-4. We hope this added day will provide you with some more needed flexibility in getting to the office. If you group is changing the format or location of your meeting, please get that information to Intergroup ASAP so that it can be included in the next printing of the meeting list.

Chuck T.

### Service Committee Meetings

**Intergroup Reps Meeting** Every 1<sup>st</sup> 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 2<sup>nd</sup> 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 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."***

**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

District has a new web address and a new mailing address. The new website is [capecodaa.org](http://capecodaa.org). Their new mailing address is P.O. Box 1270 South Dennis Mass 02660

The Sandwich/W. Barnstable Sunday Morning group is now meeting from 9:30-10:30 for the summer. We will evaluate our options in the fall.

We have a new Zoom account for our Hybrid meeting.  
Zoom ID: 523 956 0213  
Password: 386918

### 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, 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? 5
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 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.**



[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.

**“On Sept. 6<sup>th</sup>, Francis G., the Northeastern Regional Trustee of AA, and one of 9 AA Grapevine Directors, will be at the Intergroup Reps meeting on Zoom. This is the first time anyone from GSO has been to an Intergroup meeting and take advantage to attend and participate.**

**Topics: Communication from GSO- our reps feel they are not informed with regarding information from GSO.**

**Another topic rotation and, positions staying open, duration of service of a position for trustees.**

**How many drug addicts are there in A.A. and in the organization similar to A.A. which operates among drug addicts?**

We have quite a number of drug addicts who were once alcoholics. So far, I don't know of any case of pure drug addiction that we have been able to approach. In other words, we can no more approach a simon-pure addict than the outsider can usually approach us. We are in exactly the same position with then that the doctor and the clergyman have been in respect to the alcoholic. We just don't talk that fellow's language. He always looks at us and says, "Well, those alcoholics are the scum of the earth and besides, what do they know about addiction?"

Now, however, since we have a good number of addicts who were once alcoholics, those addicts in their turn are making an effort, here and there, to transfer the thing over to the straight addict. In that way we hope the bridge is going to be crossed. There may be a case here and there that has been helped. But in all, I suppose, there may be about 50 cases of real morphine addiction in former alcoholics who have been helped by A.A. Of course, we have a great many barbital users, but we don't consider those people particularly difficult if they really want to do something about it; and particularly if it's associated with liquor. They seem to get out of it after a while. But where you have morphine, or some of those other derivatives, then it gets very tough. Then you have to have a "dope" talk to a "dope," and I hope that we can someday find a bridge to the addict. (Bill W. Yale Summer School of Alcohol Studies, June 1945)

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(Please Print)NAME (Secretary Name if group)

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Street Address or PO Box

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City

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**Individual \$5.00 per year.**

**Group Secretaries receive  
the Sober Times FREE!!!!**

**(This barely covers the postage)**

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

**Non-Profit Org.**

**District 1 & 2 is sponsoring an AA softball game at 3 P.M. at the Johnny Kelly  
Field in Dennis. It will be the Upper Cape vs The Lower Cape. If you're  
interested in participating, please contact Dan B. @ 508-360-0870 for all the  
details.**