

# The Sober Times Newsletter May 2023

Intergroup Office hours are Tuesday 10-4, Wednesday 10-4, Thursday and Friday 9-1:30



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

## Notes from the editor

Hello all,

Traffic and more traffic. As Memorial Day approaches it's once again time for us to practice patience as our communities become swamped with people and congestion. This is definitely an area I seek to improve on. Things are happening at your Intergroup. The new website is moving along nicely and when it's done, I think you will be happy with the upgrades both to the platform and its user-friendly layout. We have elections for the Steering Committee coming up next month, with nominations being held this month. This is a great opportunity for service work and the opportunity to help guide Cape Cod Intergroup forward. Cape Cod Intergroup thanks all of the groups and members who donate to this office to help keep the doors open and the opportunity to help the still suffering alcoholic. Our busy season approaches, the fish received a housing upgrade so stop down and visit. We'd love to see you. Stay safe, stay sober.

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 **508 487 9451**

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  
[www.capecodaa.org](http://www.capecodaa.org)

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 5th Tradition be read at each meeting in May:

***"Each group has but one primary purpose-to carry its message to the alcoholic who still suffers."***

### Did you.....

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

**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**

## Meeting Updates

### Meeting Changes

District Zoom has been updated. 508 487 9451 no password is needed

### Orleans

Sunday Night 11<sup>th</sup> Step Serenity AA Meeting has moved to 250 Underpass Road in Brewster, next to the Brewster Post Office

### Brewster

Pause a while has moved to 250 Underpass rd. in Brewster and their meetings are held at this address.

### 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 Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.**

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

### 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.**



Outgoing shipments from the office will be made once a week (Friday) instead of daily until further notice. The office is only open 22 hrs. a week. Tues, 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.

### **What purposes do the Twelve Concepts for World Services serve?**

"The Concepts to be discussed in the following pages are primarily an interpretation of AA's world service structure. They spell out the traditional practices and the Conference charter principles that relate the component parts of our world structure into a working whole. Our Third Legacy manual is largely a document of procedure. Up to now the Manual tells us how to operate our service structure. But there is considerable lack of detailed information, which would tell us why the structure has developed as it has and why its working parts are related together in the fashion that our Conference and General Service Board charters provide.

"These Twelve Concepts therefore represent an attempt to put on paper the why of our service structure in such a fashion that the highly valuable experience of the past and the conclusions that we have drawn from it cannot be lost.

"These Concepts are no attempt to freeze our operation against needed change. They only describe the present situation, the forces and principles that have molded it. It is to be remembered that in most respects the Conference charter can be readily amended. This interpretation of the past and present can, however, have a high value for the future. Every oncoming generation of service workers will be eager to change and improve our structure and operations. This is good. No doubt change will be needed. Perhaps unforeseen flaws will emerge. These will have to be remedied. But along with this very constructive outlook, there will be bound to be still another, a destructive one. We shall always be tempted to throw out the baby with the bathwater. We shall suffer the illusion that change, any plausible change, will necessarily represent progress. When so animated, we may carelessly cast aside the hard-won lessons of early experience and so fall back into many of the great errors of the past. Hence, a prime purpose of these Twelve Concepts is to hold the experience and lessons of the early days constantly before us. This should reduce the chance of hasty and unnecessary change. And if alterations are made that happen to work out badly, then it is hoped that these Twelve Concepts will make a point of safe return. "**Bill W.** (GSC, 1960)

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**Cape Cod Intergroup  
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