

The Sober Times Newsletter September 2023

Intergroup Office hours are Tuesday 10-4, Wednesday 10-4, Thursday 10-4 and Friday 10-3:30



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

Notes from the editor

Hello all,

The 4th has come and gone, Summer is in full swing and there is a lot going on at your Intergroup. The online store is in operation and hopefully people will find it to be a useful tool to facilitate purchases when getting to the office just isn't possible. We carry all the same items in the online store as we do in the office so don't hesitate to use the online store. Once things slow down a bit there has been some discussion of giving the Sober Times a makeover or an update if you will. If you have any ideas or suggestions for making the newsletter better, we want to hear from you. If you could all check the website and make sure the info that we have is correct for your group. We want people to be able to find you. Also for those that don't know, the "chair" app gets it's information from Boston Central Service. If your information is incorrect or missing all together, contact Central service and they will be able to make sure your meeting gets listed on the app. I hope everyone is having a great Summer, it's flying by. Stay safe.

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 **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

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

Sandwich

Sandwich Sober Sisters is meeting in person at Spaulding Rehab, 311 Service Road East Sandwich and on Zoom. Go to our website for details.

Bourne

Head of the bay group is celebrating 36 years on Tuesday July 18th at 7:30. There will be food, guest speakers raffles and fellowship

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?
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

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 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.

Receive this Newsletter at home!!!!

**Please Update Our Group Records. THIS COULD BE YOUR LAST COPY OF THE SOBER TIMES!!!!
PLEASE CONTACT THE INTERGROUP OFFICE TO UPDATE YOUR SUBSCRIPTION INFORMATION.
OTHERWISE THIS IS YOUR LAST COPY!!!!!!! CALL TODAY!!!**

(Please Print)NAME (Secretary Name if group)

Street Address or PO Box

City

State

Subscription Rates

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.