

The Sober Times Newsletter November 2023

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

Cape Cod Intergroup

Phone- 508-775-7060

www.capecodaa.net

Notes from the editor

Hello all,

It's amazing that it's almost Thanksgiving already. As we head into what can be a treacherous time for some alcoholics it's important to remember to check on each other and provide the much-needed encouragement and support as we head into the holidays. If your group is holding an alkathon or holiday event, meetings etc. please get that information into the Intergroup office asap so that I can get it on the internet calendar on the website. Lots of construction currently happening in Hyannis which is making traveling somewhat challenging as towns get to work on road projects. This is the perfect time to utilize Cape Cod Intergroups online store. We have what you need and of course FREE shipping. That will help you cut down on travel, saving you time and money. We appreciate all the help and support we receive from all the groups on the Cape. We couldn't do it without your help and support. From all of us here we wish you a Happy and healthy Thanksgiving.

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 11th Tradition be read at each meeting in November:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

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.

To All

If your group has an upcoming alkathon or event please let the office know so that I can get your event posted to the website calendar.

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 Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Is Cape Cod Intergroup a part of A.A.?

ers.
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



Why the General Service Conference?

Alcoholics Anonymous, we think, will always need a world center — some point of reference on the globe where our few but important universal services can focus and then radiate to all who wish to be informed or helped. Such a place will ever be needed to look after our over-all public relations, answer inquiries, foster new Groups and distribute our standard books and publications. We shall also want a place of advice and mediation touching important questions of general policy or A.A. Tradition. We shall require, too, a safe repository for the modest funds we shall use to carry out these simple, but universal purposes.

Of course we must take care that our universal center of service never attempts to discipline or govern. Conversely, we ought to protect our good servants working there from unreasonable demands or political demands of any kind. No personal power, no officials or resounding titles, no politics, no accumulation of money or property, none but vital universal services to Alcoholics Anonymous — that is our ideal. To do without such a Center would be to invite confusion and disunity; to install there a centralized authority would be to encourage political strife and cleavage. Some little organization of our services, securely bound by tradition, we shall surely need — just enough, and of such a character as to permanently forestall any more.

At the center of A.A. we now have the excellent body of custody and service. Our Trustees have gradually come to symbolize the collective conscience of AA, our general office acts in the manner of the heart which receives problems through its veins and pumps out assistance through its myriad arteries, and The Grapevine tries to record the true voice of Alcoholics Anonymous. Such is the happy state of our central affairs that we surely must take pains to preserve and protect, we trust, into a long and useful future.

Therefore, our headquarters problem of the future will, in all probability, consist in guarding and preserving, in its main outlines, what we already have. How then, shall we best keep intact our ideal of service; how shall we avoid national or international politics; how can we best devise against any possible breakdown of the present A.A. Service Headquarters and how shall we give each A.A. in the world a continual assurance that all is well with it; that it continues to perform its tasks effectively, so meriting his warm support, moral and financial?

To these problems of tomorrow many are giving prayerful reflection. A.A.'s are commencing to say what, or who, is going to guarantee the operation of our General Headquarters when the old-timers who inaugurated it have passed off the scene, especially very early ones like Dr. Bob and Bill. Known so well to us from the pioneering period of A.A., these early ones still occupy a unique position. They command a wider confidence and still wield more personal influence than anyone else could again, or for that matter, ever should. Having helped set up our universal Service Center they asked the rest of us to have confidence in it. And we do have that confidence, not that we much know the present Trustees, but because we know Bob and Bill and the other oldsters, in the long future, when these oldsters can no longer assure us, who is going to take their place? Does it not seem clear that the A.A. movement and its Service Center must soon be drawn closer together? Though we know our General Office and our Grapevine fairly well, shouldn't we somehow draw closer to our Trustees? Shouldn't we take steps to allay our feelings of remoteness while the older ones are still around, and there is still time to experiment?" Such are the questions now being asked, and they are good ones.

Perhaps the best suggestion for closing the gap between our Alcoholic Foundation and the A.A. Groups is the idea of creating what we might call the General Service Conference of Alcoholics Anonymous. **(Proposal by Bill W. and Dr. Bob to the Alcoholic Foundation, April, 1947).**

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.