

# The Sober Times Newsletter January 2024

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,

In a blink of an eye the calendar has flipped and it's now 2024. I hope that you all had a wonderful holiday season and are looking forward to what 2024 has in store for all of us. Intergroup is moving forward on a number of fronts. We should shortly have a brand-new meeting book to put into circulation. It has been totally revamped and we hope that you will find this version easier to read and to carry around. Intergroup has once again updated the website to include the ability to change the language to Spanish, as well as Portuguese, in addition to English. We hope that this will help members of these communities to find help should they need it. We are always looking for new Intergroup reps as well as Steering Committee members. This is a great way to do service work while shaping the direction in which Intergroup moves forward. Lots of exciting things to look forward to. Come be a part of it. May 2024 be your best year ever!!!!

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 1st Tradition be read at each meeting in January:

***"Our Common welfare should come first; personal recovery depends on A.A. unity"***

### **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

#### W.Barnstable

The MBBSS has requested to be removed from the meeting list. It is no longer a listed group.

Dennis

**Saturday  
Morning  
Open BB**

**Discussion 9am-  
10am. Grace  
Chapel, 16 Center  
st. East Dennis**

### 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 One: Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

### 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.**

## 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!!!!!!**

### What is AA's relationship with the community?

Now that our methods and results are better known we are receiving splendid cooperation everywhere from clergymen, doctors, employers, editors – in fact, from whole communities. While there is still a well-understood reluctance on the part of city and private hospitals to admit alcoholic patients, we are pleased to report a great improvement in this direction. But we are still very far, in most places, from having anything like adequate hospital accommodations.

Over and above this traditional activity, we may give some counsel to those who work upon various aspects of the total problem. It may be possible that our experience fits us for a special task. Writing of Alcoholics Anonymous, Dr. Harry Emerson Fosdick once said: "Gothic Cathedral windows are not the sole thing which can be seen from within. Alcoholism is another. All outside views are clouded and unsure." Thus, with our inside view – one best seen by those drinkers who have suffered from alcoholism – we would help those working on alcohol problems who have not had our first hand experience. While we members of Alcoholics Anonymous are not scientists, our special insight may help science; while we are of all religions and sometimes none, we can assist clergymen; although not educators, we shall, perhaps, aid in clearing away unsure views; not penologists, we do help in prison work; not a business or organization, we nevertheless advise employers; not sociologists, we constantly serve families, friends and communities; not prosecutors or judges, we try to promote understanding and justice; emphatically not doctors, we do minister to the sick. Taking no side on controversial questions, we may sometimes mediate fruitless antagonism, which have so often blocked effective cooperation among those who would solve the riddle of the alcoholic.

These are the activities and aspirations of thousands of the members of Alcoholics Anonymous. While our organization as a whole has but one aim – to help the alcoholic who wishes to recover – there are a few of us, indeed, who as individuals do not wish to meet some of the broader responsibilities for which we may be especially fitted. (**Bill W.** Quart. J. Stud. Alc., Vol.6, Sept., 1945). .

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(Please Print)NAME (Secretary Name if group)

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**Non-Profit Org.**