

The Sober Times Newsletter February 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,

The days are starting to get a little longer and before we know it Spring will be here. I hope you all are making it through the Winter ok. Things are progressing here at your Intergroup. I have been busy with the printer, putting the finishing touches on our new meeting book. We will have those available here in the office by February 16th. We are also looking into the feasibility of printing our own "meeting in pocket" booklet. I will be meeting with the Intergroup reps on this matter this month. We really need some Intergroup reps and people interested in serving on the Steering Committee. This service work is so important as it provides the guidance for which direction Intergroup heads, as well as deciding on important matters that affect A.A. on Cape Cod as a whole. We would love to have and value your input. Please consider stepping into one of these service positions. We would love to have you. We now have Spanish and Portuguese pamphlets available in the office. If you need some let me know. Stay warm, Winter is almost over.

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 2nd Tradition be read at each meeting in February:

"For our group purpose there is but one ultimate authority-a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

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

W.Barnstable

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

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 Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize, or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

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 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 the success rate of Alcoholics Anonymous?

I took note of the fact that in the generation which has seen A.A. come alive, this period of twenty-five years, a vast procession of the world's drunks have passed in front of us and have gone over the precipice. Based on figures I was careful to get, it looks like, worldwide, there was something like 25 million of them and out of that stream of despair, illness, misery and death — we fished out just one in a hundred in the last 25 years. I think we're fishing somewhat bigger and better.

Our numbers are considerable. We have size. There is great security in numbers. You can't imagine how it was in the very first two or three years of this thing when nobody was sure that anybody could stay sober...Then we were like the people on Eddie Rickenbacker's raft. Boy, anybody rock that raft, even a little, and he was sure to be clobbered, that's all, and then thrown overboard. But today it's a different story. Along with greater security in numbers, there has come a certain amount of liability. The more people there are to do a job, it often turns out, the less there are. In other words, what is everybody's business is nobody's business. So size is bound to bring complacency unless we get increasingly aware of what's going on. **(Bill W. Transcribed from tape. GSC, 1960)**

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