

# The Sober Times Newsletter May 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,

I can't believe that Memorial Day is right around the corner. It seems the older I get, the faster the days go by. Hopefully you all have had a good Winter and are looking forward to the warmer weather and the sunshine the Cape is famous for. Lots happening at your Intergroup. The new meeting lists are in as well as our own "Meeting In a pockets" We are gearing up for a Spring/Summer open house here at the office. We have our annual Intergroup Steering Committee elections happening next month. This is the perfect opportunity to do some service work and help shape Intergroups direction for the future. We are down a couple of committee members and would like to get the board back up to full strength. Please spread the word about the online store and don't forget we offer **FREE SHIPPING!!!!** Thank you for supporting your Intergroup. Your donations stay local and help us fulfill the mission of helping the still sick and suffering alcoholic. Let's have a safe and happy Summer.

### 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**

Barbara F. is contact for District 1 & 2  
774-836-8830  
[www.capecodaa.org](http://www.capecodaa.org)

Newly elected GSR's are requested to meet at Cape Cod Covenant Church every 2nd Tuesday At 6:30 pm for a welcoming orientation.

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.

#### East Dennis

The Grace Chapel.16 Center Street. 9:00am – 10:am. BB Discussion.

#### Harwich

Club Drydock has meeting space and various times available. If interested, please contact Dave P. for more info @ 508-454-6271

### 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.**

Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?

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?

Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?

Am I willing to twelfth step the next newcomer without regard to who or what is in it for me?

Do I help my group in every way I can to fulfill our primary purpose?

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.**

## 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!!!!!!**

### Was the writing of the Big Book a difficult job?

As the chapters were done, we went to A.A. meetings in New York with the chapters in the rough. It wasn't like chicken-in-the-rough, the boys didn't eat those chapters up at all. I suddenly discovered that I was in a terrific whirlpool of arguments. I was just the umpire. I finally had to stipulate, "Well boys, over here we have the holy rollers who say we need all the good old-fashioned stuff in the book, and over here you tell me we've got to have a psychological book, and that never cure anybody, and they didn't do very much with us in the missions, so I guess you will have to leave me just to be the umpire. I'll scribble out some roughs here and show them to you and let's get the comments in." So we fought, bled and died our way through one chapter after another.

We sent copies out to Akron and they were peddled around and there were terrific hassles about what should go in this book and what should not.

Meanwhile, we set drunks up to write their stories or we had newspaper people to write the stories for them to go in the back of the book. We had an idea that we'd have a text and then we'd have stories all about the drunks who were staying sober. (Transcribed from tape, **Bill W.** Fort Worth, Tx., 1954)

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