

August 24

THE SOBER TIMES NEWSLETTER

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

Notes From The Editor

Hello all,

I can't believe that the Summer is flying by as fast as it is!!!! Things have been busy in the office since I got back from my vacation. I have been working on the new layout for the Sober Times and as long as it's approved by the Steering Committee and the Intergroup reps then next month will be the first month of the new and improved Sober times. Starting in the Fall I will again be collecting all the data necessary for the new meeting book. If your address has changed or you found a mistake in the current printing if you could let me know so that I can get the next book updated and corrected. If your group is planning any "end of Summer" parties, meetings or festivities if you could let me know so that I can post that information on the website and include it in the next newsletter. I really want to thank you all for the support you have given Intergroup. Without you this office wouldn't be here. I hope you enjoy the rest of your Summer. stay safe!!!!

Chuck

CAPE COD INTERGROUP

508-775-7060 · www.capecodaa.net

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."



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

It is suggested the 8th Tradition be read at each meeting in August:

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers"

Did you.....

- Begin your morning with prayer?
- Talk with another alcoholic?
- Call your sponsor?
- Are you doing service work? for your group?

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

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 Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- 1. Is my own behavior accurately described by the Traditions? If not, what needs changing?**
 - 2. When I chafe about any particular Tradition, do I realize how it affects others?**
 - 3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?**
 - 4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?**
 - 5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?**
 - 6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?**
 - 7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?**
-

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!!!!!!

If an alcoholic comes to an A.A. meeting under the influence of alcohol, how do you treat him or handle him during the meeting?

Groups will usually run amuck on that sort of question. At first we are likely to say that we are going to be supermen and save every drunk in town. The fact is that a great many of them just don't want to stop. They come, but they interfere very greatly with the meeting. Then, being still rather intolerant, the group will swing way over in the other direction and say, "No drunks around these meetings." We get forcible and put them out of the meeting, saying, "You're welcome here if your sober." But the general rule in most places is that if a person comes for the first or second time and can sit quietly in the meeting, without creating an uproar, nobody bothers him. On the other hand, if he's a chronic "slipper" and interferes with the meetings, we lead him out gently, or maybe not so gently, on the theory that one man cannot be permitted to hold up the recovery of others. The theory is "the greatest good for the greatest number." (Yale Summer School of Alcohol Studies, June 1945)



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!!!**

NAME (Please Print) (Secretary Name if group)

Street Address or PO Box

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the Sober Times FREE!!!!
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CAPE COD INTERGROUP