

# 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,

And just like that we are staring right down the road to Thanksgiving. I hope this finds you all well. I still think this is the best time of the year here and the colors this year are amazing. Lots going down here at Intergroup. I am just finishing up the last details for the new meeting guide. I hope to have those available in the office this month. Please send me all the info you have regarding any alkathons or functions your group may be sponsoring. Don't forget that during off hours orders can still be made through Intergroups website. I usually come in at least once during my days off to get things shipped. We want to take a moment to Thank everyone that has supported us in the past and hope that we have your continued support in the future. We have had some challenges in the office this year, with the flood and your support was the difference between closing and keeping the door open. The Steering Committee and the Intergroup reps would like to take a moment and wish you all a Happy Thanksgiving. We sincerely appreciate all that you do.

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 2<sup>nd</sup> Tuesday At 6:30 pm for a welcoming orientation.

Barbara F. is contact for District 1 & 2 774-836-8830 www.capecodaa.org

## 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."



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 to maintain 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 work? for your group?

## 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 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.?*

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!!!!!!**

### **How can A.A. best assure its continued existence?**

Since the beginning of recorded time, many societies and nations of civilizations have passed in review. In those great ones that have left their mark for good, in contrast with those who have left their mark for evil, there has always been a sense of history, a true and high constant purpose, and there has always been a sense of destiny.

In the societies which failed to leave a bright mark in the annals of the world, there was always a false or boastful sense of history, always a mistaken or inadequate purpose and always the presumption of an infinite, a glorious and an exclusive destiny.

In the societies that left their mark of goodness on time, the sense of history was not a matter for pride or for glory; it was the substance of the learning of the experience of the past. In the purpose of such a society there was always truth and constancy, but never a supposition that the society had apprehended all of the truth - or the superior truth. And in the sense of destiny there was no conceit, no supposition that a society or nation or culture would last forever and go on to greater glories. But there was always a sense of duty to be fulfilled, whatever destiny the society might be assigned by providence for the betterment of the world.

This is the crossroads at which we in A.A. stand. This is a good time to re-examine how well we have looked upon our A.A. history and how much we have profited by it, what false insights or false glories we may have been extracting from history - to our future detriment. It is a moment to examine the purpose of this Society. Indeed, we are very lucky to be able to state as the nucleus of that purpose a single word: sobriety.

Quite early we saw, however, that sobriety in abstinence from alcohol could never be attained unless there was sobriety and more quietude in the false motivation that underlay our drinking.

When the Twelve Steps were cast up - without any real experience and therefore under some Guidance, surely - we were given keys to sobriety in its wider implications. We have been blessed with a concrete definition of purpose but, for all its concreteness, we could still abuse it and misuse it in a very natural way.

Some times we begin to think that perhaps, according to Scriptural promise, the first shall be last and the last - meaning us - shall really be first. That would indeed be a very dangerous presumption and never should we indulge it. If we do, we shall compete in history with other societies who have been ill-advised enough to suppose that they had a monopoly on truth or were in some way superior to other attempts of men to think and to associate in love and in harmony.

We may look out upon our destiny with no violation of our principle that we are to live one day at a time. We mean that, emotionally, each in his personal life is never to repine upon the past glory too much, in the present, or presume upon the future. We shall attend to the day's business but we shall try to apprehend ever more truth from the lessons of our history, not the lessons of our successes but the lessons of our defections, failures and the awful emotions that can set us loose upon us. For these, indeed, are the raw materials that God has used to forge this still rather little instrument called Alcoholics Anonymous. So we may look at destiny and we may ask ourselves about it and speculate upon it a little - if we do not presume to play God. (G.S.C., 1961)



# 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

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

**Subscription Rates**  
Individual \$5.00 per year.  
Group Secretaries receive  
the Sober Times FREE!!!!  
*(This barely covers the postage)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Hyannis MA 02601  
745 Falmouth Road  
Cape Cod Intergroup**

Non-Profit  
Org.

**CAPE COD INTERGROUP**