

THE SOBER TIMES NEWSLETTER

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

CAPE COD INTERGROUP

508-775-7060 · www.capecodaa.net

Notes From The Editor

Hello all,

. And just like that the holidays are over. I hope that everyone had a happy and safe holiday season. As we welcome in 2025 we have just received our latest edition of the meeting book for Winter/Spring. The new ones are Emerald green for your reference. We have ordered more copies of the "plain Language" big book and I will post on the website when they come in. Intergroup wants to thank all the groups and individuals who have supported Intergroup. This is your Intergroup and it doesn't run without your support. We are always looking for more group Intergroup representatives. Every group is allowed one elected member to vote on issues and represent your groups interests at the monthly Intergroup meeting. The intergroup reps decide the direction and vision for Intergroup. So if your group doesn't have a rep, elect one at your next business meeting. You can call the office for all the details. Happy New Year!!!! Let's make this one the best ever.

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 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 work? for your group?

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 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 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!!!!!!**

"Our common welfare should come first; personal recovery depends upon A.A. unity."

"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

Our whole A.A. program is securely founded on the principle of humility—that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are—"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

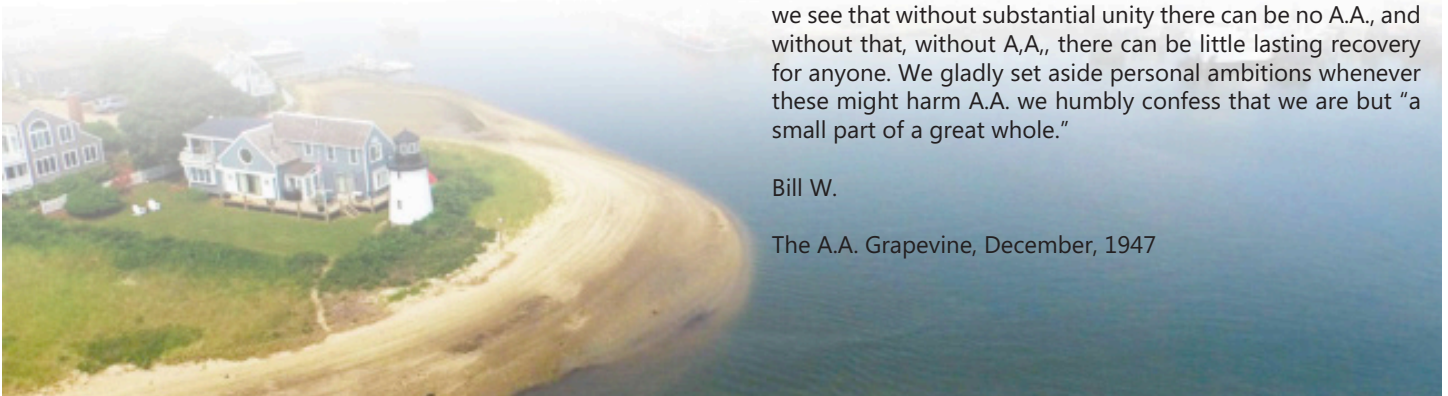
No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "Judge not", we observe most literally.

"But", some will argue, "if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare comes first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have naught but anarchy?"

The Answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction. So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves. Eventually, of course, we operate because we really wish to; we see that without substantial unity there can be no A.A., and without that, without A.A., there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. we humbly confess that we are but "a small part of a great whole."

Bill W.

The A.A. Grapevine, December, 1947



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