

February 2025

# 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 hope this finds you all well and getting through this cold winter. At least we haven't had much snow. New meeting books are in and be purchased online or at the office. The new computer that the Steering Committee and Intergroup reps purchased is up and running and certainly a welcome upgrade to the office. Please take a moment to check out your listing on our website and make sure all of the information is current and up to date. We want to make sure that the meeting is there for the newcomer who is finding their way. We have plenty of inventory of books and supplies for all your needs. If the office is going to be closed for a day or more due to sickness, vacation, holidays etc. it will be posted on the website in advance unless it's an emergency. We recommend checking the website before making the trip, especially if you're traveling from a distance. Intergroup greatly appreciates all the support that the groups give us. we couldn't do this without you. Thank you very much.

Chuck T.

## CAPE COD INTERGROUP

508-775-7060 · [www.capecodaa.net](http://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 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](http://www.capecodaa.org)

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"*

### 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 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.**

Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?

Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?

Do I look for credit in my AA jobs? Praise for my AA ideas? 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?

Although I have been sober a few years, am I still willing to serve my turn at AA chores? 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!!!!!!**

### **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) Bill W.**



# 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)

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

Non-Profit  
Org.



Cape Cod Intergroup  
745 Falmouth Road  
Hyannis MA 02601

CAPE COD INTERGROUP