

April 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,
Spring is here!!!! We made it through a colder than average Winter this year and as the days get longer, warmer and our world wakes up, we shake off the Winter and set to getting ready for another busy tourist season on the Cape. Hopefully you are all well. We have lost some groups over the Winter as well as having gained a few. I am starting to put together the next edition of the meeting list so if your group has changes or corrections that need to be made if you could get those to me so that I can include them in the next printing. We are always looking at ways to save money at Intergroup. One of the items that's up for discussion is doing away with mailing out hard copies of the Sober Times and just making it immediately available on the website for people to download and print out. If you have an opinion on this please let me know. From it's peak of roughly 300 recipients a month we are down to less than 50 and its expense in regards to postage, paper and time is requiring the boards to look at this expense. Come on in for a visit and see Linus and Watson. They'd love to see you.

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

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

It is suggested the 4th Tradition be read at each meeting in April:

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole"

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 Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
 2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
 3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
 4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
 5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
 6. Do I share my knowledge of AA tools with other members who may not have heard of 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 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!!!!!!**

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, Fort Worth, Tx., 1954)



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