

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,

Summer is just flying by!!! Yes we are still here, thanks to you. Groups and individuals have heard our calls for assistance and have stepped up to help. We are by no means out of the woods but we do have a bit of breathing room. Thanks to all of you we can keep the doors open and provide the necessary services we all believe that Cape Cod needs. There just wouldn't be any way for us to continue if it wasn't for the support of our A.A. community. We deeply appreciate the help that has been given to keep us up and running. We are always looking for volunteers. You can be an Intergroup rep or a member of the Steering Committee and have a direct impact on shaping the future and direction of Intergroup. Service work is a cornerstone of our program and is so important to help make all aspects of the program run smoothly. Being on the Steering Committee or an Intergroup rep doesn't take much time, just 1 meeting a month and allows you to use your varied talents for a very important cause. To those that have helped, thank you. For those that haven't yet, please consider it. This is your Intergroup and we can't do it without you. Chuck T.

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

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.



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? In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
 6. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?
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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 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.

AS OF JUNE 4TH INTERGROUP WILL NOW BE CHARGING FOR SHIPPING COSTS.

We only will charge the actual shipping rate and we will endeavor to utilize the cheapest shipping rate available. It is unfortunate that we have to do this but rising operating costs are forcing our hand. We appreciate your support.

Changing Times

I think it is important for people to understand what Intergroup does for the local A.A. community. Our main purpose is to help the still sick and suffering alcoholic. At Intergroup we do that in a multitude of ways. We create and publish, both in print and online a comprehensive local meeting list. We provide a 24hr a day seven days a week dedicated hotline for those in need to reach out. We operate a local bookstore that sells all conference approved literature as well as medallions and other special store items. All of these services are available right here on Cape Cod. We know a lot of groups buy their products online. We try and be competitive with those markets but it's difficult. We would appreciate it if you purchased locally and supported your Intergroup. We are approaching a crossroad. It's going to come down to what A.A. on Cape Cod wants to have for local services and if they can and will fund it. Our only revenue source is you. If you can possibly help just a little more we would be greatly indebted to you. This is **YOUR** Intergroup.

