

# 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,

Beautiful colors, crisp, shorter days and the holidays are here for the Cape. What can be the best time of the year can be some of the most difficult for the newly sober as well as for those with a “few” 24’s under their belt. There can be lots of unique challenges for us alcoholics as we navigate the pitfalls of the holiday season. It’s important that we stick close to the program and reach for help and support when we find ourselves in treacherous waters. Check on your friends, sponsors and sponsees often during the holidays. The Cape will be hosting a number of “alkathons” for the upcoming holidays and I will post them on the website calendar as I receive them. We need more people to get interested and get involved in Intergroup. We have positions open on the Steering Committee as well as group Intergroup representatives. These are both great opportunities for service work as well as being a part of shaping Intergroups future as we move forward. If you have any interest. We would like to wish you all a Happy Thanksgiving from us here at Intergroup. Stay well, stay safe.

Chuck T.

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

#### 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

It is suggested the 11h Tradition be read at each meeting in November:

*“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.”*

#### 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 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

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.**

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**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?

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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.

