

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

As the leaves begin to change and the busy summer season gives way to autumn, it's a great time to pause, reflect, and appreciate the fellowship that keeps our recovery community strong. October brings cooler days, new opportunities for service, and a reminder that recovery continues one day at a time, regardless of the season.

I'd like to thank everyone who has stopped by the office, volunteered, attended meetings, or supported events over the past few months. Your involvement helps make our community welcoming and accessible to those seeking help and hope.

As we head into the final months of the year, I encourage everyone to stay connected, reach out to newcomers, and take advantage of the many meetings and resources available throughout Cape Cod. Together, we can continue carrying the message and supporting one another in our shared recovery journey.

Thank you for your ongoing support, and we look forward to seeing many of you in the weeks ahead.

Mike

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

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 10th Tradition be read at each meeting in October:

"Every A.A. group ought to be fully selfsupporting, declining outside contributions."

Did you.....

- Begin your morning with prayer?
- Talk with another alcoholic?
- Call your sponsor?
- Are you doing service work?

The Intergroup Steering Committee meets the last Monday of the month at 7:30 P.M. in the Intergroup Office at 745 Falmouth Rd, Hyannis

MEETING UPDATES

Meeting Changes

District Zoom has been updated. 508 487 9451 no password is needed.



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 Ten:

Every A.A. group ought to be fully self-supporting, declining outside contributions

1. Do I ever give the impression that there really is an "AA opinion" on doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? Prescribed medications? Other drugs? Other 12-Step programs? Vitamins? Al-Anon? The federal or state government?

2. Can I honestly share my own personal experience concerning any of those without giving the impression that I'm stating the "AA opinion"?

3. What in AA history gave rise to our Tenth Tradition? What would AA be without this Tradition? Where would I be?

5. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

6. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

7. Should the meeting secretary intervene to remind AA members about this Tradition if a member starts criticizing one political party compared to others or favoring a religion over others? Do we rely on our own members to cover group expenses, or do we look outside for help?

Do we ever accept donations, discounts, or financial assistance from non-A.A. sources?

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.

Book Price Increase Effective September 1, 2026

In February, AA World Services (AAWS) increased their literature prices by \$3 per book. To give our members the opportunity to benefit from our current pricing, we are pleased to offer select titles at current prices while our existing inventory lasts. Quantities are limited — once our current stock sells through, all titles will be sold at the new pricing. We appreciate your understanding and encourage you to stock up before the increase takes effect.

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.

