

# The Sober Times Newsletter November 2018

Intergroup Office hours are from 8:30 am to 1:00 pm and 2:00 pm to 4:00 pm  
Monday - Thursday, Closed Friday, Saturday and Sunday

**Cape Cod Intergroup**

Phone- 508-775-7060  
www.capecodaa.net

## Notes from the editor

Hello All,

Just as I mailed out last months edition of the Sober Times I got word that a good friend of mine had passed away. He was a guy that I worked with in my previous career and someone who helped guide me through the program when I first came around. At work he saw that I had started to show signs that maybe a problem with alcohol was developing. Many times, he pulled me aside to try and steer me in the right direction which of course I wanted no part of at the time. His favorite line to me was "I'm saving a seat for you" He was true to his word. When I finally reached my bottom, he was one of the first people to reach out and welcome me in. When I got this job, he was one of the first to congratulate me. The last few years he always made it a point to stop in and visit. We always had great conversations about our pasts and what we hoped for the future. He truly enjoyed his life and his enthusiasm for it was infectious. Safe travels Bill. I'm going to miss you.

Chuck T.

### Service Committee Meetings

**Intergroup Reps Meeting** Every 1<sup>st</sup> Tuesday at 7:30  
Federated Church  
Resource Room, 320  
Main Street (Front  
Door Hyannis, MA.

**General Service Districts 1&2** Every 2<sup>nd</sup> Tuesday at 7:00 pm  
behind St David's  
Church in Nelson's  
Hall 205 Old Main  
So. Yarmouth

Newly elected GSR's are requested to meet at St. David's Church every 2nd Tuesday At 6:30 pm in Nelson's Hall for a welcoming orientation.

Barbara F. is contact for District 1 & 2  
774-836-8830

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."**

It is suggested the 11th 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?

**The Intergroup Steering Committee meets the last Monday of the month at 6 P.M. At the Intergroup office. 396 Main St. Hyannis.**

## Meeting Updates

### Meeting Changes

#### Falmouth

“Each day a new beginning has changed their starting time from 7:00 to 7:30

#### Hyannis

**New Meeting**  
“Living Life”  
open 12&12  
5:30-6:30 P.M.  
760 Main St  
Hyannis

#### W.Barnstable

“Educational variety” 4 C’s  
Thursday 2 pm  
North Bldg. rm  
108.

#### Hyannis

**New Meeting**  
“Mary’s Meeting”  
Federated Church  
Baldwin Hall 320  
Main St. Wed.  
night 7 P.M.  
OBBSS

### 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 vacations, illness, etc. Please contact the office if interested.

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?

### 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 1<sup>st</sup> Tuesday of every month. Any AA member can attend.

As an A.A. member you can support CCIG by volunteering. While CCIG has one paid staff worker, many of the services are provided by volunteers.



## **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!!!!!!**

### **Christmas Alkathon**

**Sponsored by Pocasset Sunday Night & District 1 and 2**

**Monday Dec.24<sup>th</sup> 7 P.M. Christmas Eve**

**To**

**Tuesday Dec. 25<sup>th</sup> 6:30P.M. Christmas Day**

**Food served throughout**

**Fellowship and meetings.**

**Pocasset Community Center**

**Barlow's Landing Road**

**Coordinator is Bob H. 508-566-2241**

Volunteers are needed for the Corrections Committee. Please contact Roberta Churchill for details. 508-563-4435
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What purposes do the Twelve Concepts for World Services serve?

"The Concepts to be discussed in the following pages are primarily an interpretation of AA's world service structure. They spell out the traditional practices and the Conference charter principles that relate the component parts of our world structure into a working whole. Our Third Legacy manual is largely a document of procedure. Up to now the Manual tells us how to operate our service structure. But there is considerable lack of detailed information, which would tell us why the structure has developed as it has and why it's working parts are related together in the fashion that our Conference and General Service Board charters provide.

"These Twelve Concepts therefore represent an attempt to put on paper the why of our service structure in such a fashion that the highly valuable experience of the past and the conclusions that we have drawn from it cannot be lost.

"These Concepts are no attempt to freeze our operation against needed change. They only describe the present situation, the forces and principles that have molded it. It is to be remembered that in most respects the Conference charter can be readily amended. This interpretation of the past and present can, however, have a high value for the future. Every oncoming generation of service workers will be eager to change and improve our structure and operations. This is good. No doubt change will be needed. Perhaps unforeseen flaws will emerge. These will have to be remedied.

But along with this very constructive outlook, there will be bound to be still another, a destructive one. We shall always be tempted to throw out the baby with the bathwater. We shall suffer the illusion that change, any plausible change, will necessarily represent progress. When so animated, we may carelessly cast aside the hard-won lessons of early experience and so fall back into many of the great errors of the past.

Hence, a prime purpose of these Twelve Concepts is to hold the experience and lessons of the early days constantly before us. This should reduce the chance of hasty and unnecessary change. And if alterations are made that happen to work out badly, then it is hoped that these Twelve Concepts will make a point of safe return." (GSC©, 1960)

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