

# CONSCIOUS CONTACT

NEWSLETTER FOR ACA MONTEREY BAY INTERGROUP  
NOVEMBER 26, 2022

This is YOUR Intergroup newsletter. If you want to bring up something at the monthly Intergroup Meeting, you are invited and welcome to attend the meeting on the fourth Saturday of each month at 2:00pm.

**NOTE: The December meeting will be held DECEMBER 17<sup>TH</sup> at 2:00pm PST**

Zoom link: <https://us02web.zoom.us/j/89897977526> PW 792214

**Monterey Bay ACA website:** <http://acamontereybay.org/> Look on the website for local meeting information, upcoming events, speaker meetings, workshops, flyers, Intergroup information, and more!

**UPCOMING WORKSHOP:** “EFT: Emotional Freedom Technique or Tapping as an ACA Tool for Triggers” Sunday, December 4<sup>th</sup> 1:00 – 2:30pm PST. Pre-registration required, limited to 30 participants. Contact [shari@onepowermoment.com](mailto:shari@onepowermoment.com) for more information and pre-registration.

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**There are now FIVE of our meetings meeting IN PERSON and they need your support to continue to grow. Check the website for any last-minute changes on these meetings:**

**Monday 7:00pm “Authentic Men” Wednesday 5:30pm “ACA@UCSC” Tues 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 6:00pm**

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**Some of our regular Zoom meetings also need your support:**

Monday 5:30pm “Stepping Up in ACA”, Thursday 5:30pm “Women in Recovery”, Thursday 7:00 pm “Serenity Seekers,”  
Wednesday 6:00 pm “Freedom from the Past”

The “Bonfire  Meeting” meets in person on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 6:00 pm at Twin Lakes Beach, the end of 7<sup>th</sup>/8<sup>th</sup> Ave.

If your group has an event to announce or a change to your meeting that you would like to post on our website, please use the new online **Web Request Form** under the **Intergroup Business tab**. Here is the link: <https://acamontereybay.org/auto-draft/>. If you have an **urgent** request, send an email to [mbacaweb@gmail.com](mailto:mbacaweb@gmail.com).

**Intergroup needs service officers, chair people and Intergroup Representatives for 2023**



- **Chairperson, Vice Chairperson, and Secretary**
- **WSO Representative, Outreach Chair, Workshop Coordinator**
- **Intergroup Representatives for 2023. Represent your home meeting at the monthly Intergroup meeting.**

Questions? Interested? Send an email to [acamontereybay@gmail.com](mailto:acamontereybay@gmail.com) for a job description and more information.

If you would like information on some local facilities that are available to accommodate in-person meetings, please send an email to [acamontereybay@gmail.com](mailto:acamontereybay@gmail.com) for a copy of the worksheet.

**Contact information:**

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| Monterey Bay ACA Intergroup: | <a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>       |
| Intergroup Treasurer:        | <a href="mailto:mbacatreasurer@gmail.com">mbacatreasurer@gmail.com</a>       |
| Workshop Coordinator:        | <a href="mailto:mbacaworkshops@gmail.com">mbacaworkshops@gmail.com</a>       |
| Retreat:                     | <a href="mailto:mbacaretreat@gmail.com">mbacaretreat@gmail.com</a>           |
| Literature:                  | <a href="mailto:mbacaliterature@gmail.com">mbacaliterature@gmail.com</a>     |
| Fun Night Committee:         | <a href="mailto:mbacafuncommittee@gmail.com">mbacafuncommittee@gmail.com</a> |
| Website Committee:           | <a href="mailto:mbacaweb@gmail.com">mbacaweb@gmail.com</a>                   |

**Donate to Intergroup:** Venmo [@Clare\\_treasurer](#) or PayPal [mbacatreasurer@gmail.com](mailto:mbacatreasurer@gmail.com). Please share this information with your group’s Treasurer and announce at your meetings.