

# CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

April 22, 2023

We welcome your input in the Monterey Bay Intergroup. If you would like to bring something up at the monthly Intergroup Meeting, please join us - all are welcome to attend the meetings held on the fourth Saturday of each month at 4:00pm

**The next Intergroup meeting will be held Saturday, May 27, 2023 at 4:00 pm PST**

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

**(please note 4:00 pm time change is now permanent)**

Please think about becoming an Intergroup Rep for your home meeting. There are many mentors and an orientation to make you feel welcome and supported in making this a positive and rewarding service position

## Member Meetings With No Current IGR

Sunday 3:30 pm PAMF "Adult Loving Parent"

Monday 7:00 pm Quaker Meeting House "Authentic Men"

Wednesday 7:00 pm "ACA @ UCSC"

Friday 7:15 pm Barn Studio "Friday Night ACA"

Monday 9:30 am "ACA in Scotts Valley"

Wednesday 6:00 pm "Freedom from the Past"

Thursday 7:00pm "Serenity Seekers"

## Intergroup Needs Volunteers Interested In Service

**Workshop Coordinator** position is open. This is a great opportunity to give service and be involved in workshop offerings. Questions? **Interested?** Send an email to [acamontereybay@gmail.com](mailto:acamontereybay@gmail.com) for a job description and more information or contact Shari, the previous Workshop Coordinator at [sharithomas831@gmail.com](mailto:sharithomas831@gmail.com).

## Meeting News/Participations

- **Tuesday Breathe Easy meeting in Monterey is moving to Sunday, May 6 7:00 pm**
- **Tuesday Tony A Meditation meeting going in person only at the Quaker Meeting House on May 16 6:00 pm**
- **Next Quarterly Virtual Speaker Meeting** July 16 from 5:30-7:00 pm PST watch for flyer at [acamontereybay.org](http://acamontereybay.org).
- **The Member Survey** re-sent to those receiving the *Conscious Contact* via email and can also be found on the Intergroup website at [Click here for 2023 Member Survey](#) Please let us know your interests by submitting this Survey no later than May 26th. This assists the Intergroup in knowing what you want!
- **A Special Mother's Day meeting** is being sponsored by the ACA Massachusetts Intergroup Saturday 5/13 (6:00 pm-9:00 pm EST) – Sunday 5/14 All Day (7:00 am – 9:00 pm EST) <https://us02web.zoom.us/j/87472390347>,
- **WSO Name Change Survey** (open through 5/31) <https://www.surveymonkey.com/r/2GVMPFM>

## Meetings Needing Your Support

Find the Zoom info on the [acamontereybay.org](http://acamontereybay.org) website under "Meetings"

Monday 9:30am "ACA Scotts Valley"

Wednesday 6:00 pm "Freedom from the Past"

Thursday 7:00 pm "Serenity Seekers"

Monday 5:30pm "Stepping Up in ACA"

Thursday 5:30pm "Women in Recovery"

- Paul, our Intergroup Co-Chair, suggested we check out this link for zoom bombing prevention <https://www.vanderbilt.edu/brightspace/preventing-and-responding-to-zoombombing/>


**In Person Meetings - Check the website under "Meetings" for any last-minute changes**

Monday 7:00 pm "Authentic Men"

Tuesday 12:30 pm "Inner Loving Parent-Inner Child"

Tuesday 7:00 pm "Breathe Easy" Moving to Sunday 5/6

Wednesday 5:30pm "ACA@UCSC" (See attached flyer)

The Bonfire  Meeting originally meeting at Twin Lakes Beach at 6pm on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month has been **SUSPENDED UNTIL FURTHER NOTICE**

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If your group has an event to announce or a change to your meeting that you would like to post on our website, Please send your request via email to [mbacaweb@gmail.com](mailto:mbacaweb@gmail.com)

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 US

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 (on Hiatus)	<a href="mailto:mbacaretreat@gmail.com">mbacaretreat@gmail.com</a>
Literature	<a href="mailto:mbacaliterature@gmail.com">mbacaliterature@gmail.com</a>
Fun Night Committee (on Hiatus)	<a href="mailto:mbacafuncommittee@gmail.com">mbacafuncommittee@gmail.com</a>
Website Committee	<a href="mailto:mbacaweb@gmail.com">mbacaweb@gmail.com</a>

## 7<sup>TH</sup> TRADITION DONATIONS

The ACA World Service Office (WSO) has recently sent an email about the importance of sending 7<sup>th</sup> Tradition donations to the WSO. WSO's primary purpose is getting literature out globally and the rising costs of translations, paper, printing and transportation, as well as paying special workers prompted this special message. Please go to [adultchildren.org](http://adultchildren.org) and click on the "Contribution" button if you wish to donate.

**Donate to Intergroup:** PayPal [mbacatreasurer@gmail.com](mailto:mbacatreasurer@gmail.com). Please share this information with your group's Treasurer and announce at your meetings. Also, Intergroup donations can be made via Venmo @dottie-treasurer.

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