

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

MAY, 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, June 24, 2023 at 4:00 pm PST

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

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 this rewarding service position

Member Meetings With No Current IGR

Monday 9:30 am "ACA in Scotts Valley"

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

Wednesday 6:00 pm "Freedom from the Past"

Wednesday 7:00 pm "ACA@UCSC"

Thursday 7:00 pm "Serenity Seekers"

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

Intergroup Needs Volunteers Interested In Service

- We are so excited to announce the **Workshop Coordinator** position has been filled by Bob, one of our newest Intergroup Reps. If you are interested in learning about or leading a workshop, please send an email to Bob at mbacaworkshops@gmail.com. This is a great opportunity to give service and be involved in workshop offerings.
- The results of the recent Workshop Survey are posted on the Intergroup website. Check these out to see what topics our members are interested in

Meeting News/Participations

- **Tuesday's formerly "Breathe Easy" meeting is now "Red Book Meeting" in Monterey which has moved to Sunday at 7:00 pm**
- **Tuesday Tony A Meditation meeting is now in person only at the Quaker Meeting House at 6:00 pm**
- **Our WSO Rep, Peg, reported on her recent participation in the May 6-7 WSO Annual Business Conference**
 - She is our very enthusiastic Rep who announced the WSO is looking for Trustees for the WSO Board – an exciting chance to work with other Trustees from around the world. If interested, please check out adultchildren.org
 - The WSO recently voted to use new language regarding diversity and inclusivity
 - The next topic being addressed by the WSO is Spirituality making sure all spiritual views are included
- **Please check out the 16-Week Step Study starting on Saturday, June 17th from 9:30-11:00 am at the Quaker Meeting House in Santa Cruz (in person only). The flyer can be found at acamontereybay.org**
- **The next Quarterly Speaker Potluck Meeting will be held July 16 at 5:30-7:00 PST with 3 speakers, game, giveaway, and a sponsorship corner – look for the flyer to be posted on the acamontereybay.org website in June**

Meetings Needing Your Support

Find the Zoom info on the acamontereybay.org website under "Meetings"

Monday 9:30 am "ACA Scotts Valley"

Monday 5:30 pm "Stepping Up in ACA"

Wednesday 6:00 pm "Freedom from the Past"

Thursday 5:30 pm "Women in Recovery"

Thursday 7:00 pm "Serenity Seekers"

Zoom Bombing Prevention – Tips for Keeping Your Zoom Meetings Safe

- Paul, our Intergroup Co-Chair, suggested we check out this link for Zoom bombing prevention [Preventing and Responding to Zoombombing | Brightspace | Vanderbilt University](#)
Suggested Zoom bombing prevention information is also posted on the Intergroup website at acamontereybay.org

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Zoom Bombing Prevention – Tips for Keeping Your Zoom Meetings Safe – Cont’d

- Carol, the Intergroup Rep for Tuesday’s Tony A Meditation, has a great tip for preventing members from having videos running on their screen backgrounds. Please contact Carol at 831-706-0600 – she will be glad to tutor you through this Zoom bombing prevention process.

In Person Meetings - Check The Website Under “Meetings” For Locations acamontereybay.org


Monday 7:00 pm “Authentic Men” Santa Cruz

Tuesday 12:30 pm “Inner Loving Parent-Inner Child” Santa Cruz

Tuesday 6:00 pm “Tony A Meditation” Santa Cruz

Sunday 7:00 pm “Red Book Meeting” previously known as
“Breathe Easy” Monterey

Wednesday 5:30 pm “ACA@UCSC” UCSC campus

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

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 to request a copy of the location worksheet

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

CONTACT US

Monterey Bay ACA Intergroup

acamontereybay@gmail.com

Intergroup Treasurer

mbacatreasurer@gmail.com

Workshop Coordinator

mbacaworkshops@gmail.com

Retreat (on Hiatus)

mbacaretreat@gmail.com

Literature

mbacaliterature@gmail.com

Fun Night Committee (on Hiatus)

mbacafuncommittee@gmail.com

Website Committee

mbacaweb@gmail.com

7TH TRADITION DONATIONS

The ACA World Service Office (WSO) has recently sent an email about the importance of sending 7th 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 and click on the “Contribution” button if you wish to donate.

Donate to Intergroup: PayPal 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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