

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

SEPTEMBER, 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, October 28, 2023 at 4:00 pm PST

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

Welcome to our newest Intergroup Rep, Coco, for The Monday Morning ACA Scotts Valley Meeting! 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 7:00 pm Quaker Mtg House "Authentic Men"

Wednesday 9:30 am Live Oak "Serenity Seekers"

Wednesday 6:00 pm "Freedom from the Past"

Wednesday 5:30 pm "ACA@UCSC" **meeting currently on hiatus – check WSO website for status**

Thursday 7:00 pm "Serenity Seekers"

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

Intergroup Needs Volunteers Interested In Service

- Bob, our **Workshop Coordinator**, would like to hear from you if you are interested in learning about or leading a workshop. Please email Bob at mbacaworkshops@gmail.com to learn more. This is a great opportunity to give service and be involved in workshop offerings.
- If you would like information on some local facilities that are available to accommodate in-person meetings, **of if you have information regarding available facilities**, please send an email to acamontereybay@gmail.com to request a copy of the location worksheet or add to the worksheet. Bob and The Monterey Bay Intergroup Thanks You For Your Service!
- Special Thanks to Evie who led a wonderful Non-Dominant Handwriting Workshop in August. The evaluations revealed it was topnotch with the overall rating 4.6 out of 5! The evaluations also revealed the following as what type of workshop the participants would be interested in attending: Inner child, Doing the steps from a child's viewpoint, Boundaries, Trauma and Meditation. Anyone interested in leading? Contact Bob at mbacaworkshops@gmail.com

Meeting News/Participations (Worth Repeating)

- 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's Meditation meeting is now in person only at the Quaker Meeting House at 6:15 pm
- The next Quarterly Speaker Potluck Meeting will be held Sunday, October 15 at 5:30-7:00 PST with 3 speakers, game, giveaway, and a sponsorship corner – look for the flyer posted on the acamontereybay.org website

"CONNECTIONS"

Sunday October 15 5:30-7:00 PDT

Zoom 898 9797 7526 passcode 792214

Chair – Shari T

<https://acamontereybay.org/event/speaker-meeting-connections/>

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"

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

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IN PERSON LAUNDRY LIST WORKSHOP

STARTING SATURDAY OCTOBER 7, 2023

Quaker Meeting House, Santa Cruz

PLEASE SEE FLYER SENT WITH CONSCIOUS CONTACT - ALSO ON WEBSITE

Please Note

Wednesday 7:00 pm "ACA@UCSC" *meeting currently on hiatus – check WSO website for status*

The Bonfire Meeting is no longer meeting

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
- 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

Wednesday 5:30 pm "ACA@UCSC" UCSC campus *meeting currently on hiatus – check WSO website for status*

Thursday 5:30 "Getting the Band Back

Together" Santa Cruz

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

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

LITERATURE AVAILABLE FOR IN PERSON MEETINGS

If your in person meeting is in need of literature, please contact mbacaliterature@gmail.com. We are able to provide meetings in our Intergroup area with literature. By contacting through email to arrange payment and pick-up.

Member meetings that do not have literature may refer newcomers to request a newcomer pamphlet by emailing their request to mbacaliterature@gmail.com with their mailing address – the pamphlet will be mailed via USPS

CONTACT US

Monterey Bay ACA Intergroup

Intergroup Treasurer

Workshop Coordinator

Retreat (on Hiatus)

Literature

Fun Night Committee (on Hiatus)

Website Committee

acamontereybay@gmail.com

mbacatreasurer@gmail.com

mbacaworkshops@gmail.com

mbacaretreat@gmail.com

mbacaliterature@gmail.com

mbacafuncommittee@gmail.com

mbacaweb@gmail.com

7TH TRADITION DONATIONS

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.
