

# CONSCIOUS CONTACT

## Newsletter for ACA Monterey Bay Intergroup

OCTOBER, 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, NOVEMBER 18, 2023 at 4:00 pm PST**

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

### PLEASE NOTE

The following meetings are no longer being held – they have been closed

[CA 1241] Wednesday 6:00 pm Salinas “Freedom from the Past

[CA 1313] Friday 7:15 pm Barn Studio “Friday Night ACA”

Please think about becoming an Intergroup Rep for your home meeting. New Intergroup Reps will need to be voted in by their meetings in December so they can attend the January Intergroup meeting. Intergroup Rep terms are for one year, and current Reps can hold the position for a maximum of two years. There are many mentors and an orientation to make the new Reps 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 5:30 pm “ACA@UCSC” *meeting currently on*

Thursday 7:00 pm “Serenity Seekers”

– *check WSO website for status*

### 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](mailto:mbacaworkshops@gmail.com) to learn more. This is a great opportunity to give service.
- If you would like information on some local facilities that are available to accommodate in-person meetings, **or if you have information regarding available facilities**, please send an email to [acamontereybay@gmail.com](mailto:acamontereybay@gmail.com) to request a copy of the location worksheet or add to the worksheet. Bob and the Monterey Bay Intergroup Thank You For your service!
- Special Thanks to Shari who led a wonderful Quarterly Potluck Meeting October 15. Shari has done an outstanding job in hosting these meetings for the past two years and is handing over the baton to whomever would like to take this vital service position. If interested, please contact Bob, Workshop Coordinator at [mbaworkshops@gmail.com](mailto:mbaworkshops@gmail.com)

### Meeting News/Participations (Worth Repeating)

- The Intergroup’s Outreach Committee has designed the attached great Public Outreach Flyer. Please duplicate and post in public areas. The Outreach Committee appreciates your service. Many Thanks!
- The next Quarterly Speaker Potluck Meeting is in need of a meeting coordinator to be held Sunday, January 21st at 5:30-7:00 PST with 3 speakers, game, giveaway, and a sponsorship corner – please contact Bob, Workshop Coordinator with your interest at [mbacaworkshops@gmail.com](mailto:mbacaworkshops@gmail.com)
- The Intergroup is celebrating its sixth year anniversary with an in person meeting on Saturday, January 27 from 11:00-2:00 pm at the Resource Center for Non Violence in Santa Cruz. Flyer to be available soon on the intergroup website. Please have your meetings think about donating a gift to be raffled off at the celebration. Contact your Intergroup Rep for further information
- Wednesday 7:00 pm “ACA@UCSC” *meeting currently on hiatus – check WSO website for status*
- The Bonfire Meeting is no longer meeting

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## Meetings Needing Your Support

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

Monday 9:30 am "ACA Scotts Valley"

Monday 5:30 pm "Stepping Up in ACA"

Tuesday 6:15 pm "Tony A's Meditation" Quaker Meeting House

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](http://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](http://acamontereybay.org)

Monday 7:00 pm "Authentic Men" Santa Cruz

Thursday 5:30 "Getting the Band Back Together" Santa Cruz

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

Tuesday 6:15 pm "Tony A Meditation" Santa Cruz

Sunday 7:00 pm "Breathe Easy" Monterey

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

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)

## LITERATURE AVAILABLE FOR IN PERSON MEETINGS

We are able to provide meetings in our Intergroup area with literature. If your in person meeting is in need of literature, please contact [mbacaliterature@gmail.com](mailto:mbacaliterature@gmail.com) 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](mailto:mbacaliterature@gmail.com) with their mailing address – the pamphlet will be mailed via USPS

## CONTACT US

Monterey Bay ACA Intergroup

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Literature

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Website Committee

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

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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