

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

DECEMBER, 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 unless otherwise noted

The next Intergroup meeting will be held Saturday, January 20, 2024 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”
 - The Bonfire meeting is no longer meeting
- Tuesday 12:30 “Inner Loving Parent – Inner Child” Can now use church parking lot during meeting
- Wednesday 5:30 pm “ACA@UCSC” meeting, on UC Santa Cruz campus, has moved from the Cove to the HSI modular building right outside the Cove. It is open year round. This meeting is hybrid. Please visit the acamontereybay.org for additional information

Please think about becoming an Intergroup Rep for your home meeting. New Intergroup Reps will need to be nominated by and voted on by their meetings by January 20 so that new Reps can participate in the Intergroup Rep orientation to be held January 20. Intergroup Rep terms are for one year, and current Reps can hold the position for a maximum of two years. The Intergroup Officers are nominated in December-January and voted in at the January Intergroup meeting. There are many mentors to make new Reps feel welcome and supported in this rewarding service position. Also, the Intergroup will also be voting on the Intergroup positions to Chair/Co-Chairs, Vice Chair, Secretary and Treasurer at the next Intergroup meeting. All are welcome to attend to volunteer for any of these positions and observe the voting process.

Member Meetings With No Current IGR

Monday 7:00 pm Quaker Mtg House “Authentic Men”

Tuesday 12:30 pm “Inner Loving Parent – Inner Child”

Wednesday 9:30 am Live Oak “Serenity Seekers”

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

Thursday 7:00 pm “Serenity Seekers”

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.
- If you would like information on some local facilities currently available to accommodate in-person meetings, **or 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 Thank You for your service!

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- Big shout out to Bob who graciously volunteered and was voted in by the Intergroup to be the Quarterly Potluck Speaker Chairperson for 2024. Thank You Bob!
- The Intergroup is very excited to introduce Kyle D., who volunteered and was in voted by the Intergroup to be the Hospitals & Institutions Committee Chairperson. Kyle D. would welcome fellow travelers to join him in this important service in offering ACA information and support to those in the H&I communities. Please contact Kyle D. at acamontereybay@gmail.com with your interest in providing this special service

Meeting News/Participations

- The next Quarterly Speaker Potluck Meeting will be held Sunday, January 21st at 5:30-7:00 pm PST with 3 speakers, game, giveaway, and a sponsorship corner Please see the flyer on the acamontereybay.org website
- **The Intergroup is celebrating its Sixth Year Anniversary with an in person potluck meeting on Saturday, January 27 from 11:00-2:00 pm at the Resource Center for Non Violence in Santa Cruz. Flyer is available on the intergroup website. Please have your meetings think about donating a gift to be raffled off at the celebration to support the Intergroup. Contact your Intergroup Rep for further information or Dottie at dottie614@gmail.com**
- There are two Loving Parent Workshops starting in January – on *Zoom only* Wednesday January 10th from 5:30-6:45 pm and *in person only* on Saturday, February 3rd from 9:30-11:00 am at the Quaker Meeting House in Santa Cruz. Please see the website for flyers.

Meetings Needing Your Support

Find the Zoom info on the acamontereybay.org website under “Meetings”

Monday 5:30 pm “Stepping Up in ACA”

Tuesday 6:15 pm “Tony A’s Meditation” Quaker Meeting House Santa Cruz

Wednesday 9:30 am “Serenity Seekers”

Thursday 5:30 pm “Women in Recovery”

Thursday 7:00 pm “Serenity Seekers”

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

Monday 7:00 pm “Authentic Men” Santa Cruz

Thursday 5:30 pm “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 in HSI modular bldg. outside the Cove

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

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 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 mailed via USPS

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CONTACT US

Monterey Bay ACA Intergroup

acamontereybay@gmail.com

Intergroup Treasurer

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Workshop Coordinator

mbacaworkshops@gmail.com

Literature

mbacaliterature@gmail.com

Website Committee

mbacaweb@gmail.com

H&I Committee

acamontereybay@gmail.com

7TH TRADITION DONATIONS

Donate to Intergroup: Intergroup would welcome your financial support. Please check with your meetings to see if it has donated recently to Intergroup to support various local ACA activities. 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. THANK YOU!
