

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

JANUARY, 2024

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 - meetings are held on the fourth Saturday of each month at 4:00pm unless otherwise noted

The next Intergroup meeting will be held Saturday, February 24, 2024 at 4:00 pm PST

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

PLEASE NOTE

- **New Meeting** in Monterey Tuesday 7:00 pm “New Love” St. John’s Chapel, 1490 Mark Thomas Drive Meeting Room in back on right – Open to All
Format Big Red Book – Speaker – Strengthening My Recovery
- 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 HSI modular building right outside the Cove. Open year round. Hybrid meeting
Please visit acamontereybay.org for additional information

Please think about becoming an Intergroup Rep for your home meeting. New Intergroup Rep orientation to be held on February 10. Please consult acamontereybay.org website for orientation information under Intergroup Business. There are many mentors to make new Reps feel welcome and supported in this rewarding service position.

MEETINGS WITH NO CURRENT INTERGROUP REPRESENTATION

Monday 9:30 am “ACA Scotts Valley”	Monday 7:00 pm Quaker House “Authentic Men”
Tuesday 12:30 pm “Inner Loving Parent – Inner Child”	Wednesday 7:00 pm “ACA @ UCSC”
Thursday 7:00pm “Serenity Seekers”	Saturday 9:00 am Barn Studio “Heart Circle”

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. 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 Intergroup Thank You for your service!
- Kyle D., Hospitals & Institutions Committee Chairperson, welcomes fellow travelers interested in working with him in reaching out to the H&I community with ACA information. Please contact Kyle at acamontereybay@gmail.com with your interest in providing this special service.

Meeting News/Participations

- There is an in person only Loving Parent Workshop starting Saturday, February 3rd from 9:30-11:00 am at the Quaker Meeting House in Santa Cruz. It will remain open for two Saturdays and will then close for participation. Please see the website for flyer.

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”

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In Person Meetings Santa Cruz unless otherwise noted

Check The Website Under "Meetings" For Locations acamontereybay.org

Monday 7:00 pm "Authentic Men"

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

Tuesday 6:15 pm "Tony A Meditation"

Tuesday 7:00 pm "Serenity Seekers"

Tuesday 7:00 pm "New Love" Monterey

Wednesday 5:30 pm "ACA@UCSC" UCSC campus in HSI

modular bldg. outside the Cove (Hybrid)

Thursday 5:30 pm "Getting the Band Back Together"

Thursday 7:00 pm "Serenity Seekers" (Hybrid)

Saturday 9:00 am "Heart Circle" (Hybrid)

Sunday 7:00 pm "Big Red Book" 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

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 be mailed via USPS

MEETING FORMAT SUGGESTION REGARDING 7TH TRADITION DONATIONS

Previously, WSO suggested meetings have a one minute break for fellow travelers to make 7th Tradition donations. Meetings have been reporting a good result after including this break using their meeting's Venmo or PayPal venues or the ACAWSO donation site: Suggested format language:

This meeting has established a one minute meeting break for attendees to make a 7th Tradition donation. You are invited to make your donation now. Pertinent meeting donation information is listed in the chat. I will call you back to the meeting after one minute.

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!

CONTACT US

Monterey Bay ACA Intergroup

Intergroup Treasurer

Workshop Coordinator

Literature

Website Committee

H&I Committee

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