

# MCONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

MARCH, 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, APRIL 27, 2024 at 4:00 pm PST – All Are Welcome**

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

## PLEASE NOTE – ENCORE

- Tuesday 7:00 pm Monterey “New Love” St. John’s Chapel, 1490 Mark Thomas Drive Meeting Room in back on right – Open to All
- Tuesday 12:30 pm “Inner Loving Parent – Inner Child” 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](http://acamontereybay.org) for additional information
- **Thursday 7:05 pm Santa Cruz Red Church “Serenity Seekers” has officially CLOSED**

Please think about becoming an Intergroup Rep for your home meeting. Please consult the [acamontereybay.org](http://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.

A shoutout to our newest Intergroup Rep, Sven, representing the Monday 7:00 pm “Authentic Men” meeting

Next **Quarterly Speaker Meeting** will be Sunday, April 21<sup>st</sup> from 5:30-7:00 with three dynamic speakers and a sponsorship corner to be held immediately following (come learn more about sponsorship or if you are looking for a sponsor)

A new **in person Step Study Workshop** will be held on Saturdays at the Quaker Meeting House starting August 3<sup>rd</sup> through November 16<sup>th</sup>. Two concurrent curricula: work ACA’s 12 Steps in the yellow workbook OR Tony A’s 12 Steps – your choice.

### MEETINGS WITH NO CURRENT INTERGROUP REPRESENTATION

|   |   |
|---|---|
| <b>Monday 9:30 am</b> “ACA Scotts Valley” | <b>Tuesday 12:30 pm</b> “Inner Loving Parent – Inner Child” |
| <b>Wednesday 7:00 pm</b> “ACA @ UCSC”     | <b>Thursday 7:00pm</b> “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](mailto: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](mailto: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](mailto:acamontereybay@gmail.com) with your interest in providing this special service.

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- The **Outreach Committee** is currently working on ACA Monterey Bay Facebook Group presence. The Committee welcomes members interested in getting this Group online. Please contact Rosa, Outreach Committee Chair at [acamontereybay@gmail.com](mailto:acamontereybay@gmail.com) to register your interest in ACA public outreach.
- Also, the **Retreat Committee** has been established to plan a one day retreat in the area. Please contact Evie and/or Dottie, Co-Chairs, at [acamontereybay@gmail.com](mailto:acamontereybay@gmail.com) if you would like to be a part of this exciting Committee

## Meetings Needing Your Support

Find the Zoom info on the [acamontereybay.org](http://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 Santa Cruz unless otherwise noted

Check The Website Under "Meetings" For Locations [acamontereybay.org](http://acamontereybay.org)

**Monday 7:00 pm** "Authentic Men"

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

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

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

**Tuesday 6:15 pm** "Tony A Meditation"

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

**Tuesday 7:00 pm** "Serenity Seekers"

**Sunday 7:00 pm** "Big Red Book" Monterey

**Tuesday 7:00 pm** "New Love" Monterey

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

modular bldg. outside the Cove (Hybrid)

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

## MEETING FORMAT SUGGESTION REGARDING 7TH TRADITION DONATIONS

Previously, WSO suggested meetings have a one minute break for fellow travelers to make 7<sup>th</sup> 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 7<sup>th</sup> 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.*

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## 7<sup>TH</sup> 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](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. THANK YOU!

## CONTACT US

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|-----------------------------|--|
| Monterey Bay ACA Intergroup | <a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>   |
| Intergroup Treasurer        | <a href="mailto:mbacatreasurer@gmail.com">mbacatreasurer@gmail.com</a>   |
| Workshop Coordinator        | <a href="mailto:mbacaworkshops@gmail.com">mbacaworkshops@gmail.com</a>   |
| Literature                  | <a href="mailto:mbacaliterature@gmail.com">mbacaliterature@gmail.com</a> |
| H&I Committee               | <a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>   |
| Outreach Committee          | <a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>   |
| Retreat Committee           | <a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>   |
| Website Committee           | <a href="mailto:mbacaweb@gmail.com">mbacaweb@gmail.com</a>               |