

# MCONSCIOUS CONTACT

## Newsletter for ACA Monterey Bay Intergroup

APRIL, 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, MAY 25, 2024 at 4:00 pm PST – All Are Welcome**

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

### PLEASE NOTE – ENCORE

- **NEW MEETING** – Wednesday 7:00 pm Ben Lomond “I Am Enough”  
St. Andrews Church, 101 Riverside Drive – Big Red Book Study
- 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.

APRIL Quarterly Speaker meeting was a huge success hope you were able to join us! The Next **Quarterly Speaker Meeting** will be Sunday, July 21st 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).

**GREAT NEWS!** An Intergroup Sponsored Workshop will be held on Saturday June 8, 2024 from 2:00-4:00 pm led by Shari entitled **DEALING WITH FEELINGS** in person only at the Resource Center for Nonviolence, 612 Ocean Street, in Santa Cruz. Please share the attached flyer with your meetings.

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. The flyer for sharing with your meetings is attached.

#### 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”	

#### 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!

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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) or [2024retreat@gmail.com](mailto:2024retreat@gmail.com) if you would like to be a part of this exciting Committee. The next Committee meeting is Wednesday May 8<sup>th</sup> at 4:30 on Zoom <https://us02web.zoom.us/j/89897977526> PC 792214

## 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”

## 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”

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

**PLEASE NOTE** – Carol, the Literature Depot Host, has held the position for the maximum of two years (per the Intergroup Charter). She will gladly give you a job description of this position if you would like to give this important service. Please email here at [mbacaliterature@gmail.com](mailto:mbacaliterature@gmail.com) with your interest.

## 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:

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*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.*

## 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

<b>Monterey Bay ACA Intergroup</b>	<a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>
<b>Intergroup Treasurer</b>	<a href="mailto:mbacatreasurer@gmail.com">mbacatreasurer@gmail.com</a>
<b>Workshop Coordinator</b>	<a href="mailto:mbacaworkshops@gmail.com">mbacaworkshops@gmail.com</a>
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<b>Outreach Committee</b>	<a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>
<b>Retreat Committee</b>	<a href="mailto:2024retreat@gmail.com">2024retreat@gmail.com</a>
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