

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

MAY, 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, June 22, 2024 at 4:00 pm PST – All Are Welcome

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

PLEASE NOTE – ENCORE (Last Mention)

- **New Meeting** Wednesday 7:00-8:00 pm “I Am Enough” Ben Lomond St. Andrews Church, 101 Riverside Drive, Ben Lomond – Big Book Study

Please think about becoming an Intergroup Rep for your home meeting. Consult the 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.

Attached to this *Conscious Contact* email is the flyer announcing the **Dealing with Feelings Workshop** to be held **Saturday, June 8th** at the **Resource Center for Non-Violence in Santa Cruz**. We are fortunate to welcome Shari, the familiar Zoom Inner Loving Parent Workshop Coordinator, who will be leading this in person only Workshop.

Next (on Zoom) **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) Please be on the lookout for the flyer, which will be circulated after the June Intergroup meeting.

A new **in person Step Study Workshop** will be held on Saturdays at the Quaker Meeting House starting August 3rd through November 16th. Two concurrent curricula: work ACA’s 12 Steps in the yellow workbook OR Tony A’s 12 Steps – your choice. Please see the flyer attached to this *Conscious Contact* email.

MEETINGS WITH NO CURRENT INTERGROUP REPRESENTATION

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| Monday 9:30 am “ACA Scotts Valley” | Tuesday 12:30 pm “Inner Loving Parent – Inner Child” |
| Wednesday 7:00 pm “ACA @ UCSC” | Thursday 7:00pm “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. 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!
- The Intergroup is searching for a Hospitals & Institutions Committee Chairperson. Please contact acamontereybay@gmail.com for job description information and with your interest in providing this special service.
- The **Outreach Committee** is making great progress on the ACA Monterey Bay Facebook Group. The Committee welcomes members interested in getting this Group online. Please contact Rosa, Outreach Committee Chair at acamontereybay@gmail.com to register your interest in ACA public outreach. Please consult the next *Conscious Contact* for more information on becoming a member of this exciting Facebook Group.
- Also, the **Retreat Committee** is busy planning a one day retreat in the area, which will be held on Sunday, October 6. Please see the **Save the Date** flyer, attached to this *Conscious Contact* email. Please contact Evie and/or Dottie,

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Co-Chairs, mbacaretreat2024@gmail.com if you would like to be a part of this exciting Committee. The next Committee meeting is Wednesday June 5th at 4:30. Please attend if you are interested at <https://us02web.zoom.us/j/89897977526> Zoom 898 9797 7526 PC 792214.

Meetings Needing Your Support

Find the Zoom info on the acamontereybay.org website under "Meetings"

Monday 5:30 pm "Stepping Up in ACA"

Wednesday 9:30 am "Serenity Seekers"

Thursday 5:30 pm "Women in Recovery"

Sunday 6:00 pm "Laundry List Traits"

In Person Meetings Santa Cruz unless otherwise noted

Check The Website Under "Meetings" For Locations 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

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

Carol, our previous Literature Depot Host, has been doing this valuable service for two years. We are looking for another ACA member to become the next Host. Please contact mbacaliterature@gmail.com with your interest and you will be sent a job description.

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 mailing address to mbacaliterature@gmail.com – the pamphlet will be mailed via USPS. We are unable to sell individual members literature, we only provide literature at discount prices, to Intergroup member meetings.

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!

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CONTACT US

Monterey Bay ACA Intergroup

acamontereybay@gmail.com

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Workshop Coordinator

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Website Committee

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