



# ACA Monterey Bay Intergroup Retreat Committee Meeting Friday March 22, 2024 4:30-5:00 pm Via Zoom 898-9797-7526 Passcode 792214

**Present:** Evie, Renée, Beverle, Dottie, Jeannie Mac

Evie opened the meeting with the Serenity Prayer and stating she was interested in having a retreat and thanked all in attendance for being on the Zoom meeting

## **Committee Positions**

- Evie asked if there was anyone interested in being Chairperson
  - Evie volunteered to be Chair noting she would need a lot of assistance
  - She mentioned previous retreat planning information was available including Committee position job descriptions, the theme, and logo
- Dottie stepped up to be Co-Chair with Evie
  - She also volunteered to run a raffle and handle the God Box
- Jeannie volunteered to be Secretary
  - She mentioned there would need to be reports submitted to the Intergroup by a Co-Chair each month and she would try to get Committee meetings minutes done as soon as possible
- Renée will look at the possibility of being Registration Chairperson contingent upon when the Retreat will be held and her schedule

## **Retreat Specifications**

- It was established that the Retreat should be called a retreat and that it would be held one day only from 10-4 (with time scheduled prior to and after for set-up and clean-up)
- It was established that the previous theme *No Shame No Blame* and the logo be used
- The budget would be established after more information was obtained about cost of venue and be requested at the April Intergroup meeting
- Whether or not food would be available would be addressed at a later time
  - All thought the suggestion of a picnic lunch was a good idea
- Optimum date Sunday October 6 (contingent on venue availability)

## **Retreat Venue**

- Many suggestions were made regarding where the retreat might be held
- Criteria included,
  - One large meeting space
  - Multiple smaller rooms for simultaneously run workshops
  - Outside space for picnic lunch and fun activities
- It was decided the following places be researched
  - Highland Park in Felton – Dottie
  - Resource Center for Non-Violence in Santa Cruz – Jeannie
  - Koinonia Conference Grounds in Corralitos - Jeannie



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### Retreat Program

- Many suggestions made including,
  - Workshops
    - Boundaries – Carol
    - Inner Child Non-Dominant Handwriting – Evie (it was mentioned that since the format for this workshop was already in place, Evie wouldn't necessarily have to run this workshop)
    - Inner loving parent
      - Renée volunteered to contact Shari for her availability to lead a workshop\*
  - Yoga movement (Onnika and Kayla might be possible leaders)
  - Meditation
  - Art station where people could go and draw/color, connect with attendees
  - Collage

### Miscellaneous

- Evie will make an announcement at tomorrow's Intergroup meeting for more participation on the Committee
- Jeannie will put a blurb about Committee service opportunities in the next *Conscious Contact*

### Next Meeting

- Friday, April 19 at 4:30 pm
- Same Zoom information

The meeting was adjourned at 5:00 pm

Respectfully submitted,

Jeannie Mac  
3/22/24

\* Renée was able to connect with Shari. Great news she is available on October 6 for a two hour workshop on the Loving Parent Guidebook or her new workshop Dealings with Feelings or both (am/pm).