

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

AUGUST, 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, September 28, 2024 at 4:00 pm PST
All Are Welcome

Zoom link: <https://us02web.zoom.us/j/89897977526> 898-9797-7526 PC 792214

PLEASE NOTE – WORTH MENTIONING AGAIN

- **New Meeting** Friday 8:15-9:00 am Big Book Study – Chapters 8 and 15
Zoom Info – 827-4854-4640 Passcode BRB815
- **Monday “Stepping Up In ACA” time change to 6:00 pm** (formerly 5:30 pm)

Please think about becoming an Intergroup Rep for your home meeting. See below to see if your home meeting needs a Rep. 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 *Save the Date* flyer for our Intergroup’s **One Day Retreat** to be held **Sunday, October 6th** at the **Redwood Glen Camp and Conference Center, Scotts Valley**. **Registration Now Open**. See attached flyer and acamontereybay.org. This is an in person retreat only.

The recently held **Quarterly Speaker Meeting** was a great success. The Intergroup greatly appreciates the speakers and are once again asking for anyone interested in speaking at the next Quarterly Speaker Meeting, October 20th to contact Bob, Quarterly Speaker Meeting Coordinator, at acamontereybay@gmail.com The meeting goes from 5:30-7:00 pm with three dynamic speakers and a sponsorship corner immediately following (come learn more about sponsorship and especially if you are looking for a sponsor) Please be on the lookout for the flyer, which will be circulated soon.

See the attached flyer about a new **on line only Tony A’s Step Study Workshop** Wednesdays at 5:30 – 7:00pm. The first two weeks are open and attendance will close after the second week. The Workbook will be pdf’d to you.

RAFFLE PRIZES BEING SOLICITED TO RAISE MONEY FOR INTERGROUP AT THE OCTOBER 6 RETREAT

Please see the attached flyer to learn how your meeting/individual members can donate a raffle prize!

MEETINGS WITH NO CURRENT INTERGROUP REPRESENTATION

Sunday 6:00 pm “Laundry Lists”	Sunday 7:00 pm “Red Book Meeting” – Monterey
Monday 9:30 am “ACA Scotts Valley”	Tuesday 12:30 pm “Inner Loving Parent – Inner Child”
Tuesday 7:00 pm “New Love ACA Group” Monterey	Wednesday 7:00 pm “ACA @ UCSC”
Friday 8:15 am “Big Red Book Study”	

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!

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- The Intergroup is searching for a Hospitals & Institutions Committee Chairperson. Please contact acamontereybay@gmail.com for job description information and register your interest in providing this special service.
- The **Outreach Committee** is making great progress on the ACA Monterey Bay Facebook Group. It's about ready to make its launch. 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, as mentioned above, the one day retreat is happening and the **Retreat Committee** is busy planning a great day Sunday, October 6. Please contact Evie and/or Dottie, Co-Chairs, mbacaretreat2024@gmail.com if you would like to volunteer at the Retreat. Also, anyone interested is invited to come to the Committee meetings which are listed on the acamontereybay.org website calendar. The next Committee meeting is Friday September 6 at 4:15 pm. 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"

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"

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

Tuesday 6:15 pm "Tony A Meditation"

Tuesday 7:00 pm "New Love" Monterey

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

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

Carol, our previous Literature Depot Host, has been doing this valuable service for two years. Our Intergroup Charter indicates this is a two year position. 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. Per our WSO agreement, the Literature Depot provides literature at discount prices, to Intergroup member meetings only and does not sell to individuals.

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 good results 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.

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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	acamontereybay@gmail.com
Intergroup Treasurer	mbacatreasurer@gmail.com
Workshop Coordinator	mbacaworkshops@gmail.com
Literature	mbacaliterature@gmail.com
H&I Committee	acamontereybay@gmail.com
Outreach Committee	acamontereybay@gmail.com
Retreat Committee	mbacaretreat2024@gmail.com
Website Committee	mbacaweb@gmail.com

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