

CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

NOVEMBER, 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, November 23, 2024 at 4:00 pm PST
All Are Welcome

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

PLEASE NOTE – DRUM ROLL PLEASE

The Outreach Committee Invites You To Join the ACA Monterey Bay Intergroup Facebook Group

<https://www.facebook.com/groups/acamontereybay>

For Local Information and Interaction with other ACA members

NEW MEETING

Monday 7:00-8:00 pm Online Only

“ACCEPT THE PEOPLE” Revolving Formats including Monthly Speaker

Zoom: 335 664 2992 Passcode 4888

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 are three flyers - the next in person only 16-week **Laundry List Traits Workshop** starting on Saturday November 23rd, the **new Monday night meeting** announced above, and the third flyer comes out of the Greater Bay Area ACA Intergroup – **Unity in Diversity** – Saturday, November 9th 1:00-5:00 pm.

The Intergroup’s recent **Quarterly Speaker Meeting** was well received and the next one will be held January 20th, Bob, our Meeting Coordinator, asked that we reach out to Sponsors to participate in the Sponsorship corner to assist members in getting a feel for what it would be like to work with a Sponsor. Available Sponsors are especially asked to participate.

The upcoming **Laundry List Traits Workshop** is about to start Saturday, November 23rd. This is facilitated by Renée. The Workshop, in person only, will be held at the Quaker Meeting House in Santa Cruz from 9:30-11:00 am. See the flyer for more details. Thank You Renée for all you do for the recovery community!

The Retreat Committee has read all the evaluations submitted by the attendees of the recent Retreat and has determined there is enough interest to pursue planning a Spring Retreat. They are looking for participants to join the Committee. Please check the Calendar on the acamontereybay.org website for the next 2025 Retreat Committee meeting on Zoom to join. Also, send an email to acamontereybay@gmail.com with your interest. They would welcome you!

MEETINGS WITH NO CURRENT INTERGROUP REPRESENTATION

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”	

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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 register your interest in providing this special service.

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

GOOD NEWS! We’ve got a new Literature Depot Host - Caryn. The Intergroup makes a BIG SHOUTOUT of appreciation to Carol, who held the position for more than two years! The Intergroup is able to sell literature at a discount to those meetings that are members of the Intergroup. 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 they have 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](https://venmo.com/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

HAPPY GOBBLE DAY!!

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