

# CONSCIOUS CONTACT

Newsletter for ACA Monterey Bay Intergroup

SEPTEMBER, 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, October 26, 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

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](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.

Attached to this *Conscious Contact* email are two flyers for the next Quarterly Speaker Meeting – “**Celebrate Success**” to be held on Sunday October 20<sup>th</sup> 5:30-7:00 pm PST, and the next 16-week in person **Laundry List Traits Workshop** starting on Saturday November 23<sup>rd</sup>.

The Intergroup greatly appreciates Bob, our Quarterly Speaker Meeting Coordinator, who arranges this special virtual meeting. 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 share the flyer with your meetings.

See also, the attached flyer about the upcoming **Laundry List Traits Workshop**. This is facilitated by Renée and is scheduled to start on Saturday, November 23<sup>rd</sup>. 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!

Our recently held Retreat was fantastic! The Workshops were insightful and very interesting. The Intergroup gives their heartfelt appreciation to Shari and Carol, workshop facilitators, to Claudio, Beverle and Renée who comprised the Joy and Gratitude Panel and to Bob, the Retreat Speaker!

A **BIG SHOUTOUT** for those meetings and individuals who donated raffle prizes for our recent Retreat! There were many and added to the financial success of the Retreat.

For those who attended the Retreat, please see the email recently sent to you containing an evaluation as soon as possible, but no later than Monday October 14. The Retreat Committee want to hear what was good and what can be improved. Thank You for your valuable feedback.

**AND** the Intergroup is already thinking about hosting another Retreat. The Retreat Committee meeting has been scheduled for Friday, November 8 at 4:00 p.m. Please join us on Zoom at <https://us02web.zoom.us/j/89897977526> 898-9797-7526 PC 792214. We would love your energy and ideas!

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## MEETINGS WITH NO CURRENT INTERGROUP REPRESENTATION

<b>Sunday 7:00 pm</b> “Red Book Meeting” – Monterey	<b>Monday 9:30 am</b> “ACA Scotts Valley”
<b>Tuesday 12:30 pm</b> “Inner Loving Parent – Inner Child”	<b>Tuesday 7:00 pm</b> “New Love ACA Group” Monterey
<b>Wednesday 7:00 pm</b> “ACA @ UCSC”	<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!
- The Intergroup is searching for a Hospitals & Institutions Committee Chairperson. Please contact [acamontereybay@gmail.com](mailto: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](http://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](http://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](mailto:mbacaweb@gmail.com)

## LITERATURE AVAILABLE FOR IN PERSON MEETINGS

We are still looking for a Literature Depot Host. 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. Please contact [mbacaliterature@gmail.com](mailto:mbacaliterature@gmail.com) with your interest and you will be sent a job description. We are able 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](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 mailing address to [mbacaliterature@gmail.com](mailto: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.

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## 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 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 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 they have 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](mailto:@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>
<b>Literature</b>	<a href="mailto:mbacaliterature@gmail.com">mbacaliterature@gmail.com</a>
<b>H&amp;I Committee</b>	<a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>
<b>Outreach Committee</b>	<a href="mailto:acamontereybay@gmail.com">acamontereybay@gmail.com</a>
<b>Retreat Committee</b>	<a href="mailto:mbacaretreat2024@gmail.com">mbacaretreat2024@gmail.com</a>
<b>Website Committee</b>	<a href="mailto:mbacaweb@gmail.com">mbacaweb@gmail.com</a>

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