

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, December 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

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 NOTE

Tuesday 6:15 pm “Tony A Meditation” Meeting has voted to move the meeting to

Barn Studio 104 S. Park Way, Santa Cruz 95062

the first week in January, 2025

Intergroup Officer nominations for 2025 will be held at the December Intergroup meeting and elections will be held in January. Officer positions are Chair, Vice Chair, Secretary, Treasurer, and WSO Rep. The job descriptions may be found on the Intergroup website at acamontereybay.org. If you are interested in becoming an Officer, please come to the next Intergroup Meeting, date, time and Zoom information above!

Please think about becoming an Intergroup Rep for your home meeting, each meeting to hold nominations in December and elections in January with Reps attending the January Intergroup. 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 four flyers. Please share these exciting recovery offerings with your home meetings:

- Invitation to join the **ACA Monterey Bay Intergroup Facebook Group**
- **Laundry Lists Traits Workshop** starting November 23rd (in person only) **enrollment closes December 7th**
- **Dealing with Feelings Workshop** scheduled for Sunday, December 8th (Zoom only)
- **Loving Parent Guidebook Study** starting Wednesday, January 8th (Zoom only)

The Intergroup greatly appreciates Bob, our Quarterly Speaker Meeting Coordinator, who arranges the Quarterly Virtual Speaker 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). The next meeting will be held Sunday January 19th – flyer should be available next month. Bob is looking for speakers so if you are interested please contact him at mbacaworkshops@gmail.com.

Our recently held Retreat was fantastic! During the retreat evaluation process, attendees registered their interest in attending another retreat. The 2025 Retreat Committee has already met twice and has voted on a theme **Action Coming From Love**. They are scouting locations and dates – hopefully some time in the Spring. The Committee welcomes new members. Please come to the next Retreat Committee meeting scheduled for Friday December 13th at 2:00 pm if you are interested in joining this dynamic way of giving ACA service! 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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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 (some hybrid) 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

We are happy to announce that Caryn has stepped up to replace Carol as the ACA Literature Depot Host. Thank you Carol for your valuable two year service commitment and welcome aboard Caryn. We are able to offer 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 THANKSGIVING – Take Care of You!

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