

Conscious Contact

Serving Santa Cruz and Surrounding Areas

Acamontereybay.org

Dear Fellow Traveler,

This month's newsletter includes new workshops, a new meeting, highlights from our June 28, 2025 Intergroup meeting and retreat feedback where we celebrate the spirit of service, recovery, and fellowship that keeps our ACA community strong and growing together!

We hope you feel connected, inspired, and informed.

In Fellowship
Monterey Bay ACA Intergroup

Intergroup Meeting Highlights

📅 Meeting June 28, 2025

Zoom Meeting | 4:00 PM | IG

- A heartfelt welcome to our new IGR Patt 🧡
- Financial updates & motions passed to strengthen our reserves 💰
- A new Wednesday night meeting launched! 🙏♀️
- Upcoming workshops and speaker events you won't want to miss 🗨️
- A glowing retreat recap + over \$800 in proceeds ✨
- Motion passed to take a restful **August break** 🌈📅

We opened with the **Serenity Prayer** and grounding ourselves in ACA's **Mission, Commitment to Service**, and our **Traditions and Concepts**.

A big shout-out to **Carol** for helping out as **acting Secretary**.

We were excited to **welcome Patt**, our new Intergroup Rep for *Heart Circle*!

With 13 voting members present, quorum was established. 🙌

📋 Officer Updates

Chair (Evie): Expressed heartfelt gratitude for everyone's presence and ongoing support of our ACA community. 💖

Treasurer (Carol): Provided a financial update and reported a healthy balance across our funds.

🌟 Motions Passed:

- ✓📅 Deposit recent cash contributions
- ✓📅 Transfer retreat proceeds into the Events Reserve

Big thanks to Carol for keeping our financial house in order!

🌐 WSO Update (Peg)



Upcoming Events

January 3

Inner Loving Parent
Workshop

July 20

Quarterly Potluck Speaker
Meeting

July 23

Traits Workshop

Visit acamontereybay.org for more information.

Important Announcement

New Meeting

Spiritual Awakenings: Insights from the Outside

Wednesday 6 PM

In-person at The Barn

An important **Group Membership Vote** is coming up (Sept 18–Jan 18) — all registered groups get a voice! Peg will bring more info next month, especially about a proposed **name change** for ACA. Stay tuned!

🌱 Intergroup Rep Reports – What's Happening in Our Local Meetings

Here are just a few highlights from the vibrant ACA groups in our area:

- **Laundry Lists (Sun 6pm)** – Strong group, currently diving into the appendices.
- **Scotts Valley (Mon 9:30am)** – Thriving with 14–18 regulars and a solid service core.
- **Authentic Men (Mon 7pm)** – Steady group with 15–20 participants and financial health.
- **Inner Loving Parent (Tue 12:30pm)** – Deep emotional work with 25+ attendees!
- **Getting the Band Back Together (Thu 5:30pm)** – Strong group with rotating topics and great fellowship ideas.
- **8:15 (Fri 8:15am)** – Celebrating an anniversary soon! 30+ from all over the world join regularly. 🌍
- **New Meeting! "Spiritual Awakening" (Wed 6pm)** – Launched June 18. Includes meditation and spiritual readings. All are welcome!

📖 Literature & Website Updates

- **Literature Depot (Caryn)** – Restocked inventory and gifted newcomer pamphlets.
✔️ Motion passed to add the new *Connections* booklet.
- **Website (Carol)** – Site traffic dipped slightly after the retreat.
-

If your meeting doesn't have an Intergroup Representative yet, now's a great time to get involved!

📅 Retreat Recap

📅 **Spring 2025 | Action Coming from Love**

✔️ What Went Well

🌟 **Smooth Check-in:** Friendly volunteers, clear materials, loved the stickers & name tags

🧊 **Icebreaker:** Fun way to connect—low pressure & engaging

🧠 **Inner Critic Workshop:** 🌟 *Retreat favorite!* Practical tools, great handouts, audience participation

👶 **Inner Child Meditation:** Touching shares, helpful prompts

🎨 **Crafts & Free Time:** Collage, painting, walks, games – something for everyone

🎤 **Speakers:** Deeply honest, heartfelt, real-life ACA growth

🔥 **Burning Bowl Ritual:** Moving experience, symbolic release

🎰 **Raffle:** Fun & well-received – “Great prizes!”

🔧 What Could Improve

- 🔥 **Heat & A/C:** Too warm in some rooms
- 🗣️ **Noise:** Upstairs noise was distracting
- 🎤 **Microphones:** Hard to hear shares – more mic use, please
- 🌱 **Food:** Some wanted more vegetarian options

💖 **Thank You!** To our volunteers, speakers, and every brave soul who showed up – **you made this retreat memorable!**



In the Community

Monday 6:00 PM

Support needed

Next Intergroup Meeting

Saturday, July 26 4-5:30

Zoom

We'd love to see you there! Your voice, your ideas, and your presence make a difference. Whether you're new to service or just curious, joining Intergroup is a great way to stay connected and help shape our ACA community.

Retreat Committee

Ready for more connection, fun and healing? Email acamontereybay@gmail.com and let us know you are in for another retreat!