

Conscious Contact

Serving Santa Cruz and Surrounding Areas

Acamontereybay.org

Dear Fellow Travelers,

October's Intergroup meeting brought thoughtful discussion, new ideas, and continued fellowship growth. From financial stability to exciting upcoming workshops and events, our ACA community is thriving thanks to your service and participation.

Here's a quick look at what's happening around Monterey Bay ACA!

Business Highlights

- **Minutes Approved** for September.
- **Treasurer's Report Accepted** (10-0-0):
 - \$1,000 donation to WSO completed
 - Speaker Meeting donations: \$175
 - VFW hall rental: \$225
 - Authentic Men's meeting contribution: \$300
 - Current funds: **\$3,841.03** (includes reserves)
 - Awaiting \$100 VFW deposit refund

Officer Reports

- **Chair (Evie):** Thanked everyone for their service and support for the recent Potluck / Hybrid Speaker Meeting.
- **Vice Chair (Renee):** Encouraged members to start considering 2026 officer nominations (to be held in December and January).
- **Secretary:** Position remains open — volunteers welcome!
- **Treasurer (Carol):** Presented report and confirmed financial updates listed above.

Intergroup Meeting Updates

A few highlights from our fellowship meetings:

- **Monday 9:30 a.m. Scotts Valley ACA:** Attendance strong (20–30). Seeking a permanent treasurer.
 - **Monday 7 p.m. Authentic Men:** 20+ regulars, healthy group. Voted to contribute quarterly to IG and WSO (60/40 split).
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What's Coming Up!

November 16

Grief Unraveled

November 22

Intergroup Meeting

January

Loving Parent Guide Book
Workshop Series 2026

January 25


Hybrid Potluck Speaker
Meeting

May 30

Spring Retreat 2026

Get Involved!

MBACA Intergroup is seeking volunteers to support outreach, secretary duties, retreat and upcoming events.

 *Your service helps strengthen our fellowship.*

- **Thursday 5:30 p.m. Gettin' the Band Back Together:** 20+ attendees, strong core group, rotating topics.
- **Friday 8:15 a.m. "8:15" Meeting:** Steady group (18–26). Reading from BRB Chapters 8 & 15.
- **Saturday 9 a.m. Heart Circle:** 15–17 in-person plus online attendees; deep sharing.

(Full meeting reports are available in the official minutes.)

Committee & Coordinator Updates

- **Literature Depot (Caryn):** Mailed newcomer pamphlets; sold literature to Authentic Men. Awaiting address to mail gift book to a newcomer.
- **Website (Carol & Evie):** Working on online form for 2026 Retreat volunteers, speakers, and workshop hosts.
- **Hybrid Speaker Meeting Committee:**
 - Attendance: 35 (including online)
 - Feedback: Some sound issues with game music; ideas for new interactive activities welcome!
 - Financial recap: \$225 hall fee, \$175 donations → **\$50 net cost**
 - Motion passed (11-0-0) to continue quarterly hybrid potluck/speaker meetings at the VFW Hall.
- **Retreat Committee:** Volunteer sign-up form in progress. Next meeting: **Friday, Oct. 31.** Volunteers welcome!
- **Outreach:** Still seeking a coordinator.

New Business

- **Workshop Announcements (Shari):**
 - *Grief Unraveled* — Sunday, **Nov. 16, 2025**
 - *Loving Parent Guidebook Series* — starting **January 2026**
 - Motion passed to sanction both workshops (12-0-0).
 - Flyers will be posted on the IG website.
- **Survey:** Potluck/Speaker Meeting survey still open; more responses needed.

17 Upcoming Dates

- **Next Intergroup Meeting:** Saturday, **Nov. 22 at 4 p.m.**
- **Next Hybrid Potluck/Speaker Meeting:** Sunday, **Jan. 25**
- Meeting adjourned at 4:42 p.m. with the Unity Prayer.

In Gratitude

Thank you for being part of our Monterey Bay ACA community! Every share, every act of service, and every moment of connection helps us carry the message of healing and hope.

We look forward to seeing you at upcoming meetings, workshops, and events. Until then, may your Inner Loving Parent guide you with kindness and peace.

With love and fellowship,
Monterey Bay ACA Intergroup

Get Involved (cont)

Retreat 2026

Are you interested in participating in the planning of the retreat? Join the retreat committee and be heard and prepare for your ideas to come into action with love.

Help us support our theme: FUN IN FELLOWSHIP

Contact any of the committee members: Carol, Dottie, Evie, Jeannie and Renee for more info or send an email to: mbacaretreat831@gmail.com

You can also fill out our volunteer form online at:

<https://acamontereybay.org/retreat-2026-volunteer/>

Be a Speaker!

Interested in sharing your ACA journey? Let us know!

Donations Welcome!

Support our fellowship by donating via Venmo.

Email acamontereybay@gmail.com for more info

Hybrid Potluck Survey

Did you attend the Hybrid Speaker Meeting? Please fill out the survey so your feedback will be heard. Please send an email to acamontereybay@gmail.com if you would like the survey sent to you.