



Conscious Contact

Serving Santa Cruz and Surrounding Areas

Web: Acamontereybay.org

Intergroup email: acamontereybay@gmail.com

Dear Fellow Travelers,

Our December Intergroup meeting was full of important updates, healthy discussion, and encouraging signs of connection across our meetings. One theme that emerged was the value of shared service and participation.

In that spirit, the Monterey Bay Intergroup (MBACA) is seeking volunteers to support Intergroup committees such as outreach, retreats, and upcoming events. Service at the Intergroup level offers an opportunity to connect, contribute, and help carry the message in meaningful ways.

Please consider representing your meeting or participating in one of the committees (retreat, outreach etc). Everyone is welcome! The next meeting is January 24, 4-5:30 on zoom. Check acamontereybay.org for more info.

Thank you to everyone who continues to show up and serve.

Highlights from the December 27, 2025 Intergroup Meeting

Officer Reports & WSO Updates

- **Vice Chair – Renee** shared that the link from WSO is available for Intergroup to register our vote on the ACA name change. This vote must be submitted by **January 31**.
- **Secretary** position remains open.
- **WSO Rep – Peg** had no report this month and shared that WSO is looking forward to the results of the name change vote.

Treasury Report

Treasurer – Carol presented the Treasurer’s report, noting minimal activity since the last meeting:

- Literature sales to *Authentic Men* and *Gettin’ the Band* meetings

What’s Coming Up!

January 10

Laundry List Workshop

January 11

The Presence Process Workshop

January 24

Intergroup Meeting

January 25


Hybrid Potluck Speaker Meeting

Note: flyers are available on page 4-7 and at acamontereybay.org

Get Involved!

Your Intergroup benefits from new members and fresh ideas.

Please consider representing your meeting or participating in one of our committees, such as retreat or outreach.

 *Your service helps strengthen our fellowship.*

- A donation from the *Sunday Laundry Lists* Zoom meeting

Current balances:

- General Fund: **\$2,206.74**
- Reserves: **\$1,780.52**
- **Total: \$3,987.26**

A helpful suggestion was raised to explore **additional donation methods beyond Venmo**, as some meetings include international members or participants without Venmo access.

The Treasury Report was **approved unanimously (11-0-0)**.

 **Intergroup Meeting Updates**

We heard updates from many meetings across our fellowship:

- Several meetings reported **healthy attendance**, strong participation, and filled service positions.
- A few meetings shared challenges, including **service fatigue** and difficulty filling trusted servant roles.
- A special highlight: **29 members attended the Friday 8:15 am meeting**, and **78 people participated** across four Seasonal Sharing meetings held on December 25.

Thank you to all IGRs for keeping Intergroup connected to the heartbeat of our meetings!

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

 **Committee & Coordinator Updates**

- **Website:** Routine maintenance continues, including posting flyers.
- **Hybrid Speaker Meeting:** A flyer will be created for the **January 25 Speaker Meeting** at the VFW Hall on 7th Ave.
 - Setup: 4:15 pm
 - Potluck: 4 30 pm
 - Speaker Meeting (via Zoom): 5:30 pm
- **Virtual Speaker Meetings & Workshops:** Two speakers are confirmed for January 25; one more is needed.

New Workshop Approved

Clarissa presented a proposal for **The Presence Process**, a 15-week women’s book study and breathwork workshop beginning **January 11**. The workshop will meet Sunday mornings at the Barn Studio and will close after the second meeting. After completion, it will transition into a weekly open women’s meeting.

The workshop was **sanctioned unanimously**, and a flyer will be posted on the website.

Retreat Committee Update

Due to a lack of volunteer response and reduced committee size, the Retreat Committee voted to **cancel or postpone the retreat**. Several constructive suggestions were offered, including:

- Clearly identifying specific roles and timelines needed for a retreat
- Surveying membership to understand barriers to service
- Considering **single workshops** instead of a full-day retreat

Further discussion will take place at a future Retreat Committee meeting.

 **New Business**

New Business & Elections

- **Officer elections for 2026** will take place at the **January 25 Intergroup Meeting**.
- Current officers will continue serving until the transition at the February meeting.
- Members are encouraged to attend and consider how they might serve—Intergroup welcomes **new voices and new ideas**.

Welcoming a New Meeting

We happily voted to accept the **Palo Alto Yellow Book Step Study Meeting** into Monterey Bay ACA Intergroup. Welcome!

 **Upcoming Dates**

- **Next Intergroup Meeting: Saturday, Jan. 24 at 4 p.m.**

- January meeting will include:
 - Election of Officers for 2026
 - Vote on the ACA name change (results submitted by January 31)
- **Next Hybrid Potluck/Speaker Meeting: Sunday, Jan. 25**

The meeting closed with the **Unity Prayer**, reminding us of the strength we find together.

 **In Gratitude**

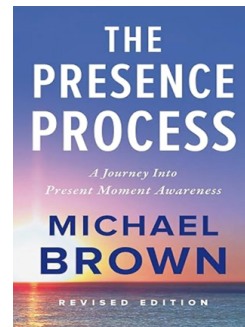
Monterey Bay ACA Intergroup

(scroll down for event flyers)

The Presence Process:

*A collaborative book study
and breathworkshop
for ACA women*

Sundays at 9AM, starting January 11



WHAT: This is a **15-week journey** through *The Presence Process*, a book that provides clear framework for **using the breath to surface and release suppressed emotional imprints**, thereby increasing embodied authenticity, empowered responsiveness, and – you guessed it – *Presence*.

WHO: **Women with ACA experience.** *As with the Traits Workbook, prior completion of the ACA 12 steps is strongly recommended.*

WHEN: **Sundays at 9AM, January 11 – April 19** (15 weeks), **CLOSED after January 18.** After completion, segueing into an open women's ACA meeting at the same time/location.

WHERE: In-person only at 104-B South Park Way, Santa Cruz (affectionally known as **The Barn**)

Book: ***The Presence Process: A Journey into Present Moment Awareness*** by Michael Brown, **Revised Edition** – June 22, 2010

From page 26: “When we enter The Presence Process, we begin moving from doing to being, looking to seeing, hearing to listening... reacting to responding, inauthenticity to authenticity, fragmentation to integration... to experiencing present moment awareness.”

Format: Book study and discussion, in-class instruction, breathwork at home

Cost: By donation, to meet the cost of materials and rent

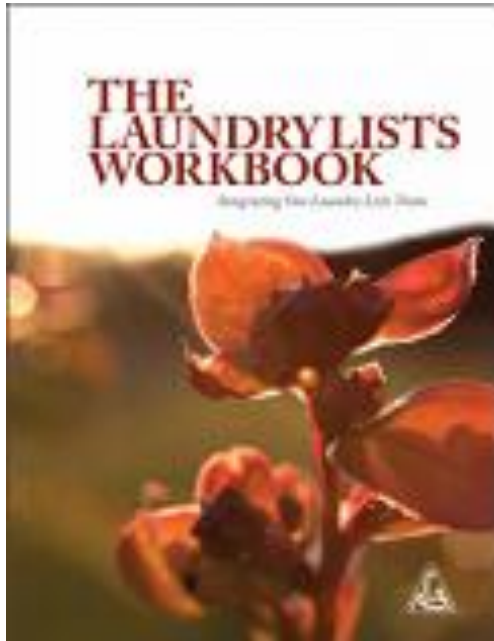
Contact: Clarissa at 509-528-7010

This process is ideal for ACA women who:

- a) have a spiritual foundation, an inner loving parent, and some understanding of trauma (having completed the 12 steps of ACA)
- b) seek to deepen their authenticity and spiritual awareness
- c) have the capacity to give and receive support, with self and others
- d) want to weave and commit to a closed circle of women for 15 weeks



Join your fellow travelers on
a journey through the



ACA LAUNDRY LIST TRAITS

RECOMMENDED FOR
THOSE ACAs WHO HAVE
ALREADY WORKED ACA'S
TWELVE STEPS

Sixteen-week co-ed in-person workshop designed to
explore the **ACA Laundry List Traits**
using a proven format

Saturdays @ 9:30 to 11:00 am
January 10, 2026 – April 25, 2026

Quaker Meeting House
225 Rooney St., Santa Cruz, CA 95062

Open enrollment for first three meetings, workshop closes to new attendees after January 24th session. Non pre-registration. Attend workshop for registration information and enrollment.

For more information, call DeAnn 831-239-7010



Monterey Bay Intergroup
is hosting our Quarterly Hybrid

Potluck Speaker Meeting

Sunday, January 25

**LOCATION: Tres Pueblos
2259 7th Avenue Santa Cruz, CA.**

An Evening of Experience, Strength & Hope

Join us for an evening of fellowship featuring 3 speakers sharing their stories in a warm, welcoming space.

IN-PERSON

arrival time 4:30-5:30

Speakers start at 5:30

ZOOM 5:30

<https://us02web.zoom.us/j/89897977526>

POTLUCK DINNER

Please bring a dish to share

Main dish 🍴 Side 🍴 Dessert

– whatever you're able

ALL ARE WELCOME

Come early, bring a friend, and stay for connection and community.

Fellowship • Food • Inspiration