

# IG #654 MONTEREY BAY ACA INTERGROUP MEETING MINUTES

Saturday, September 26, 2026, at 4:00 pm  
Zoom Meeting ID: 89897977526 PC 792214

| INTERGROUP REPRESENTATIVES |                                                                          |                                  |         |       |       |
|----------------------------|--------------------------------------------------------------------------|----------------------------------|---------|-------|-------|
| GROUP #                    | INTERGROUP MEMBER MEETING                                                | IGR                              | PRESENT | PROXY | VOTES |
| CA1712                     | SUN 11:00 am “Sacred Space Women’s”                                      | Judie                            | X       |       | 1     |
| CA1277                     | SUN 3:30 pm “Adult Loving Parent”                                        | Need                             |         |       |       |
| WEB0287                    | SUN 6:00 pm “Laundry Lists”                                              | Peg                              | X       |       | 1     |
| CA1264                     | MON 9:30 am “Scotts Valley ACA”                                          | Jeannie                          | X       |       | 1     |
| CA1371                     | MON 6:00 pm” Stepping Up in ACA”                                         | <i>Disbanded September, 2026</i> |         |       |       |
| CA1598                     | MON 7:00 pm “Authentic Men”                                              | Nima                             | X       |       | 1     |
| CA1233                     | TUE 12:30 pm “Inner Loving Parent – Inner Child”                         | CC                               | X       |       | 1     |
| CA1416                     | TUE 6:15 pm “Tony A Meditation”                                          | Carol                            | X       |       | 1     |
| CA1601                     | TUE 7:00 pm “New Love ACA” – Monterey                                    | Need                             |         |       |       |
| CA1169                     | WED 9:30 am “Serenity Seekers”                                           | Need                             |         |       |       |
| CA1675                     | WED 6:00 pm “Spiritual Awakening: Insights from The Outside” Barn Studio | Need                             |         |       |       |
| CA1170                     | THU 5:30 pm “Women in Recovery”                                          | Need                             |         |       |       |
| CA1553                     | THU 5:30 pm “Gettin’ the Band Back Together”                             | Megan                            | X       |       | 1     |
| CA1458                     | THU 7:30 pm “ABC’s of ACA” Los Gatos                                     | Jane S.                          | X       |       | 1     |
| WEB1329                    | FRI 8:15 am “8:15” Web                                                   | Shari                            | X       |       | 1     |
| CA1276                     | SAT 9:00 am “Heart Circle” Barn Studio                                   | Jane                             |         |       |       |
| CA1511                     | SAT 10:15 am “ABC’s of ACA <i>Yellow Step Book</i> ” Palo Alto           | Stacey                           | X       |       | 1     |

| TITLE      | NAME    | PRESENT | PROXY | VOTES |
|------------|---------|---------|-------|-------|
| Chair      | Carol   | X       |       |       |
| Vice Chair | Evie    | X       |       | 1     |
| Secretary  | Jeannie | X       |       |       |
| Treasurer  | Renée   | X       |       | 1     |
| WSO Rep    | Peg     | X       |       |       |
| Visitors   | Silvia  | X       |       |       |

| COMMITTEE CHAIRS/COORDINATORS    |          |       |         |       |       |
|----------------------------------|----------|-------|---------|-------|-------|
| COMMITTEE                        | STATUS   | CHAIR | PRESENT | PROXY | VOTES |
| Website/Zoom                     | Active   | Carol | X       |       |       |
| Workshop Coordinator             | Active   | Evie  | X       |       |       |
| Quarterly Hybrid Speaker Meeting | Active   | Evie  | X       |       |       |
| Literature Depot Host            | Active   | Megan | X       |       |       |
| Retreat Committee                | Inactive | Need  |         |       |       |
| Outreach Committee               | Inactive | Need  |         |       |       |
| H&I Committee                    | Inactive | Need  |         |       |       |

## OPENING

- Carol, Chair, opened meeting at 4:01pm with ACA Serenity Prayer
- Renée/Nima volunteered to provide Zoom meeting security
- Members read Mission Statement, Commitment to Service, 9th Tradition, 9th Concept and Guidelines for Business Meetings
- Carol commenced meeting recording
- Carol welcomed Nima, new Authentic Men’s meeting IG Rep
- Carol welcomed Silvia as visitor

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### OPENING – CONTINUED

- Roll taken by Evie, Vice Chair, voting rights clarified, quorum established initially at 10 and 2 (Jane and Judie joined later) 12

### MINUTES

- Carol asked if there were any changes to July 25, 2026 minutes; with no revisions made

**Motion** to approve July 25, 2026 meeting minutes. Made by Renée 2<sup>nd</sup> by Nima (9-0-0 unanimous)

### OFFICERS' REPORTS

**Chair - Carol - No Report**

**Vice Chair – Evie No Report**

**Secretary – Jeannie**

- ◇ Elizabeth, IP Rep for Saturday AM Palo Alto meeting stepped down and Co-Rep Stacey stepped up
- ◇ IG Contact List will be updated to include above change with Nima's contact information included and will circulate with September minutes (Current List in IG Google drive) (IG members to submit any changes via email to [jeanniemac40@gmail.com](mailto:jeanniemac40@gmail.com) or by texting 650-380-5254)

**Treasurer – Renée – September Treasurer's Report screenshared and previously circulated with agenda**

- ◇ Comerica Bank has changed name to Fifth Third Bank
- ◇ Renee and Carol are signatories on the Intergroup account
- ◇ Treasury with reserves is healthy
- ◇ Report numbers reconciled with current Bank statement
- ◇ September balances at time of Report: \$4,422.54 (General Fund \$2,158.36 plus Reserves \$2,264.18)

**Motion** to accept September Treasurer Report. Made by Jeannie and 2<sup>nd</sup> by Carol (9-0-0)

**Motion** to move line item amount "Travel \$150.00" into General Fund. Made by Jeannie and 2<sup>nd</sup> by Carol (9-0-0)

**WSO Rep - Peg No Report**

- ◇ WSO meeting held today – Peg will have report next meeting

### INTERGROUP REPRESENTATIVE REPORTS

- **Sunday 11:00 am Sacred Space Women's – Judie (absent at this time) Renee gave report**
  - ◇ Renee spoke to Dragana, current secretary, to learn attendance between 6-12 every week
  - ◇ Rotating format – the rotating format is 1) Tony A Step of the month, 2) Traditions of the month, 3) Guided meditation, 4) Tools of ACA, and if there's a 5th week, ACA Recovery story
  - ◇ Monthly business meeting held
- **Sunday 3:30 pm "Adult Loving Parent" No IG Rep – no report**
- **Sunday 6:00 pm "Laundry Lists" Peg**
  - ◇ Solid attendance of 12, Attendees from all over geographically
  - ◇ Focuses on one Laundry List "box" as listed in the *Laundry List Workbook* each week
  - ◇ Currently on the Appendices
  - ◇ Heartfelt shares from newcomers
- **Monday 9:30 am "ACA Scotts Valley" Jeannie Mac**
  - ◇ Healthy attendance between 11-15
  - ◇ Read Daily Reader *Strengthening My Recovery*, now screen shared, and last Monday of month volunteer to share experience strength and hope for 10 minutes
  - ◇ Currently soliciting new Treasurer who can commit to being a regular member (problem with Venmo account if not)

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- **Monday 6:00 pm “Stepping Up in ACA” Beverle** – *Meeting has been disbanded and taken off WSO website*
- **Monday 7:00 pm “Authentic Men” Nima**
  - ◇ Nima shared his personal ACA background
  - ◇ Meeting maintains healthy membership with 30 members held at Quaker Meeting House
  - ◇ Consistent new faces, some stumbling into meeting by mistake looking for AA meeting
  - ◇ Rotating format – one meeting a month allows crosstalk after readings
  - ◇ Currently bringing to business meeting need to update WSO website – previous contact person is no longer attending new contact person needed on site
  - ◇ Treasury is healthy and meeting is looking into purchasing more literature
  - ◇ Meeting contributes 60%/40% to Intergroup and WSO 2 times a year
- **Tuesday 12:30 pm “Inner Loving Parent-Inner Child” CC**
  - ◇ Currently being held at Calvary Episcopal Church for approximately another 2 weeks
  - ◇ Attendance is growing with 12-20
  - ◇ Treasury is low – discussion held at business meeting regarding WSO and IG contributions
  - ◇ Literature in good shape
  - ◇ Rotating format
- **Tuesday 6:15 pm “Tony A Meditation” Carol**
  - ◇ Carol’s schedule dictates she can no longer attend meeting - will forego being IG Rep and Treasurer
  - ◇ Hanging in with lower summer attendance – 5-6 attending
  - ◇ Guided meditation and reading from Tony A’s Laundry List book
  - ◇ Prudent reserve used to supplement 7<sup>th</sup> Tradition to meet the rent
- **Tuesday 7:00 pm “New Love ACA Group” Monterey** – No IG Rep no report
- **Wednesday 9:30 am “Serenity Seekers”** – Need IG Rep Silvia gave report
  - ◇ Silvia has stepped up to be secretary
  - ◇ IG Rep needed
  - ◇ Attendance remains 5-12 every week
  - ◇ Rotating format – reading from Kristin Neff’s *Self-Compassion* book
- **Wednesday 6:00 pm “Spiritual Awakening: Insights from Outside”**– No IG Rep no report
- **Thursday 5:30 pm “Women in Recovery”** No IG Rep email received from Lorraine – Carol Read
  - ◇ Continue to attract international members
  - ◇ Seeking more co-secretaries, an IG rep and speakers
  - ◇ Any interest in speaking at meeting please call Lorraine at 408-242-8945
- **Thursday 5:30 pm “Gettin’ the Band Back Together” Megan**
  - ◇ Different format each week
  - ◇ Meeting attendance is down 5-6 weekly (end of summer)
  - ◇ Treasury is skating – relatively high rent
  - ◇ Good literature inventory
- **Thursday 7:30 pm “ABCs of ACA” Los Gatos** – Jane S.
  - ◇ Service positions filled with new secretary
  - ◇ Consistent prudent reserve in treasury
  - ◇ No literature person presently – need for accurate accounting of purchases/sales and reimbursements
  - ◇ Attendance is up and down – can reach 12-18 but recently around 6
  - ◇ Newcomers appear and disappear
  - ◇ Format reading from *Big Red Book* and speaker last meeting of month
  - ◇ Next business meeting will discuss alleviating the reading of certain portions of Big Red Book (those chapter addressing meeting procedures/business)

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- **Friday 8:15 am “8:15” Shari**
  - ◇ Meeting name to be corrected in minutes from “BRB 8:15” to “8:15”
  - ◇ Web only meeting with consistent attendance between 24-35 good balance of newcomers/repeat attendees
  - ◇ Format is reading Chapters 8 and 15 only from Big Red Book – just started Chapter 8 again
  - ◇ Read for 10 minutes and then sharing
- **Saturday 9:00 am “Heart Circle” – Jane absent Carol gave report**
  - ◇ 10 in person 5 online attendees
  - ◇ Format is reading from Daily Reader *Strengthening My Recovery*
- **Saturday 10:15 am “ABC’s of ACA Yellow Step Book Meeting” – Stacey – emailed report to Carol**
  - ◇ Held at Unitarian Universalist Church in Palo Alto
  - ◇ Attendance averages 6-8 with 2 new members
  - ◇ Leadership positions filled.
  - ◇ Have announced the upcoming potluck meeting
  - ◇ Encouraged members to keep up with IG website
  - ◇ Announced importance of keeping up with received WSO announcements
  - ◇ Meeting making regular donations
- There was a question about the status of the **Monday night 5:30 meeting**
  - ◇ It was then announced that this meeting has disbanded and taken off the WSO website
  - ◇ It was mentioned that this affects the quorum of the Intergroup meeting

### COMMITTEE / COORDINATOR REPORTS

- **Literature Depot – Megan Literature Depot Host** Report screenshared previously circulated with agenda
  - ◇ Literature prices went up July 15 – approximately \$1.00 per publication
  - ◇ *See below under New Business for further Literature information*
- **Website – Carol**
  - ◇ No activity after soliciting for new committee members at meetings
  - ◇ IG Reps to continue to announce Committee is looking for members
  - ◇ Anyone interested in joining Committee and/or submitting site suggestions email to [mbacaweb@gmail.com](mailto:mbacaweb@gmail.com)
  - ◇ Evie noted that Megan has submitted a new website design
  - ◇ Draft website about 50% ready
  - ◇ Staging and demonstration of changes to be done soon
- **Hybrid Speaker Meeting Committee– Evie**
  - ◇ Evie mentioned currently one speaker scheduled and asked IG Reps to announce this meeting is looking for 2 more speakers – if anyone is interested in speaking (with at least one year in ACA and some recovery) to text Evie at 415-497-2450 or Carol 831-706-0600
  - ◇ Flyer circulated but will be revised/recirculated to include Zoom information
  - ◇ Renee asked IG Reps to announce at meetings anniversary medallions will be given out at this meeting
  - ◇ Discussion held regarding importance of reserving meeting space for 2027 at the current site

**Motion** to hold hybrid speaker meetings in 2027 and to reserved current meeting space at VFW in Santa Cruz  
Motion made by Evie and 2<sup>nd</sup> by Renee Unanimous (12-0-0)

- **Workshop Coordinator –**
  - ◇ Currently in need of Workshop Coordinator – Evie volunteered to “try” position

**Motion** to elect Evie to Workshop Coordinator position. Made by Carol and 2<sup>nd</sup> by Renee Unanimous (12-0-0)

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- **Retreat Committee – Evie**
  - ◊ Evie stepping down as Chair
  - ◊ Last year's retreat site unavailable for 2027
  - ◊ One site available in Scotts Valley week before Mother's Day
  - ◊ No meeting held after last Retreat
  - ◊ Currently no plans to hold a retreat in 2027
- **Outreach Committee - No Chair – Inactive**
  - ◊ Shari posted Quarterly Speaker Meeting on IG Facebook page
  - ◊ Shari also posted information about WSO 20<sup>th</sup> Anniversary of Big Red Book celebration Sunday 11/15 with Claudia Black
- **Hospitals & Institutions Committee – No Chair Inactive**

### OLD BUSINESS – NONE

### NEW BUSINESS

- **Proposed Self-Compassion Workshop** – Visitor Silvia gave specifics previously circulated with agenda
  - ◊ Originally suggested to be given at retreat – Silva will present the workshop
  - ◊ Based on *Self Compassion* by Kristin Neff
  - ◊ Would probably be on a Sunday afternoon and about 90 minutes
  - ◊ Suggested this be given as an in-person workshop
  - ◊ Suggested it be sponsored by Intergroup meaning IG would cover the costs
  - ◊ Workshop Coordinator to assist in finding location

**Motion** to sponsor self-compassion workshop to be held within a couple months. Motion made by Carol 2<sup>nd</sup> by Renee (10-0-0)
- Shari presented the **Laundry List Traits Workshops** specifics based on the LL Traits Workbook and provided flyer to be put on website, WSO website and circulated to IG Reps for their meetings
- Motion** to sanction Laundry List Traits Workshops commencing Wednesday October 7 and Saturday October 10  
Made by Renee and 2<sup>nd</sup> by Carol Unanimous (12-0-0)
- **Reduction in WSO literature** discount effective October 5 dropping from 30% to 15%
  - ◊ Discussion held regarding purchasing literature for Literature Depot prior to losing the additional 15% discount
  - ◊ Mention was made about WSO's need to raise literature prices

**Motion** to purchase up to \$300 in literature in advance of October 5<sup>th</sup> WSO reduction of discount from 30% to 15%. Made by Renee 2<sup>nd</sup> by Evie Unanimous (12-0-0)
- **Newcomer Packets Discussion**
  - ◊ Intergroup has been sending newcomer packets to those requesting them through the Google email.
  - ◊ Many who request them are reluctant to give mailing addresses
  - ◊ WSO website lists free downloadable literature (trifolds)
  - ◊ Also the *Strengthening My Recovery* daily reading is a free daily email
  - ◊ When Megan, as Literature Depot Host, receives a request for a newcomer packet on [mbacaliterature@gmail.com](mailto:mbacaliterature@gmail.com), she will respond to email by giving the adultchildren.org website address to point to free literature

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**NEW BUSINESS - CONTINUED**

- **WSO Donation**

- ◇ IG donations made in March and September

**Motion** to donate \$1,000 to WSO. Made by Renee and 2<sup>nd</sup> by Evie. Unanimous (12-0-0)

- **Fellowship voting on proposed change to WSO Concept II (two)**

- ◇ Pertinent email was attached to IG meeting agenda
  - ◇ WSO circulated an email to all registered meetings with specifics and deadline of December 3<sup>rd</sup>
  - ◇ IG vote will take place next month
  - ◇ Deadline is December 3<sup>rd</sup>

- **Reminder** – deadline for meeting or intergroup to submit proposals to next World Conference is September 30

**CONCLUSION**

- Carol asked how IG Reps were having fun this falls - Fun comments made by all
- Next meeting will be October 24, 2026

**Motion** to adjourn after Unity Prayer made by Renée and 2<sup>nd</sup> by Carol unanimous (12-0-0)

Respectfully submitted,  
Jeannie Mac  
Secretary  
October 2, 2026