



THE GRAPE-SCCIN

Birthday Speaker Meeting

Sunday, December 22nd at 7:00 pm

Hosted by: General Service Speakers TBA

**Emeline, Building D
1080 Emeline Ave,
Santa Cruz 4th Sunday
of Every Month at 7:00 pm**

Thanks to Ben Lomond Fellowship for Hosting @last months' with Ed O as speaker

December 2013

Mary M.	48 yrs	Dec 31, 1965
Abbie A.	33 yrs	Dec 12, 1980
Thom O.	30 yrs	Dec 3, 1983
Brian S.	29 yrs	Dec 5, 1984
Bob M.	28 yrs	Dec 1, 1985
Donna E.	28 yrs	Dec 26, 1985
Eddie E.	28 yrs	Dec 26, 1985
Thomas M.	20 yrs	Dec 10, 1993
Rachel R.	20 yrs	Dec 12, 1993
Dave N.	20 yrs	Dec 28, 1993
Gary G.	17 yrs	Dec 16, 1996
Michaela W.	14 yrs	Dec 20, 1999
Emily S.	12 yrs	Dec 23, 2001
Randy N.	11 yrs	Dec 20, 2002
Brock D.	10 yrs	Dec 26, 2003
Wendy H.	9 yrs	Dec 27, 2004

Don,t Forget

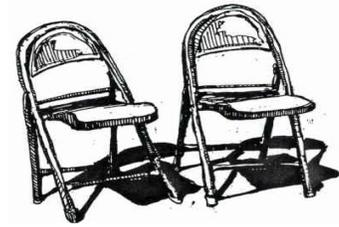
**Christmas Alcahons @
Ben Lomond Fellowship
Watsonville Fellowship
Downtown Fellowship**

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	27:30 What a concept <i>Central Office</i>	3	4 7:30PM Intergroup Council Meeting <i>Aptos Village Park</i>	5	6	7
8	9	10	11 7:30PM General Service Meeting <i>Aptos Village Park</i>	12	13	14 10:00AM 4 th Step Workshop <i>Ben Lomond Fellowship</i>
15	16	17 6:00PM Bylaws Committee <i>Central Office</i>	18 7:30PM Steering Committee <i>Central Office</i>	19	20 <i>Last day for Grapesciin submissions</i>	21
22 Birthday Speaker Meeting Emeline bldg D 7:00 pm	23	24	25 7:00 PM H&I Meeting <i>Central Offc</i>	26	27	28
29	30	3126		28 Happy Thinksgiving	29	30

HAVE A SOBER
AND
VERY
MERRY
CHRISTMAS!

Art work by Ken C.

**“Screwed”**

I used to get myself in some sort of screwed up situation on a daily bases back in my drinking days. Well just recently I was screwed, only this time literately.

I was working on a science project with my daughter, modifying a piece of metal, when I screwed myself, yes I screwed a 2” screw using my impact driver directly into my knuckle. This led to an infection a few days later and then a trip to the Hospital for the night.

My Doctor referred me to a plastic surgeon for the extraction of foreign bone and particulate matter out of my finger. I was thinking it would be an hour or two outpatient procedure and then I would be on my way. The doc had other plans. He had me check myself into Sutter and informed me that I would be staying the night.

Due to a banana that I ate after I was instructed to not eat anything they had to do local anesthetic and could not put me under. I was ok with this as I was nervous about being medicated. I informed all of the doctors and nurses of my addictions with drugs and alcohol and that I preferred to not have narcotics if possible. During the surgery as the doctor was scrubbing the wound the anesthesiologist told me to take a deep breath! I realized that I was starting to get very nervous. I focused on a fixed object in the room and took long deep breaths.

After the procedure was over the anesthesiologist mentioned to me how impressed she was with the way I was able to meditate and get my heart rate down so low and quickly after it being at a high rate.

It felt really good to be able to actually see results from my meditations. Meditating is something that I used to think I was not very good at but I guess my practice has shown some great progress.

One of the other nurses gave me a recommendation to take Advil every 4 hours and 2 hours later start a Tylenol dosage every 4 hours. It was ok to have Advil and Tylenol onboard at the same time. I was able to recover from the surgery without needing addicting narcotic pain meds.

I believe I was nervous about the drugs because of the many stories I have heard about relapsing over Vicodin and such meds after injuries. Prayer, meditation coupled with one alcoholic talking to another has proven itself once again. I am so grateful for the tools of the program that keeps me sober.

In Service as your SCCI Chair and current author of The Chairs Corner. Rick A.

New Meetings (Please find the latest meeting schedule at aasantacruz.org) Service Opportunities

24 Hour Diverter - 24 hour call line staffed by A.A. members.

Arguably one of the most rewarding service positions in Santa Cruz County AA. If you're looking for a great way to be of service then volunteer to cover one of the call line times.

*"I am responsible -
When anyone, anywhere, reaches out for help
I want the hand of A.A. always to be there.
And for that: I am responsible."*

The times of monthly service opportunities are continually changing so there is almost always a time that will fit into your busy schedule. The service commitment consists of being available to take and respond to phone calls for a 2 to 4 hour shift once a month. To volunteer or for more information please call Central Office. **475-5782**

Overheard at Meetings*(humor and sayings)*not really overheard, not breaking anonymity, just passing on a smile :-)

"We have the only disease that tells you, you don't have it, and In the meantime, tries to kill you."

"Church is for people who don't want to go to hell. Spirituality is for people who have been there."

"Faith isn't a feeling, It Is an action."

"Being able to see only character defects was another kind of defect."

