

SANTA CRUZ COUNTY INTERGROUP

# WE NEED YOUR HELP

WE ARE LOOKING FOR VOLUNTEERS TO ANSWER PHONES, GREET PEOPLE AND SELL MERCHANDISE. CURRENT OPPORTUNITIES:  
TUESDAY 1PM-5PM  
FRIDAY 9AM-1PM & 1PM-5PM

CALL (831) 475-5782  
EMAIL INFO@AASANTACRUZ.ORG

## THE GRAPESCCIN

### SANTA CRUZ COUNTY INTERGROUP

### NEWSLETTER

### ALCOHOLICS ANONYMOUS

### JUNE 2025

AA Central Office  
5732 Soquel Drive, Soquel CA 95073  
Mon-Fri 9am-5pm Sat 10am-2pm  
Sundays and most holidays closed  
831-475-5782 aasantacruz.org

\*The paper version of the GrapeSccin will no longer be mailed out after December 2025. The online version is free at [aasantacruz.org](http://aasantacruz.org) located on the "grapesccin/newsletter" page for downloading. Or email [grapesccin@gmail.com](mailto:grapesccin@gmail.com) to be added to the mailing list

### ANNOUNCEMENTS AND SERVICE OPPORTUNITIES!

- Submit! Do you have a short personal story, poem or writing you would like to see published? Does your homegroup have a birthday list you would like to see published? The deadline to submit news, notices, and fliers and other local AA related info to be published in the GrapeSCCIN newsletter is the 25th of every month! We welcome your participation.
- Books! The new "Plain Language" Big Book and the hardcover version of "The Next Frontier, Emotional Sobriety Volumes 1&2" are available at cost at central office
- Volunteers Needed! **At Central Office** for office support and answering the phone. Call or email the central office to inquire about working with your availability if you'd like to be of service. We need volunteers and back ups as well! Be on the list!
- Volunteers Needed! For **Bridging the Gap**: be a part of a committee helping those new to the path of recovery leaving detoxes, jails, etc. who are needing to get plugged in with their local AA community.
- Volunteers Needed! **At Hospitals and Institutions**; carry the message! Often just a once a month commitment. If you are interested visit [handisc.org](http://handisc.org) or email [SantaCruzcountyHI@gmail.com](mailto:SantaCruzcountyHI@gmail.com)

Volunteers Needed!:

- **Activities Chair** A unique opportunity to be of service; plan and network AA events
- **Area Reps for areas 1,4,5,7,9,10** represent an area by showing up to meetings in the area and help keep them connected to the greater AA community by supporting them in electing an intergroup rep.

\*Show up to the Intergroup Meeting the 1st Wednesday of the month at the Senior Center 829 Bay Ave Capitola from 7-8pm to inquire or volunteer about these positions!

**EVENTS AND WORKSHOPS**

\* Unity Day! Sun **June 1st** 1-3pm  
Tradewinds Church, Bringing together all service groups

\*Birthday Speaker Meeting ~ **June 7th** Doors open @ 6pm, meeting from 7pm-8:15pm ~ 829 Bay Ave. Capitola. Come potluck fellowship and hear **Amos G.** from Cornerstone Fellowship!

\* 4th Step Workshop 10-12 every 2nd Saturday @ Ben Lomond Fellowship



## **ONGOING BUSINESS MEETINGS**

- Bridging the Gap **Mon June 2nd @ 6:30pm** ~ first Monday of each month at 102 Rancho del Mar, Aptos / Zoom ID: 979 7159 5498 Pass: 1935

- Cruzypaa “what’s that?” Santa Cruz County Young People of Alcoholics

Anonymous. Meets at **Sun June 8th and Sun June 22nd @ 1pm-2pm**

Trade Winds Church 4525 Soquel Dr. Soquel

- Intergroup Council Mtg. **Wed June 4th @ 7-8:30pm**

This meeting is on the first Wednesday of every month and is a hybrid zoom

Mid County Senior Center 829 Bay Ave. Capitola

- Web Committee Mtg. **Thurs June 12th @ 7pm-8pm**

The Web Committee meets on the 2nd Thursday of each month

<https://us02web.zoom.us/j/8847009> Mtg ID: 884 7009 1801 Passcode: 2272

- General Service District Mtg. **Wed June 11th @ 7:30pm-9:30pm**

New General Service Orientation starts @6:45 Mid County Senior Center

Or on zoom, find the link at [aasantacruz.org](http://aasantacruz.org) Event Calendar

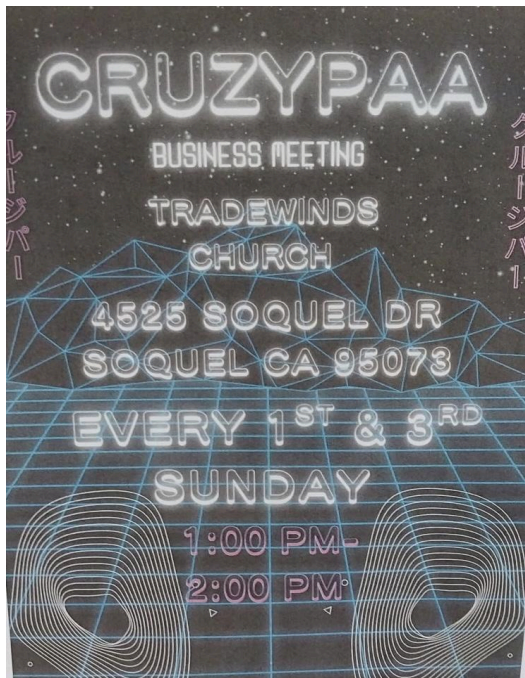
- ByLaws Committee: 3rd Tuesday every month **June 17th @6pm** contact via email at [bylaws@aasantacruz.org](mailto:bylaws@aasantacruz.org)

- Intergroup Steering Committee **Wed June 18th @ 7pm-8:30pm** This meeting is the third Wednesday of the month and meets on zoom as well

- Joint Committee on Safety Events Planning Meeting **Thurs June 26th @6pm-7pm**

This committee meets every fourth Thursday on Zoom. Use meeting ID: 892 3730 0658 Passcode: 857738

- H&I Committee Mtg **Wed June 25th @7pm-8pm** Trinity Presbyterian Church 420 Melrose Ave. Santa Cruz



## PAUSE when agitated

Recent personal story:

I have a lot going on, juggling homeschool and extracurricular life with four kids, maintaining a part time career and continuing education; lets just say, the brain gets a little full sometimes! I dropped my kids off for what I thought was their second to the last youth group gathering for the year and chose to see a client at that time. Well, it really was the LAST gathering party and I was missing it! I got texts from my brother who was waiting for me to show up that my kids, who have food sensitivities, were eating massive plates of dessert! I rushed over, livid, got out of the car and yelled to my kids in front of all their friends that we were going to leave. They were mad, we all got in the car and I felt horrible. My son informed me that he was only tasting some before throwing it away and that I should have asked. He's totally right. I should have asked. But I couldn't because I gave no space for any questions. The agitation hit and I ran with it, no questions. If I had paused the question I would have asked is; Why am I agitated? And the answer comes; because I felt out of control

and sorry I mixed up days and missed the party! If I had been more organized I would have even brought something they could eat. I felt agitated at myself. And the Pause would have offered me a glimpse of that. The Pause would have given me space to see where I could take responsibility, and taking responsibility is the spiritual path, the higher road to relief from our "stinkin thinkin", peace, happiness, and contentment, taught to me by the twelve step program and fellowship of Alcoholics Anonymous. If I could do it again, I would have reminded myself that the goods were eaten and not coming back up, and that I can make it up to them for not being there and that actually I have a hell of a lot to be grateful for.

Prioritize  
Authentic  
Understanding  
Surrender  
Everything

Authentic Understanding is the desire to see things as God sees things, not as we see things. We need to be open to letting go of all prejudice in order to see things as they are. This is the intention and gift of PAUSE.



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As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

**It works! It really does!**

Group Contributions	March 2025
11 Step Meditaion Group	122.23
ACYPAA	1,163.61
Alternative Group	98.00
Anonymous check	100.00
Birthday Celebration	45.00
Cash contribution box in the office	24.00
Friday Acceptance	480.00
Intergroup Meetings 7th Tradition	47.81
Jade Street Park	315.00
Mud Flats Group	200.00
On Awakening 7 am	425.66
Out Of the Blue	69.00
Paypal Transactions	24.25
Pleasure Point Group	357.00
Roxas Group	300.00
Roxas Saturday Group	204.00
Sick Puppies	41.11
Sobriety and Gratitude	19.52
Triple Winners Emotional Sobriety	48.00
Triple Winners	19.40
Twisted Sisters	237.20
Watsonville Fellowship	300.00
<b>March Total Contributions</b>	<b>\$ 4,640.79</b>

Please contact Barbara at Central Office with questions  
831-475-5782