

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 MAY 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 GrapeScin will no longer be mailed out after December 2025. The online version is free at aasantacruz.org located on the “grapesccin/newsletter” page for downloading. Or

email grapesccin@gmail.com or newsletter@aasantacruz.com to have a link emailed to you and/or to be put on the future newsletter email list.*

ANNOUNCEMENTS AND SERVICE OPPORTUNITES!

- 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!
- Reminder; the “plain language” Big Book is available at cost at central office
- Volunteers Needed! **At Central Office** for basic tasks and answering the phone, call or email central office to inquire about shift times and availability!
- Volunteers Needed! For **Bridging the Gap**: be a part of a committee helping those new to the path of recovery leaving detoxes, jails, ect 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 or email SantaCruzcountyHI@gmail.com
- Volunteers Needed! **Activities Chair and Area Reps for areas 1,4,5,7,9,10** A unique opportunity to be of service; plan and network AA events or represent an area by showing up to meetings in the area and help keep them connected to the greater AA community and support them in electing an intergroup rep.

MAY EVENTS AND WORKSHOPS



**** Birthday Speaker Meeting ~ May 3rd**
Doors open @ 6pm, meeting from 7pm-8:15pm ~
MidCounty Senior Center 829 Bay Ave. Capitola. Come potluck fellowship and hear Peggy from Gilroy!



****Take Your Sponsor to Dinner! May 10th @ 5:30-10pm.** Dinner @7pm followed by a speaker meeting. ~ St. Johns Church 120 Ave. Felton \$15 donation



****4TH STEP Workshop!**
@10am-2pm
Ben Lomond Fellowship 9496 Highway 9
Every second Saturday!



****CRUZYPAA presents PROM! Come out and party with us! @6pm HopeChurch 4525 Soquel Dr. Meeting @7pm**

ONGOING BUSINESS MEETINGS

- Bridging the Gap **Mon May 4th @ 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 May 4th and Sun May 18th @ 1pm-2pm**
Trade Winds Church 4525 Soquel Dr. Soquel

- Intergroup Council Mtg. **Wed May 7th @ 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 May 8th @ 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

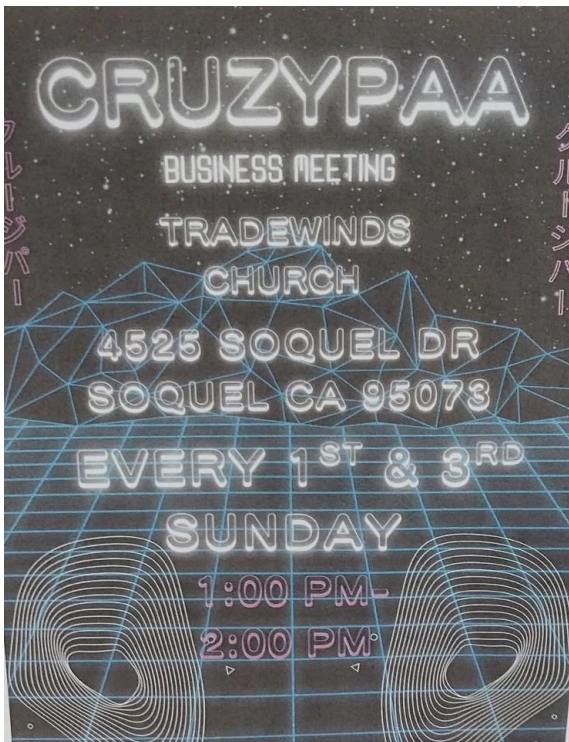
- General Service District Mtg. **Wed May 14th @ 7:30pm-9:30pm**
New General Service Orientation starts @6:45 Mid County Senior Center
Or on zoom, find the link at aasantacruz.org Event Calendar

- ByLaws Committee: 3rd Tuesday every month **May 20th @6pm** contact via email at bylaws@aasantacruz.org

- Intergroup Steering Committee **Wed May 21st @ 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 May 22nd @6pm-7pm**
This committee meets every fourth Thursday on Zoom. Use meeting ID: 892 3730 0658
Passcode: 857738

- H&I Committee Mtg **Wed May 28th @7pm-8pm** Trinity Presbyterian Church
420 Melrose Ave. Santa Cruz



FORGIVE AND FORGET/DETACH

The grouch and the brainstorm were not for us..

It had been four months since the last incident. The PTSD was still showing up at unexpected times in unexpected ways, but she had grown so much since then. She could feel the intensity of the memories beginning to fade, promising hope for her body to respond to life as she had seen possible through those who walked the talk; relaxed, easy, free. But this moment, as she turned from the pump to replace her gas cap he pulled up at the pump catty corner and she froze, heart racing, face flushed with heat. Her legs wanted to run but felt like lead at the same time. She wanted to scream, using the voice she was so used to suppressing and in 1.2 seconds her nervous system had jumped to fight or flight mode. No longer was she basking in the rejuvenation she had just cultivated from her morning walk where noticing the flowers and the way each neighbor arranged and cared for them had put her mind at ease. It was a gift to actually be awake and alive in the mornings! This was her presence practice. But in this moment her body was living in a memory, wisely informing her; he isn't safe. Quickly her mind began to reel with "should haves" and "could haves." She didn't know how to stand up for herself back then. Anytime her body had given her a signal she had overridden those messages for the rational. "He's just having a hard day, he really is a good guy, he's been through so much, maybe things will change if I can just show him love." These thoughts seemed altruistic. How could they be wrong? So she stayed and allowed herself to be treated as her body warned was harming her. Now in these 1.2 seconds at the pump, her body was screaming, and loud. Do Not Override Me! She knew it was putting her head over her heart that had gotten her into such a situation to begin with, and she never wanted that to happen again. Her body was informing her in that moment, as it always did; keep a healthy boundary. She took a deep breath as memories begged to flood in, her mind was moving fast and her breath was becoming short without her knowing. She had the wherewithal to move into her car and wait in the front seat with her head down, and as soon as she was there, so was the whole "committee." She was slowly becoming more aware of this committee the more she stuck with her program and her connection to her Higher Power. The voices were of guilt, shame, self pity, rage, blame, confusion.. each voice with their own elaborate story. But she knew too much now, she knew where listening to those voices would lead, and she was afraid to go to those inner places that would ultimately lead her to drink. She looked up, he was pulling away. She let out a sigh of relief, her mind still spinning with the committee when she heard a little rap at her window. An older woman was holding a small bouquet of long stem roses, trying to make a living, hoping she would buy one.

She paused. The rose was a depth of red that was almost black. Still not fully opened, it looked like it was reaching out to the sun, which she could now feel was so warm. The committee had paused for a moment, and the relief from cessation of thought was palpable. All she could notice was that color, like a garnet! How was it even real? She smiled slightly and pulled out a couple dollars. As the woman walked to the next pump, she smelled her rose, letting the soft

petals grace her nose and she felt that inner fork in the road: stay in the moment, or be carried away by the stream of thoughts. She told herself she was safe and continued to smell the rose until the desire to be swept away by the current passed. The peace inside remained louder than the thoughts. This presence practice was saving her. Her mind didn't need to carry the weight of her past because her body was there, informing her, as it always had, where the boundary lines were, and she was learning to trust it. She was also learning to listen to her Higher Power, who she found spoke in many ways, including her gut and intuitions; the things she knew and didn't know why she knew. She took a deep breath, and on purpose, allowed her mind to forget. She reached for the floor of the passenger seat, picked up her Big Book, and opened to Page 66:

"It is plain that a life which included deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We have found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

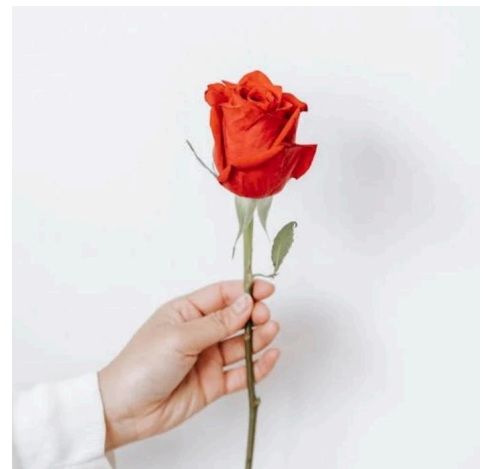
If we were to live we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison."

She said a quick prayer, 'God, allow me to forgive myself for what I couldn't see or do. Allow me to listen to my inner guidance system and never abandon it again.

Take this anger and fear from me, I give it to you. Bless them, change me, as I turn to the Right Now and carry neither past nor future, I give it to You."

To forgive is an intentional decision to let go of resentment, and to ask my Higher Power for the compassion for which I do not seem to have on my own most of the times.

To forget, is to detach from the story and to be here now.



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
March Total Contributions	\$ 4,640.79

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



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