



THE GRAPESCCIN
SANTA CRUZ COUNTY INTERGROUP
NEWSLETTER
ALCOHOLICS ANONYMOUS
NOVEMBER 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 located on

the "grapesccin/newsletter" page for downloading. Or email grapesccin@gmail.com to be added to the mailing list

ANNOUNCEMENTS AND SERVICE OPPORTUNITIES!

Area Reps needed for area 1, 7, 9, 10

The Grateful & Gay Group has moved from Thursday 7:30 PM at London Nelson to Wednesday at 7:00 PM at The Diversity Center – 1117 Soquel Ave.

Submit! Do you have a short personal story, poem or writing 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! 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. Check the business meeting section to get involved

Volunteers Needed! At **Hospitals, Jails and Institutions**; carry the message! If you are interested show up at the business meeting the fourth Wed of the month, visit handisc.org or email SantaCruzcountyHI@gmail.com

ONGOING BUSINESS MEETINGS

Bridging the Gap

Monday, October 6th, 6:30 pm

(First Monday of each month)

Location: 102 Rancho del Mar, Aptos /

Zoom ID: 979 7159 5498 Pass: 1935

**Cruzypaa ("Santa Cruz County Young
People of Alcoholics Anonymous")**

Meets 1st & 3rd Sunday

October 5th & 19th, 1 pm – 2 pm

Location: Jade St. Park

Intergroup Council Meeting

**Wednesday, October 1st, 7:00 pm –
8:30 pm**

**(On the first Wednesday of every
month)**

**Location: Mid County Senior Center,
829 Bay Ave.**

Web Committee Meeting

**Thursday, October 9th, 7:00 pm – 8:00
pm**

(Meets 2nd Thursday each month)

Zoom link:

<https://us02web.zoom.us/j/8847009>

Meeting ID: 884 7009 1801

Passcode: 2272

General Service District Meeting

Wednesday, October 8th, 7:30 pm –

9:30 pm

**New General Service Orientation starts
6:45 pm**

**Location: Mid County Senior Center or
via Zoom (link at aasantacruz.org Event
Calendar)**

ByLaws Committee

Tuesday, October 21st, 6:00 pm

(Meets 3rd Tuesday every month)

Contact via email at

bylaws@aasantacruz.org

Intergroup Steering Committee

**Wednesday, October 15th, 7:00 pm –
8:30 pm**

**(Meets 3rd Wednesday each month,
hybrid/Zoom)**

Joint Committee on Safety Events Planning Meeting

**Thursday, October 23rd, 6:00 pm – 7:00
pm**

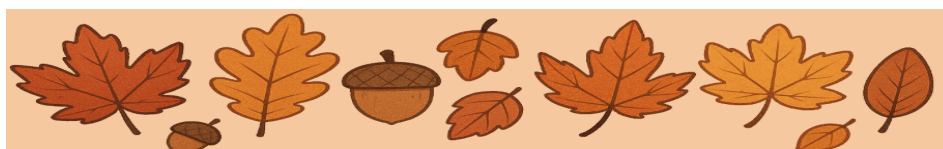
**(Meets 4th Thursday every month on
Zoom)**

**Meeting ID: 892 3730 0658 Passcode:
857738**

H&I Committee Meeting

**Wednesday, October 22nd, 7:00 pm –
8:00 pm**

**Location: Trinity Presbyterian Church,
420 Melrose Ave., Santa Cruz**



SANTA CRUZ COUNTY INTERGROUP
PRESENTS

november
**BIRTHDAY
SPEAKER MEETING**

Lani C

Sobriety Date: 2/9/74
Group: Sufficient Substitute



NOV **1** 2025

MID-COUNTY SENIOR CENTER
829 Bay Ave, Capitola CA

DOORS 5:30PM | SPEAKER 7:00PM

**Join us for the Birthday
Speaker Meeting!**
**We would LOVE your
contribution to our
dessert and snacks
potluck before the
meeting! Cakes, cookies,
fall treats, chips and dips
are all welcome**

CRUZYPAA

BUSINESS MEETING
TRADEWINDS
CHURCH

4525 SOQUEL DR
SOQUEL CA 95078

EVERY 1ST & 3RD
SUNDAY

1:00 PM -
2:00 PM

クルーズパー

**BEN LOMOND
FELLOWSHIP**

4TH STEP WORKSHOP

with STEVE R.

2025
DATES:
Jan. 11
Feb. 8
March 8
April 12
May 10
June 14
July 12
Aug. 9
Sept. 13
Oct. 11
Nov. 8
Dec. 13

**TO A.M. TO NOON
EVERY 2ND SATURDAY**

**BEN LOMOND FELLOWSHIP
9636 HWY 9 • BEN LOMOND**

Starting December you can now join in our monthly
Birthday Speaker Meeting on Zoom! Login info below!

AA SANTA CRUZ INTERGROUP

DECEMBER BIRTHDAY SPEAKER MEETING

DEC
6



DOORS
5:30
MEETING
7:00

JOE L • VISION FOR YOU
SOBER SINCE 12/15/99

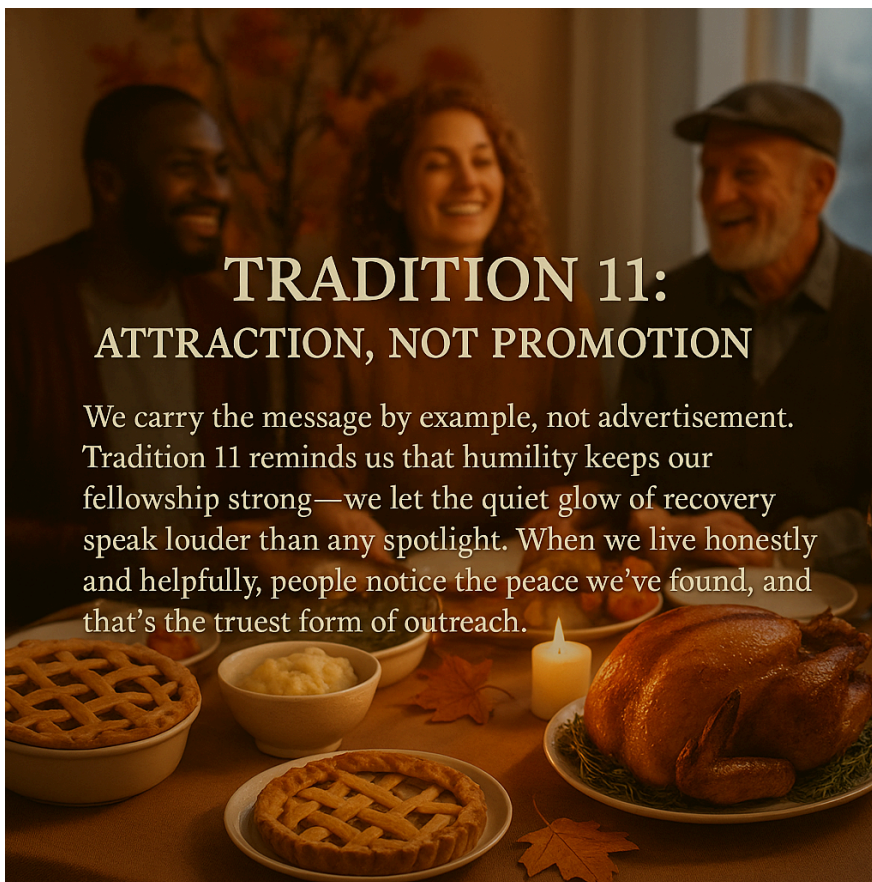
MID-COUNTY SENIOR CENTER
829 BAY AVE, CAPITOLA

MEETING ID: 289 528 4510
PASSCODE: 4755782

Step 11: The Quiet Connection

“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him...”

Step 11 invites us to slow down and tune in. It’s not about grand gestures or perfect stillness—it’s about creating a little space each day to listen for that calm, guiding voice inside. Whether you call it God, Spirit, or simple awareness, this step reminds us that serenity grows when we pause, breathe, and ask for the next right thing... then let go of the rest.



TRADITION 11: ATTRACTION, NOT PROMOTION

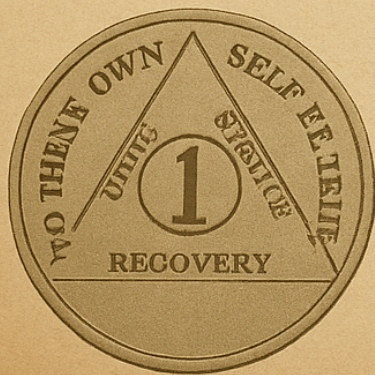
We carry the message by example, not advertisement. Tradition 11 reminds us that humility keeps our fellowship strong—we let the quiet glow of recovery speak louder than any spotlight. When we live honestly and helpfully, people notice the peace we’ve found, and that’s the truest form of outreach.

“Answering a phone call from a sponsee reminds me that we are all helping each other; they are helping to keep me sober by relying on me for support just as much as I am helping to keep them sober by being available for support. It’s a beautiful process!”

-Kay E

AA History Spotlight: Sister Ignatia – The Angel of AA

Before treatment centers or rehab programs existed, a humble nun named Sister Ignatia Gavin helped alcoholics find hope at St. Thomas Hospital in Akron, Ohio. In 1939, she began secretly admitting “drunks” to the hospital under the diagnosis of “acute gastritis.” Working alongside Dr. Bob, she was among the first to treat alcoholism as an illness, not a moral failure.



When a patient was discharged, Sister Ignatia would hand them a small Sacred Heart medallion, asking them to return it only if they ever took another drink. That gesture inspired the AA chip system still used today – a symbol of both surrender and grace.



Book Spotlight: “Twenty-Four Hours a Day”

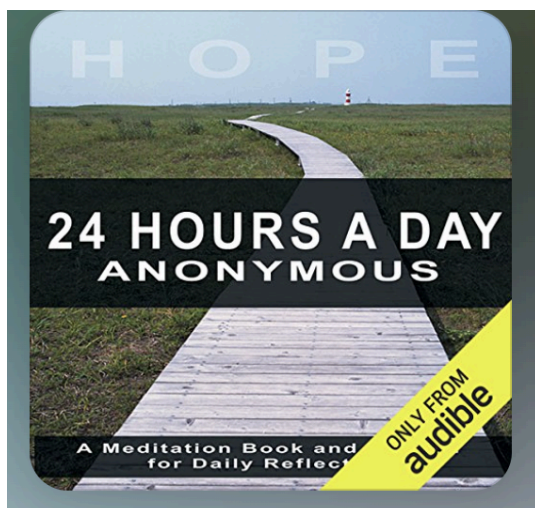
by *Richmond Walker*

First published in 1954, *Twenty-Four Hours a Day* — lovingly known as the “Little Black Book” — has been tucked into countless pockets and purses in recovery for over seventy years. Each day offers a brief reflection, a meditation, and a prayer — simple enough to start your morning or close your night.

Walker, an early member of AA, wrote these meditations from his own experience of surrender and daily renewal. His words remind us that spiritual progress happens one sunrise at a time. The book’s quiet tone mirrors Step 11: the practice of conscious contact through prayer and reflection.

Whether you’ve read it for decades or are just picking it up, *Twenty-Four Hours a Day* remains a gentle companion — a small light for those seeking peace, one day at a time.

“As we become more conscious of the God of our understanding, our troubles fall away in proportion to our trust.”



(also available on Audible!)

