

THE GRAPESCCIN
SANTA CRUZ COUNTY INTERGROUP
NEWSLETTER
ALCOHOLICS ANONYMOUS
OCTOBER 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



Open Positons

Current Open Positions in Intergroup

The following positions are vacant: **Birthday Speaker Meeting Chair, and Area Representative for areas 1, 9, and 10.**

Contact the Office Manager at 831-475-5782 or email info@aasantacruz.org for details.

ANNOUNCEMENTS AND SERVICE OPPORTUNITIES!

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

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!

PRESENTED BY
 AA SANTA CRUZ INTERGROUP

OCTOBER BIRTHDAY SPEAKER MEETING

SATURDAY, OCTOBER 4
 5:30PM DOORS / 7:00PM SPEAKER





GUEST SPEAKER
DAVID R
 SOBER SINCE
 11/8/94
 BOILED OWLS,
 LOS GATOS

MID-COUNTY SENIOR CENTER
 829 BAY AVENUE, CAPITOLA CA



 **BEN LOMOND
 FELLOWSHIP**

4TH STEP WORKSHOP

with **STEVE D.**

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

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

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

Made with PosterMyWall.com

SCCYPAA is hosting

BAYWIDE HYPHY HALLOWEEN

**OCT
 25
 2025**

MEETING STARTS AT 7
 MUSIC AND ACTIVITIES AT 8
 1200 BLOSSOM HILL RD
 SAN JOSE, CA 95128

COHOSTS:
 PENNYPAA
 GGYPA
 EBYPA
 SACYPAA
 MCYPAA

ENJOY LIVE DJ, PALM
 READINGS, FACE PAINTING,
 AND COSTUME CONTEST.
 DON'T MISS OUT!

SUGGESTED DONATION - \$15

MORE INFO @ WWW.SCCYPAA.ORG

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

STEP OF THE MONTH..

Step 10: A Daily Tune-Up

If recovery is like owning a car, Step 10 is the daily tune-up that keeps the engine running smoothly.

“Continued to take personal inventory and when we were wrong promptly admitted it.”

By the time we arrive at Step 10, we’ve already done some serious repair work: digging under the hood of our psyche, cleaning out the sludge, fixing what was broken. But here’s the truth: life keeps happening. Little resentments sneak in, and old habits resurface. If we aren’t in the practice of looking, we don’t notice them and they can pile up fast!

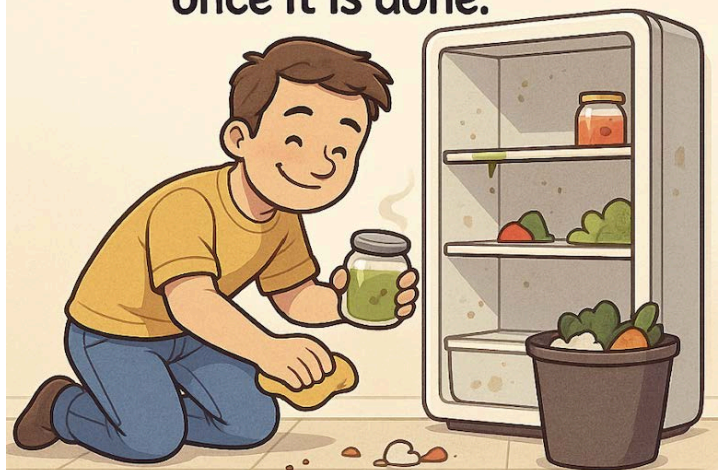
That’s why Step 10 is so freeing. It’s not about shame or perfection, it’s about maintenance. It’s about staying current so small things don’t turn into big things. Think of it as brushing your teeth for your soul: quick, daily, preventative.

The gift of Step 10 is this:

- We don’t have to wait months or years to make things right.
- We catch and circle back to the small stuff before it hardens into heavy stuff.
- We stay connected, honest, and humble in the day-to-day.:

Recovery isn’t about living without mistakes, it’s about living with awareness and grace. Step 10 keeps us quick to mend what matters, because freedom is found in how we implement the steps every day into our lives.

Doing step ten is like cleaning out your fridge. I don’t always want to, but I feel so grateful once it is done.



TRADITION OF THE MONTH...

Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

What it means in practice:

AA focuses purely on helping people recover from alcoholism. It stays neutral on political, religious, or social debates outside its mission. This keeps AA united and welcoming to everyone, no matter their background or beliefs.

Why this matters:

Imagine a space where the only thing that matters is supporting sobriety: no arguments, no judgments, just understanding. Tradition 10 protects that safe space by keeping AA out of public controversies that could divide or distract.

How you can use this:

- When you're involved with AA or supporting someone in recovery, remember the focus is on healing, not on outside opinions or debates.
- If conversations drift, gently guide the focus back to recovery and unity.
- Appreciate the diversity of members' views but respect the common goal everyone shares.

Encouragement:

Tradition 10 reminds us that strength comes from unity. By leaving the world's noisy debates outside, AA creates a peaceful, accepting place where anyone's welcome to find hope and healing. In this shared sanctuary, you're part of something bigger; a supportive community focused on brighter, sober futures.



A LITTLE BIT OF HISTORY...

Who was Carl Jung?

Carl Jung was a fascinating Swiss psychiatrist and thinker whose ideas transformed how we understand the human mind. Born in 1875, Jung explored deep concepts like the collective unconscious (the shared pool of



human experiences) and the archetypes that live within all of us, shaping our dreams, behaviors, and even cultures.

Now, here's a lesser known but extremely impactful part of his story: In the late 1930s, Jung crossed paths with a man battling alcoholism named Rowland Hazard. Jung famously told Hazard that no medical treatment could free him from his addiction; instead, emphasizing that the key lay in

experiencing a profound spiritual shift.

This nugget of wisdom lit a spark. It traveled through the minds of others, eventually inspiring Bill Wilson and Dr. Bob Smith, the co-founders of Alcoholics Anonymous. They built AA around that very idea: that recovery isn't just about willpower or medicine, it's about a spiritual transformation of the self.

So, while Jung didn't found AA himself, his guidance planted a seed that bloomed into one of the most influential and transformative support groups in the world!

AA LITERATURE:

Do you have your own copy of The Daily Reflections? This book gives us 365 short excerpts of AA literature followed by a discussion point with emphasis on the step of the month, often a quick two minute read, making it easy for us to stay grounded in the literature. Grab yourself a copy today?

Here is an example of one page for the month of October...

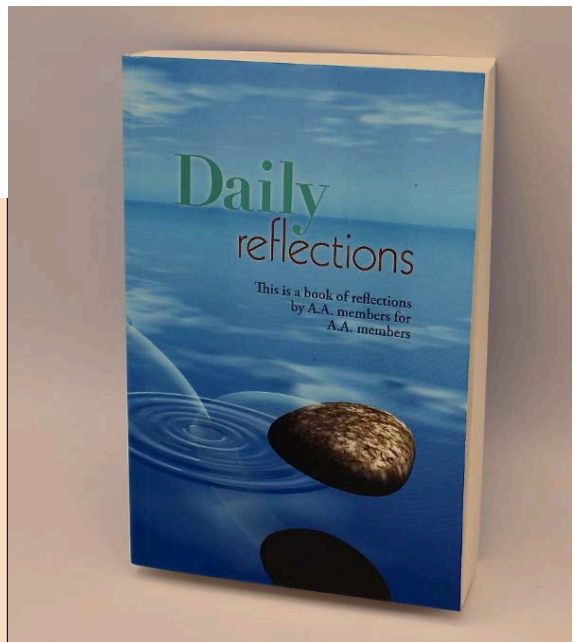
FIXING ME, NOT YOU

October 10

If somebody hurts us and we are sore, we are in the wrong also.

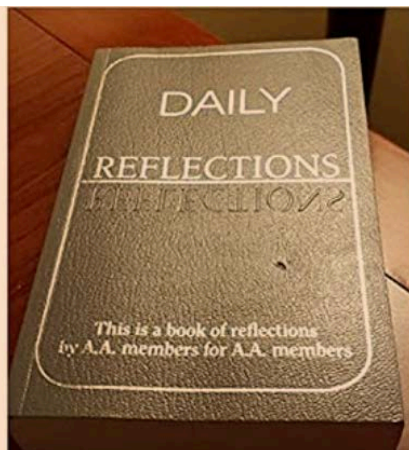
TWELVE STEPS AND TWELVE TRADITIONS, p. 90

What a freedom I felt when this passage was pointed out to me! Suddenly I saw that I could do something about my anger, I could fix myself, instead of trying to fix *them*. I believe that there are no exceptions to the axiom. When I am angry, my anger is always self-centered. I must keep reminding myself that I am human, that I am doing the best I can, even when that best is sometimes poor. So I ask God to remove my anger and truly set me free.



Daily Reflections:

A Book of Reflections by A.A. Members for A.A. Members



A.A.s reflect on favorite quotations from A.A. literature.

A reading for each day of the year.

A WORD FROM OUR SPONSORS...

Sponsorship is an essential part of our program. Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

Sponsorship has been invaluable in learning how to live a life without alcohol when that was all I knew for so many years. If I could have figured it out myself, I already would have.

...Kelly S....

I was brainwashed in early sobriety by one of those crazy bucks from the Pacific Group in LA. Clancy I. And the like. I remember one of our phone chats when I was in the Weeds, again... He said, Alan, if I'm hearing you correctly it sounds like you are doing BB. I said what's BB? He said I'm not sure, but what your doing is not AA. Try AA and call me back... Ass whole, he was right!

...Alan K...



SOBRIETY REMINDERS

