



*Alone we are powerless.
Together, we recover.*

THE GRAPESCCIN

Santa Cruz County
Intergroup
Newsletter

January 2026

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

-Reps needed for Areas: **1** (Watsonville/La Selva)

7 (Downtown Eastside) **9** (UpperWestSide)

****CHECK END OF NEWSLETTER FOR SPECIFICS****

-Office help needed Saturdays 10-2

1 yr sobriety requirements

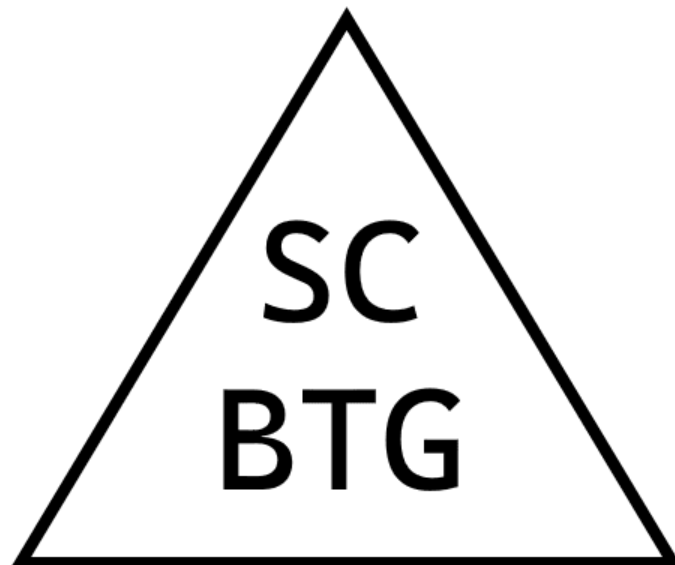
Write to me! I'd love to have your participation on **Step 2!** How did you "come to believe?"

Submit! Do you have a short personal story, writing or art 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.

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

The Bridging the Gap committee is currently still in desperate need of a Phone Coordinator (this person connects our volunteers to newly released patients), a Volunteer Coordinator (this person collects volunteer information), and a Recording Secretary (this person records the minutes at our business meetings). If anyone is interested in being of service to BTG or wants more information about those positions, they can reach out to me for more information. Our website is fully up and functional, and we encourage anyone interested in bridging the gap to check it out at:

<https://sites.google.com/view/btgsc/home>. <click to access the website



Help Wanted January 2026

Santa Cruz County - Area 73 H&I Committee
Hospitals & Institutions

Treatment Facilities Openings

Driftwood Health Care – Needs Secretaries Wednesdays @2:00PM

Janus– Needs a secretary 2nd Monday 7PM

Redwood Grove Post Acute – Needs coordinator and secretaries 1st Saturday @10:30AM

Santa Cruz Residential – Needs Secretaries for 4th Thursday 7:30PM, 2nd Sunday @7:30PM

Telecare Psychiatric Health- Needs secretaries 1st, 2nd, 3rd, 4th Wednesdays @6:00PM (full county clearance needed)

The Cove @ UCSC – Needs Secretaries 1st, 3rd, Thursday @5:00PM

ALL treatment facilities Requirements – 6 months sobriety, working knowledge of the steps

Correctional Facilities Openings

Blaine St. – Needs Secretaries for 2nd, 4th, 5th Saturdays @10:00AM... Female

Juvenile Hall – Needs Coordinator & Secretaries, 1 year sobriety. (Needs male support)

Rountree Facilities – Needs Secretaries Thursdays @7:30PM...Male

Salinas Valley State Prison – Needs Visiting Sponsors... Male, 5 years sobriety

Water Street Main Jail- Needs secretary 4th Thursday @8:00PM...Female

All Correctional Facilities: One year sobriety, and working knowledge of the steps. Five years since the last felony & 2 years since the last misdemeanor required. Orientation and clearance are required for service at both men's and women's county corrections facilities. Orientation is held at the Sheriff's office at 5200 Soquel Ave. Santa Cruz. You must complete an application before orientation can be scheduled. Live Scan background check cost will be covered by H&I. Please advise; clearance will take 4-6 weeks.

Be the Hand in H-and-I

If you are interested in a service position, please visit handisc.org and complete the “volunteer interest form” or email: SantaCruzcountyHI@gmail.com. The volunteer coordinator typically replies within 1 week.....

Santa Cruz H&I committee meeting – is held on the 4th Wednesday of each month in the Youth Room at Trinity Presbyterian Church, 420 Melrose Ave in Santa Cruz. The meeting begins at 7 PM. All AA members are welcome.



Scan the QR code for the most recent updates and online application.

SAFETY COMMITTEE LIAISONS WANTED!

The Joint Committee on Safety invites all meetings in Santa Cruz County to send a safety committee liaison to our monthly meeting.

EVERY 4TH THURS. 6PM ON ZOOM



Safety Committee Liaison Position Description:

- **Suggested Sobriety Requirement:** 1 Year
- **Suggested Length of Commitment:** 1 Year
- Attend monthly Safety Committee Meeting
- Discuss safety and meeting accessibility
- Bring a report back to their group and facilitate communication between group and the committee
- Outreach upcoming safety events


Zoom Meeting:

Meeting ID: 892 3730 0658
Passcode: 857738

Meeting Time: Every 4th
Thursday of the month, 6-7pm

Contact:

 safety@asasantacruz.org

 Julia (831) 566-2534



A fellowship-oriented gathering with a POTLUCK and roundtable breakout groups, following an array of experienced speakers from the area on GSO's ("Guidlines on Saftey and A.A. Groups." Join us and help carry the message!

ONGOING BUSINESS MEETINGS

Bridging the Gap

Sun Jan 4 • 4pm (1st Sunday of each month) Capitola Diner

Cruzypaa

(Santa Cruz County Young People of AA) Sun, Jan 4 & Jan 18 • 1-2 pm 📍 Jade St. Park

Intergroup Council Meeting

Wed, Jan 7 • 7-8:30 pm (1st Wednesday of each month)

📍 Mid County Senior Center

Web Committee Meeting

Thu, Jan 8 • 7-8 pm (2nd Thursday of each month)

🖥️ Zoom: us02web.zoom.us/j/8847009 ID: 884 7009 1801 | Pass: 2272

General Service District Meeting

Wed, Jan 14 • 7:30-9:30 pm Orientation begins at 6:45 pm

📍 Mid County Senior Center –or via Zoom (see aasantacruz.org calendar)

Bylaws Committee

Tue, Jan 20 • 6:00 pm ✉️ bylaws@aasantacruz.org

(3rd Tuesday of each month)

Intergroup Steering Committee

Wed, Jan 21 • 7-8:30 pm (3rd Wednesday – hybrid/Zoom)

H&I Committee Meeting

Thu, Jan 22 • 6-7 pm (4th Thursday of each month)

🖥️ Zoom ID: 892 3730 0658 | Pass: 857738

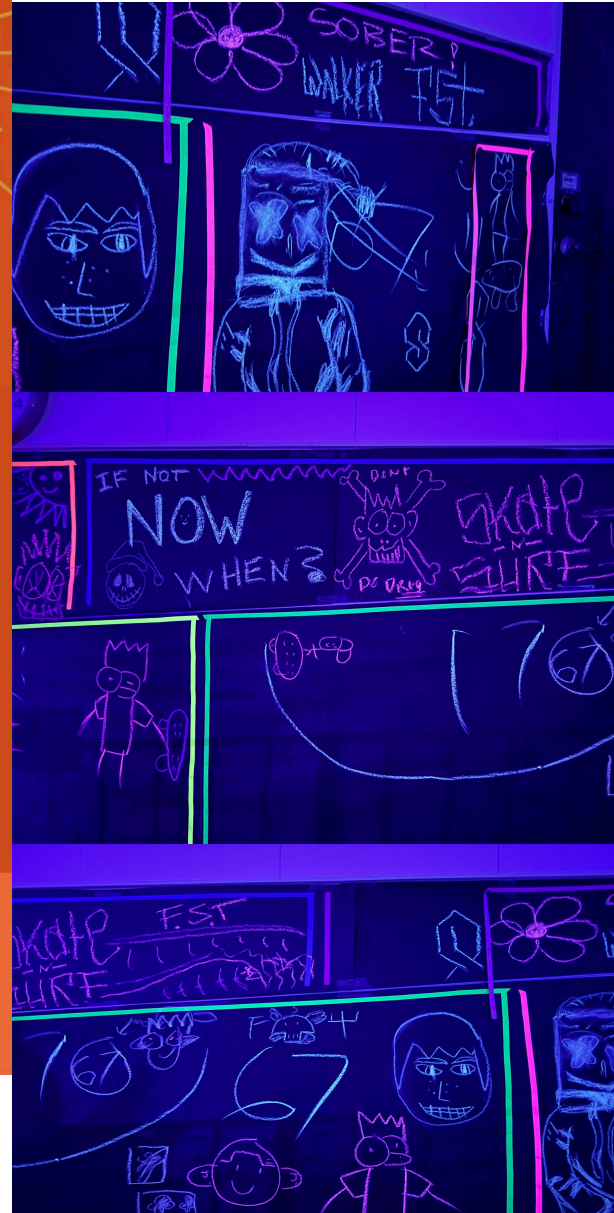
Joint Committee on Safety - Events Planning

Please contact committee for January schedule updates



BSM for Jan 3rd w Kathleen C

+ pics from the AFTERS Dec. black light theme!



The next Afters (AfterParty) will be SAT FEB 7th after BSM; Theme; Leather and Lace! See you there!



**First Things First puts sobriety at the center.
Without it, nothing else can be managed.**

~ original artwork submitted by member, Brett W

STEP ONE

**WE ADMITTED WE WERE
POWERLESS OVER ALCOHOL —
THAT OUR LIVES HAD
BECOME UNMANAGEABLE.**

Step One asks us to admit that, once alcohol is introduced, control is lost. It marks the stark surrender — and the foundation of a new way of life.

We recover together, or not at all.

STEP OF THE MONTH

Step One invites us to begin again — not with strength, but with *honesty*. Admitting *powerlessness* is not a failure;

it is a turning point. Alcohol is described in our literature as *cunning, baffling, powerful* — a truth many of us come to understand over time. Step One asks us to *stop fighting that reality and to recognize the limits of our own will.*

Powerless

Unable to control something, no matter how much effort we apply. In AA, powerlessness doesn't mean weakness or failure. It means that when it comes to alcohol, our willpower, logic, and self-control are not enough. Once we start, we cannot consistently stop — and once we stop, we cannot safely start again.

Unmanageable

No longer functioning in a healthy, balanced, or sustainable way.

Unmanageability can show up in many forms — emotional, mental, physical, or spiritual. It may look like chaos, obsession, fear, exhaustion, isolation, or constant self-justification. For some, life appears “fine” on the outside while feeling increasingly out of control on the inside.



Cunning

Deceptive or crafty.

Able to mislead, disguise itself, or convince us we are in control.

Baffling

Confusing or hard to understand.

Does not respond to logic, reasoning, or good intentions.

Powerful

Having great influence or

effect.

Able to overpower willpower, plans, and resolve.

The Big Book offers a story as a simple illustration of powerlessness often called “whiskey in the milk.”

It suggests that once alcohol is introduced, control can quickly disappear, even when intentions are clear. The point isn't the drink itself, but the loss of choice that follows. This example helps many of us recognize that the problem is not how we drink, but what happens after we start.

[Whiskey in the Milk](#) <click on this for link to the story

TRADITION OF THE MONTH

Tradition One

“Our common welfare should come first; personal recovery depends upon AA unity.”

Tradition One reminds us that recovery does not happen alone. Just as Step One asks us to admit we cannot manage by ourselves, Tradition One asks us to place the welfare of the group before personal preference. Unity doesn't mean

agreement, it means protecting the space where recovery can happen.



Tradition One teaches us that caring for the unity of AA is not separate from our personal recovery, it is part of it.

A DECLARATION OF UNITY



**This we owe to AA's future;
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives'
And the lives of those to come.**

A little bit of History...



William Silkworth, MD
(1873 - 1951)

"Coming from another alcoholic, one alcoholic talking to another, maybe that will crack those egos deep down."

Who is the Doctor from “The Doctors Opinion”?..

Dr. William D. Silkworth was the physician who wrote “*The Doctor’s Opinion*” in the Big Book. Through years of treating alcoholics, he observed that alcoholism involved a physical reaction that made control impossible once drinking began. To explain this, he used the term “**allergy**” – not in the modern medical sense, but to describe why alcoholics experience a craving that non-alcoholics do not. **His understanding helped shape Step One and shifted the focus from moral failure to honest recognition of powerlessness.**

[The Doctors Opinion video](#) <click this link to hear it read outloud

Do you subscribe to The Grapevine?

The AA Grapevine is often called “*the meeting in print*,” sharing real recovery stories written by AA members themselves.



[AA GRAPEVINE](#)

<click here for access to the AA Grapevine

[AA GRAPEVINE PODCAST](#)

<click here for access to the Podcast

[GV DAILY](#)

[QUOTE](#) <link to sign up for a daily quote from the GV

“We no longer want to be argumentative and full of self-pity. Somehow, we slowly but surely cut loose from this sort of thing. It is time-consuming, it is destructive, it could lead to “stinking thinking.” It is not the way we want to live anymore, and we do something constructive about it.”

— Alcoholics Anonymous, The Best of Grapevine

A word from our sponsors: One alcoholic helping another...

“SPONSORING IS LIKE WATCHING A FLOWER BLOSSOM FROM A BUD IN THE SPRING. AND IS ONE OF THE MOST WONDERFUL GIFTS GOD HAS GIVEN ME.” ~RENEE



“SPONSORING IS CARING ABOUT THE TOTAL WELLBEING AND SOBRIETY OF ANOTHER, EQUAL TO OR ABOVE MY OWN.” ~FRED

Songs to
encourage..

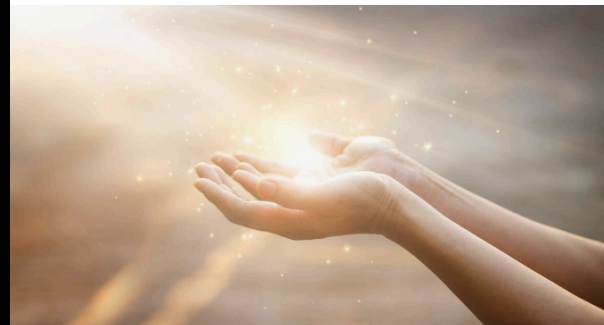
When I find myself in times of trouble
Mother Mary comes to me
Speaking words of wisdom, let it be.
And in my hour of darkness
She is standing right in front of me
Speaking words of wisdom, let it be.

And when the broken hearted
people
Living in the world agree,
There will be an answer, let it be.
For though they may be parted
there is
Still a chance that they will see
There will be an answer, let it be.

....WHISPER
WORDS OF
WISDOM, LET IT
BE
LET IT BE...

~the Beatles

And when the night is cloudy,
There is still a light that shines on me,
Shine on until tomorrow, let it be.
I wake up to the sound of music
Mother Mary comes to me
Speaking words of wisdom, let it be.



SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior. Addressing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Service Material from the General Service Office

Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

For more information on this topic, see the service piece "Safety and A.A.: Our Common Welfare" (SMF-209) at aa.org.

****Area 1 Represents the following meetings...****

Group	Meeting Day/Time	Address	Meeting Format
Sub Dist / Area 01 Watsonville/La Selva			
Make My Day Group	Sunday 7AM	95 Alta Vista (Behind Church), Watsonville	
Watsonville Fellowship	Several daily meetings (Daily noon and 8PM mtgs virtually)	939 Lincoln St., Watsonville	In-person
WFAA Candlelight meeting	Friday 9:30pm	939 Lincoln St., Watsonville	In-person
Aromas Group	Thursday 6:30PM	338 Blohm Rd. (Aromas Water District)	
Mud Flats Group	Friday 8PM	229 Stanford St., Watsonville	Virtual
La Selva Beach Mens Meeting	Monday 8PM	26 Florido St., La Selva	Virtual
11th Step Meditation	Sunday 7PM	26 Florido St., La Selva	Virtual
The Beach Combers (discussion)	Saturday 8PM	26 Florido St., La Selva	Virtual
Out of the Box	Wednesday 7PM	340 East Beach St., Watsonville (YMCA)	Virtual
Triple Winners Emotional Sobriety	Monday 6PM	95 Alta Vista, Watsonville	In-person
Sobriety in the Ville	Daily: Multiple Meetings, Various Times		Virtual
Sobriety in the Ville LGBTQ +			Virtual
La Selva Beach Discussion Meeting	Saturday 8PM		Virtual

****Area 7 Represents the following meetings.****

Sub Dist / Area 07 Downtown East Side			confir me d
Conscious Contact Meditation	Sunday 5PM	1307 Seabright Ave., (Pacific Cultural Center) Santa Cruz	Virtual
Santa Cruz Fellowship	Several Daily (6PM Daily virtually)	412 Front St., Santa Cruz	In-person
On the Beach	Saturday 9AM	Third Ave @ foot of stairs, Santa Cruz	In-person
Out of the Blue	Monday 8PM	721 Laurel St., (upstairs) Santa Cruz	Virtual
Out of the Trenches	Sunday 7PM	115C Coral St., (Shelter) Santa Cruz	In-person
Young People at Loudon Nelson	Tuesday 6PM	301 Center St., (Londen Nelson Center) Santa Cruz	
We Agnostics	Tuesday 7PM	301 Center St., (Londen Nelson Center) Santa Cruz	In-person
We Agnostics	Thursday 7PM	301 Center St., (Londen Nelson Center) Santa Cruz	Verify
Grateful and Gay Group	Thursday 8PM	301 Center St., (Londen Nelson Center) Santa Cruz	Hybrid
Blessed AA	Tuesday 12 PM	1051 Cayuga St (MHCAN) Santa Cruz	In-person
Young People's Underground Group	Wednesday 8PM	Vets Hall, 846 Front St., Santa Cruz	In-person
Sober and Sandy	Sunday 10:30 AM	Third Ave @ foot of stairs, Santa Cruz	In-person

****Area 9 Represents the following meetings.****

Sub Dist / Area 09 Upper West Side			
Ocean View Group	Friday 7PM	150 Church St., Davenport	In-person
Sober Slugs Group	Tuesday 8PM	UCSC Campus Merrill Lounge	In-person
Thumpers Big Book Study	Wednesday 7:30PM	250 California St., Santa Cruz	In-person
Westside Men's Step Study Group	Thursday 7:30PM	801 High St., (Cottage in rear) Santa Cruz	
Westside Men's Big Book Study	Monday 7PM	850 High St., (Church upstairs) Santa Cruz	
Brown Baggers Group	Tuesday 1PM	850 High St., Santa Cruz	In-person
Davenport Book and Step Group	Wednesday 7PM	150 Church St., Davenport	
Stag 12	Tuesday 7PM	850 High St., Santa Cruz	Virtual
Young People Big Book Study	Sunday 8PM	707 Fair Ave., Santa Cruz	
Women's/Nonbinary Underground Garden Group	Sunday 10AM	Harvey West Park, 275 Harvey West Park Blvd., Santa Cruz	In-person
Bonny Doon Group	Wednesday 7PM	7065 Bonny Doon Rd., (Kirk House next to Church) Bonny Doon	



<i>Group Name</i>	<i>October</i>	<i>FY Totals</i>
11th Step Meditation Group 7pm Sunday		\$51.35
Altered Attitude Group		\$0.00
Aptos Womens Serenity Group		\$615.00
Aromas Meeting Group		\$0.00
Awareness Group		\$0.00
B.Y.O.B. Step Study Group Monday 7pm		\$24.43
Bay Group		\$375.78
Big Book and Step Study Group		\$0.00
Big Book All 4 Editions Women Group		\$0.00
Birthday Club	\$31.00	\$68.18
Bonny Doon Group		\$94.08
Boulder Creek Group		\$0.00
Brown Baggers	\$245.40	\$245.40
Candlelight Group		\$0.00
Conscious Contact Meditation Group		\$77.01
CRUZYPAA Group		\$953.93
Discussion Group		\$0.00
Early Risers Group	\$411.61	\$1,180.36
Eyes On The Prize Group		\$0.00
Firehouse Group		\$0.00
Friday Acceptance Group		\$480.00
From The Heart Group		\$0.00
Front Desk Contributions	\$61.00	\$140.23
Gay Men Living Sober Group		\$100.00
Gay Womyn's Group		\$0.00
Glum Not Men's Meeting Group		\$0.00
Grateful & Gay Group		\$206.77
In The Dark Group		\$0.00
In The Hat Group		\$0.00
In The Woods		\$697.00
Intergroup Council	\$47.25	\$179.25
Intergroup Steering		\$36.85
Jade Street Park Group (DMV)	\$274.80	\$1,441.80
Keep It Simple Group		\$0.00
Live on Friday Night (Friday Night Lights)		\$147.46
Make My Day Group	\$56.01	\$56.01
Mattison Lane Group Zoom		\$545.00
Mattison Lane Group	\$114.01	\$239.01
Mens Basic Step Group		\$0.00
Men's Beginners Step Study Group		\$97.01
Men's Crosstalkers		\$0.00
Mens Stag 11 Group		\$0.00
Midtown Womens Big Book Study	\$303.48	\$303.48
Monday Men's Meeting Group		\$0.00
Monday Nite Acceptance Group (BC)	\$158.39	\$376.67
Mud Flats Group	\$100.00	\$325.00
Nifty Fifty Plus Group #135945?		\$219.60
No Frills Sobriety Group		\$93.49
On Awakening Zoom		\$278.94

<i>Group Name</i>	<i>October</i>	<i>FY Totals</i>
On The Beach Group 168438		\$570.00
On The Beach Too Group		\$0.00
ODAAT - One Day At A Time		\$146.00
One O'Clock Step Study Group		\$0.00
Out Of The Blue Group	\$9.60	\$9.60
Out Of The Box Group		\$0.00
PayPal Anonymous	\$24.25	\$101.85
Pleasure Point Group		\$223.80
Roxas Group		\$428.26
San Lorenzo Valley Fellowship Group		\$0.00
Santa Cruz Speaker Group		\$131.71
Saturday Night Live Oak Group		\$0.00
Saved By Grace Group 142470	\$508.80	\$939.00
Scotts Valley Happy Destiny Gp		\$0.00
Scotts Valley Sunday Group		\$0.00
Share Today Group		\$0.00
Shivering Denizens Group		\$0.00
Sick Puppies Group		\$0.00
Sisters In Sobriety Group		\$360.00
Skyland Group		\$100.00
Sober and Sandy		\$333.23
Sober Slugs Group		\$0.00
Sobriety and Gratitude	\$184.81	\$341.57
Sobriety In The Ville Group		\$0.00
Soquel Acceptance Group		\$436.00
Soquel Step Study Tues 11:30am		\$0.00
Sought Through Meditation Group		\$62.04
Step Daddies Group	\$88.19	\$88.19
Step Study For Women Group 625085	\$141.00	\$444.03
Sunday Morning Spiritual Group		\$0.00
Sunday Night Candlelight Group		\$0.00
T.G.I.W Womens Group		\$0.00
The Donut Group		\$669.53
There Is A Solution Group		\$0.00
Thursday 5:30 Group		\$0.00
Thursday Felton Group		\$0.00
Today's Women's Step Study	\$25.00	\$25.00
Triple Winners By Grace Group		\$0.00
Triple Winners Emotional Sobriety		\$0.00
Trudgers Big Book Group		\$0.00
Tues Womens Brown Baggers Grp		\$360.00
Twelve After Twelve 12:12 Group		\$0.00
Twisted Sister	\$117.62	\$236.62
Venmo Anonymous		\$203.86
Watsonville Fellowship Group		\$0.00
We Agnostics (WAAFT) Group		\$0.00
Westside Group		\$0.00
Westside Mens Big Book Study		\$0.00
Women in the Woods	\$250.06	\$250.06
Womens Closed 5 & 10 Group		\$0.00
	\$3,152.28	16109.44



Happy New Year!! You are needed and loved!!



