

The GRAPESCCIN
Santa Cruz County
InterGroup
NEWSLETTER

May 2026

Central Office

5732 Soquel Dr. Soquel CA 95073

Mon-Fri 9am-5pm ~ Sat

10am-2pm ~831-475-5782

Sundays & most holidays closed

aasantacruz.org~

To submit fliers, writings, art, etc to the Grapesccin Newsletter

email newsletter@aasantacruz.org



Are you looking for a service position? The Central Office needs volunteers for general office duties and answering phone calls.

Area Reps needed to represent a greater area of multiple meetings and be a bridge of communication for the groups and Santa Cruz AA central hub. **OPEN ~Area 1- Watsonville-La Selva ~ Area 6- Eastside ~ Area 9- Westside/Davenport ~ Area Z- the Zoom only meetings.**

Officers open-- Treasurer, Recording Secretary, Bylaws. These are important service positions that keep our fellowship running smoothly. Please follow the link to our bylaws page for a thorough description of each available position >[Service Descriptions](#)

23RD ANNUAL SOUTHERN NEVADA

WOMAN2WOMAN RETREAT

CASA BLANCA CASINO & RESORT IN MESQUITE, NEVADA

AUGUST 7-9, 2026

REGISTRATION OPENS JUNE 1, 2026 @ 12pm

REGISTER ONLINE AT: WWW.SNVWOMAN2WOMAN.COM



"The most precious discovery is who I really am—like all of us, a being far beyond any of the ego-selves, any of the fantasies I made up... The differences are but delightful flourishes on the surface, like different-colored costumes, and I enjoy them. But the basic ways we are human, the basic ways we simply are, stand out to me now. I came to see that we all are really one, and I no longer feel alone."
Alcoholics Anonymous pg. 347

Santa Cruz Intergroup
Presents

FOUNDER'S FEST

SATURDAY
12-4PM



JUNE
13TH

MUSIC - PICNIC - SPEAKER

DELAVEAGA PARK

855 Branciforte Dr Santa Cruz, CA 95065



"I acquired the impeccable coat of tan one sees upon the well-to-do"

AA Santa Cruz Intergroup's

May Birthday Speaker Meeting

EMILY K

LOS GATOS • SOBER SINCE 1/5/24

Saturday, May 2nd, 2026
Doors 5:30 PM • Meeting 7:00PM
Mid-County Senior Center
829 Bay Ave • Capitola CA

OH NO.. I WAS DIVIDING EVERY
MOMENT INTO GOOD AND BAD
INSTEAD OF EMBRACING THE
EVERYTHINGNESS OF EVERYTHING.





2ND ANNUAL RECOVERY FUNDRAISER

COMEDY SHOW

"BLAST FROM THE PAST"

THE BEST OF MARK LUNDHOLM

Saturday, May 9
Doors open 6:30pm
\$30 GA, \$50 VIP

VIP includes front seating, signed book, and meet & greet

Scan code to buy tickets




The Landing
251-B Kings Village Road
Scotts Valley

Info: missywashere925@gmail.com



Watsonville Fellowship of Alcoholics Anonymous
Celebrating 55 Years at the Same Address
Since 1971

SAVE THE DATE

JULY 25th - 5pm

PANEL SPEAKERS WANTED

Share your experience, strength, and hope on a special panel during our celebration.

We need speakers who:

- Got sober at the Watsonville Fellowship, OR
- Attended this fellowship hall regularly as part of their recovery journey

...and who now has 35 years or more of continuous sobriety.

Please help us find them!

If that sounds like you – or you know someone who fits this description – please contact: Katie L
wfaa.61035@gmail.com



Do you ever get drunk?

- Yes
- No

X

For more info on business meetings (locations, zoom links, etc) click on this link from our AA Santa Cruz website to our Business Meetings section >>> [CLICK HERE](#)



Service & Committee Meetings – May 2026

-  **Bridging the Gap**
📍 Capitola Diner 🌙 Sunday, May 3 • 4:00 PM
-  **Cruzypaaa**
📍 Jade Street Park 🌙 Sundays, May 3 & 17 • 1:00–2:00 PM
-  **Intergroup Council**
📍 MidCounty Senior Center 🌙 Wednesday, May 6 • 7:00–8:30 PM
-  **General Service District Meeting**
📍 Mid County Senior Center & Zoom 🌙 Wednesday, May 13 • 7:30–9:30 PM
(Orientation at 6:45 PM)
-  **Web Committee**
📍 Thursday, May 7 • 7:00–8:00 PM
-  **Bylaws Committee**
✉ Tuesday, May 12 • 6:00 PM
-  **Intergroup Steering Committee**
📍 Wednesday, May 20 • 7:00–8:30 PM
-  **H&I Committee**
📍 Thursday, May 14 • 6:00–7:00 PM
-  **Joint Committee on Safety** • 6:00 PM
✉ safety@asantacruz.org • Fourth Thursday
-  **Public Information Committee**
📍 Zoom 🌙 Third Wednesday • 6:00–7:00 PM
-  **Accessibilities Committee**
✉ accessibility@asantacruz.org • Fourth Tuesday

Did you know we now have an

ACCESSIBILITIES COMMITTEE?

For what purpose? To explore, develop, and offer resources to alcoholics with significant barriers to receiving the Alcoholics Anonymous message and to participating in our program of recovery. We want A.A. to be available to all alcoholics who reach out for it.

For Who? Approximately 20% of Americans identify as disabled, and we can expect that alcoholics of all ages are disabled. These disabilities may be apparent (such as using a walker and being hard of hearing) or invisible (such as a learning disability or mental health diagnosis). The Accessibilities Committee is run by, and for, disabled alcoholics and their allies.



**Click on this link for more information and to get involved,
we welcome your support!**

[Accessibilities LINK](#)



Join the Santa Cruz District PI/ CPC Committee

*Public Information Cooperation with Professional
Community*

Help Carry the Message Beyond the Meeting Room

Meets: Monthly on the 3rd Wednesday on Zoom

Email: PICPCSantaCruz@GMAIL.COM for more information



What We Do

We provide accurate information about Alcoholics Anonymous to the public and professionals through literature, presentations, and outreach while upholding A.A.'s Traditions



Our Projects Include:

- Pamphlet racks and posters in libraries, clinics, and rehabs
- Welcome Home QR flyers for waiting rooms
- Presentations for schools, probation, and professionals
- Tabling at community and recovery events



PI/CPC Group Representatives

- Be your group's PI/CPC Representative (1-year sobriety and 1-year term)
- Attend monthly meetings: email contact above for zoom link
- Bring PICPC updates back to your groups



District Outreach Volunteer Subcommittee

For A.A. members who want to help but aren't a group representative. Join a subcommittee that supports outreach and public info.

Get Involved. Get Connected. Carry the Message.

Attraction - not promotion • Cooperation - not affiliation

Step 5 The Healing Power of DISCLOSURE

~Admitted to God, to ourselves, and to another human being the exact nature of our wrongs"~



(art submitted by member; Brett W)

In the act of sharing our personal inventory with another trusted member, as vulnerable and scary as it can be, we are given the chance to be deeply known and seen. This is the healing power of disclosure; to set aside our ego for truth. To be met in

our humanity at the deepest level and feel that we are not alone. The opposite of addiction is connection and Step 5 offers us the opportunity for the deepest form of that: to be fully seen and known is to shine the light of love where shame once lived.

DISCLOSURE: the act of releasing, revealing, or making known previously secret, private, or unknown information



(Bill W. and Ebby T.)

Before A.A. was formed, Bill W. shared openly with Ebby Thacher about his struggles. In that moment of honesty and connection, the seeds of Step Five were planted; showing that healing

begins when we are no longer alone in our truth.

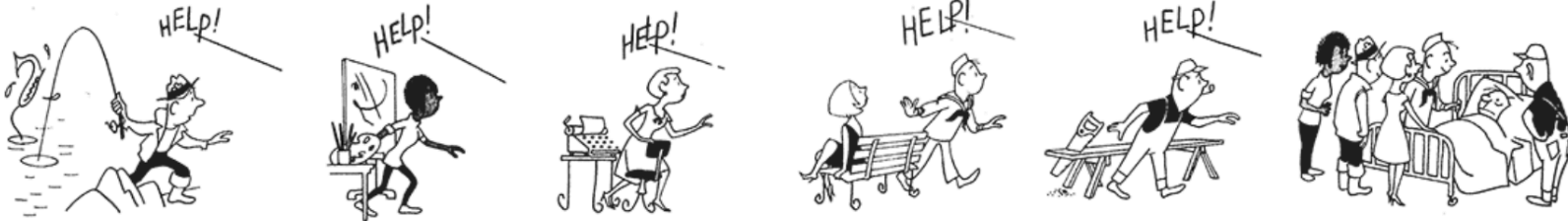
TRADITION 5: WE HAVE BUT ONE PRIMARY PURPOSE..

“In the fifth step I learned what’s wrong about me and in the fifth tradition I learned what’s right about me. What’s right about me is my ability to carry the message when no one else can because of the experiences that I have had which were transformed into a message of hope in the fifth step. My alcoholism is my greatest talent, not my talents as a husband, father, son, or my job. I can fulfill my primary purpose for being born by carrying the message to the alcoholic who still suffers.”
-anonymous member

The Fifth Tradition

*Each group has but one primary purpose
...to carry its message to the alcoholic
who still suffers.*

No matter how different our own personal concerns, we are all bound together by one common **RESPONSIBILITY**...
to carry the message
to the suffering alcoholic.



“There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away.”

Into Action

Pages 86, 87 & 88
Big Book of Alcoholics Anonymous



About “Into Action”

The chapter *Into Action* in the **BIG BOOK** marks the turning point in the recovery process, where honesty starts to become lived experience. It guides us through Step Five and beyond encouraging us to bring our truth into the light, become willing to change, and to begin repairing our

relationships. Through these actions, we move from isolation into connection, and from insight into transformation.



IT'S INSANE

(song lyrics by member Sal L.)

You think your problems have all gone away

Well I guess there's nothing I can really say

Expecting changes while you make the same mistakes

Anyways, it's insane.

You shoot for the stars in an empty space

Hitting every target but where you aim

In a universe of your own is where you call your home

Where you lay in the center pointing out your blame

It hasn't gone away, there's nothing I can say..

It's insane.

You've never begun to live so you live to begin

In a place that resembles to be quite the same

With all your goals that surround, seem to never be found

When you expect new results, but refuse to change

You make the same mistakes, but you're like, anyways, it's insane..

**We won't know now what we'll know later
The futures untold
Hope seems greater
Lessons come,
Mistakes are found
Endless cycle,
Round and round**

It hasn't gone away, there's nothing I can say, You make the same mistakes

But you're like, anyways, in an empty space,

There's no one left to blame

**Its insane
its insane**

(writing submitted by member B.M.)

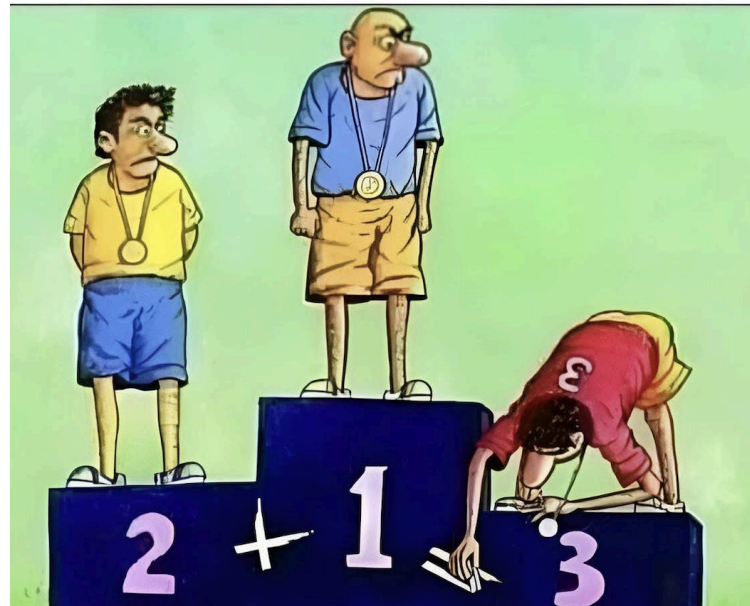
When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.

So this sentence is pointing out that serenity is what you get once there is no longer mental, physical, emotional or spiritual disturbance. And where does disturbance come from? My judgmental mind. I have been so brainwashed as to believe that my thoughts represent

universal truth, that my unexamined beliefs are, without question, what must be the highest and best for everyone, that my opinions make perfect sense and are beyond questioning. However, the reading is saying something very different. The reading is emphasizing that MY version of what the truth is is completely inconsequential. MY version is a reflection of anything and everything that others taught me-actually simply other people's judgments that I've held for so long that I mistook them for universal facts. They're not facts. They're just a reflection of things that

were taught to me or told to me or modeled that got stuck in my brain and for some reason or another, and I felt obligated to defend them. How come nobody whom I can remember gave the world credit or respect for being itself? The world doesn't need to improve. It's only my perception of it that needs to be cleaned up, cleared up and seen without prejudice, without judgment without the influence of preference.

And the positive thinking award goes to...



After a week of being "too busy" for prayer and meditation...





HAPPY MAY!

**YOU ARE NEEDED
AND LOVED!!**

