

THE GRAPE-SCCIN

The Santa Cruz County Intergroup, Inc. Newsletter

5732 Soquel Drive, Soquel, CA 95073

(831) 475-5782

www.aasantacruz.org

Return Service Requested

AUGUST 2021 GRAPESCCIN

July Birthday List

JULY

Gary P. July 1, 1980
Zach July 5, 2001
Rand M. July 15, 1980
Wendy July 29, 1980
Mike B. July 15, 1981
Mark D. July 1, 1984
Michael B. July 14, 1984
Scott B. July 20, 1984
Ingrid July, 1984
Dan F. July 26, 1985
Kathy C. July 7, 1986
Linda M. July 15, 1986
Cynthia Sp. July 23, 1989
Carl P July 5, 1990
Mick Helmet July 24, 1993
Jana M July 4, 1994
Mark M July 4, 1994
Vickie B July 3, 1996
Alisa V July 4, 1999
Jose D July 17, 2000
Carrie July 20, 1001
Johnny R July 23, 2001
Carla P. 7/16/02
Carol H. July 12, 2003
Kim P July 17, 2009
Julie W. July 24, 2012
Michelle B July 22, 2012
Rachelle S. July 2, 2013
Nicole B. July 27, 2014
Kristain B July 29 2014
Richard P. July 5, 2016
Amber J. July 22, 2017
Kimberlee K. July 12, 2019

In Memoriam

Damon McG. 29 yrs.
7/3/1988



BIRTHDAY SPEAKER MEETING

Saturday, August 7- 7:00-8:15 pm.

Speaker: Pat Y, Seal Beach 45 yrs.

hosts: Women's 5 & 10

Zoom ID: 89146786139; PW: 8675309

SUMMER FLING-see flyer-- VOLUNTEERS NEEDED!
Ticket takers, cashiers, servers, cooks (10 am) ALL VOLUNTEERS ATTEND MTG. Sunday, 7/25 at 2 pm, at far end of Harvey West Park

Service Opportunities

Intergroup NEEDS Area Reps for Areas : 1 Watsonville; 3-greater Soquel; 11-San Lorenzo Valley. Be a link between your groups and Intergroup!

Intergroup: Still needs Treasurer (bookkeeping experience preferred; time waived) Call/email Magi through 831 475-5782 or come to Intergroup mtg.

H & I: Volunteers- Attend meeting 7/28! The committee meeting this month is in person at 420 Melrose Ave, 7pm. Please encourage your Home Groups to elect an H and I Rep and have them attend the H and I Steering Committee 4th Wednesday of the month at 7:00 PM! **All Info at handisc.org. A doc with all current openings is attached for jails and treatment centers** (After Intergroup Minutes) Preparing to jails in Sept— **You must submit application to be certified!** For volunteer ?s, email Kat at santacruzcountyhi@gmail.com

Open Central Office shift: Tuesday, 9-1; Friday 9-1;1-5. 1 yr sobriety suggested. Need more 12th step volunteers also. Call 831 475-5782.

Birthday Speaker Meeting committee needs Treasurer- 3 yrs; secretary, 6 mo.

Meetings : Zoom link in Calendar, aasantacruz.org

Activities committee- see above

H & I : Wed. 7/28 7 pm; next 8/25 handisc.org for Zoom link, info.

Intergroup (Open to all) : 8/4, 7:30 pm. Come early if new volunteer.

GSR: 8/11, 6:45-7:30 newbies; 7:30 main meeting. Zoom link in Calendar

Website Committee: 8/11, 7-8 pm Zoom posted in Calendar

Bylaws: Tues.8/17, 6 pm.Contact kim@kimhoganfinearts.com for info

BIPOC service- contact to volunteer bipocrecovery@gmail.com

Birthday Speaker Meeting Business meeting: 9/23, 6:30 pm- Zoom: ID: 84167317231; PW: 8675309; (bi-monthly meeting)

Newsletter Writing Group: 8/8, 4-5:15 pm; email grapesccin@gmail.com

To be added to email list and receive the Zoom information, or to submit.

SANTA CRUZ COUNTY INTERGROUP COUNCIL: JULY 7th, 2021

Meeting Minutes

Meeting begins 7:30 pm

OPENING CUSTOMS:

Birthdays Kathy 35 years; Mindy 7 years. Darcy 20 years Megan 13 years. Kimberlee belly button birthday

Approval of previous month's minutes, Approved with changes to H & I notes. Contact Facility coordinator only, not the facility directly.

REPORTS:

Chair: Magi reminded people that a person cannot hold two Intergroup Rep positions, it is against the Bylaws.

Joint meeting on safety – Next meeting July 15 at 7:00.

There has been discussion of “reworking” areas, there are 11 Areas. One meeting had a downtown address but was noted for the East Side. It's tricky because some meeting places do not have a physical address. Please contact Website committee through the online form, and also contact the Office Manager to clarify where meeting is located.

Vice Chair: Marianne. No Report

Treasurer: OPEN Bob, Office Manager filling us in on financials.

May Financial Report: \$2,939.83 for Group Donations/ May \$135.00 for BSM H&I contributed to their yearly rent, and still waiting for GSR rent. \$3,194.83 total income.

Expenses, nothing unusual. Total \$2,758.48 Grand gain of \$438.35.

Jen asked how Bob is feeling about where we are – he feels good that we had an increase this month, however group donations are coming in a little slower due to start ups again. He's not worried; we're keeping our head above water.

Office Manager: Bob-Office is running well. Very busy for June. 133 callers; 85 visitors; people calling for meeting info, and coming in for purchases. 45 calls were for meetings. 16 people came in for donations. There were 14 - 12 Step calls. There were 487 inquiries, so super busy for the volunteers. Has new Tuesday morning volunteer. We may have a vacancy coming up for Friday mornings.

BSM Chair: Kathy – Corrections to accounting for April was \$256.00 and total for May was \$107.00. Received from Mary K. Asked Bob to update. (Corrections made) June was \$156. Income for July is noted by Bob below.

August Speaker Meeting is Saturday August 7 at 7pm. Pat Y. from Seal Beach with 45 years. Women's 5 and 10 meeting is the host. The flier for August meeting should be out by this Friday. Please remind people to add a note to Pay Pal if you're donating at the BSM. **First live meeting will be back for September!** Policies will be distributed regarding Covid. Reminder, stop by Central Office and pick up your free chip.

BSM needs a new Treasurer, 3 years sobriety. **Also need recording Secretary** – 6 months sobriety. Bob asked about where to send financial stuff. Kathy doesn't know yet. She has a prospect. Bob said July meeting income was \$147, but Kathy said it's different, so they'll work it

out offline. David T. brought up the discrepancy that the report was missing June, so corrections were made.

Activities Chair: Grey Planning the August 7th at Harvey West Park Summer Fling. Motion later for cost. Lots of work on pricing, food, etc. Goal is to bring people together and carry the message. He believes if people can't afford it, they can come in for no charge. Magi said that AA says there's only a suggested donation. Purchasing items are available at cost. Grey asked for group reps to ask for volunteers to show up the day of for help with set up and clean up.

A possible Halloween Dance is on the horizon.

Mary asked the hours and suggested donation. Grey says \$12.00 to \$15.00 donation and the time is 11-4; music is 12-3. Mary asked if this is a Bar-b-que, and yes, food is involved. Mary will post the flier in the Newsletter. Magi also sent the flier out with the meeting minutes.

Jen asked about the charge to attend, and that we need to present it as a free event, and charge for food and drinks. Kimberlee asked about suggested donation for food, rather than paying the cost of food, and Magi brought up to continue discussion off line..

Diverter Chair: Jack – All positions are full!

Newsletter Chair: Mary Things are going fine. Sunday the 11th from 4-5 for a writing group. Brandon is meeting people at Central Office who want to write. Email Mary for questions at: grapesccin@gmail.com.

Bylaws Chair: Kim Were unable to achieve a quorum in June. Next meeting Tuesday July 20th at 6pm.

Website Chair: Murias A lot of meetings going through changes; they're pretty much on top of it. Process is changing, Bob is now included so he learns of changes as they're happening. **Use the form!** Changes take up to 48 hours to change. Be thorough with your change request. List full meeting name. Full email address. Do not be anonymous with the Website Committee.

Make sure and hit the submit button! Working on generating a pdf form for Central Office for the website. Intergroup will be meeting in person, so we'll need fliers for live meetings. Please test your flier for visual clarity.

Website traffic has been steady, but we're expecting to drop off a bit since live meetings are returning. They'll be meeting next week to work on the page for newcomers.

Bob commented that the website looks good; they're mostly keeping up with the changes. Fliers sent to Central Office with dark backgrounds are difficult to re-print. He's received calls about Website changes not being made immediately, and he also commented that they need 48 hours.

Krishna asked about hybrid meetings, and how to conduct them. Who would she contact to get advice about that. Murias sent an updated email to Magi for distribution, and Murias would be glad to help.

John S. commented that the form is confusing, but he was really happy with how quickly his changes took effect. He asked about what info is required and Murias said that he would write in required fields.

Jack B said his meeting used to say "Meeting Open," then it said it was "Hybrid," now it says the meeting is closed – Murias noted someone else must have requested a change and to double

check with the group. Magi noted that people ought to have a designated person who sends request forms to the Website.

Delegate at Large: OPEN

Recording Secretary: Kimberlee no report

GS Liaison: Matt absent and no report. Tim is the DCMC and noted there is not a whole lot going on.

H&I Liaison: David T. Biggest news – returning to Live Meetings on July 28th at 7:00 to the Church at 420 Melrose! Please show up – any questions about service commitments. Volunteer coordinator Kit Kat. Treasurer's report \$485 received from 8 meeting. \$2,614.00 includes the prudent reserve in their account. **People need to fill out clearance and background forms completed to serve at any government institutions. Even if you're thinking about it, get that ball rolling since it takes a while to process.** There are 5 openings at Janus! 5 Secretary positions available (No background check required) 4th and 5th Sunday at 7:00 pm; 3rd and 5th Friday at 6pm.

Magi added as an employee of Janus, wear a mask; they are a health care facility and masks are still required.

OLD BUSINESS:

- Open positions: **Treasurer** – no volunteers. Magi gave explanation of duties.

NEW BUSINESS: Not on the agenda, but there is a motion regarding the Summer Fling to approve funds. Bylaws state amounts over \$2,000 need to be approved for Intergroup. Magi asked if the motion needs to be taken back to the group, and Rick commented it's a bit of moot point since we don't have time for that.

Magi asked who is comfortable speaking on behalf of their group. Intergroup Reps and officers are permitted to vote, but liaisons or the office manager are not eligible to vote.

Rick seconds the motion to approve the budget.

-John asked (1st meeting) whether he should abstain since he is not sure what his group would want. Jen is asking about the estimated amount, and how many people we are expecting.

Grey noted that they made about \$600 in 2019. He didn't receive any previous records to compare funds spent and received. Grey is guesstimating the cost at this point. Grey said this is not about making money, it's about getting people out and getting together. He said that in 2007 it was \$2,400

Mary is surprised at the cost, and if he has no idea how many people are coming, how do we know how much food to get. She thinks the cost could get under \$2,000 if the band were volunteering their services. Grey said private donations cannot be accepted. One of the band members is a member, and part of the band time is being donated. Mary said fundraisers for AA usually don't have the bands being paid. Grey said this is not a fundraiser. Catering minimum was \$1500 for 150 people.

Kimberlee said this is the first she's heard that the event is not a fundraiser and is concerned about the suggested donation rather than paying for a ticket. Grey said we're not here to con-

concentrate on money. Magi said this is an AA unity event and to celebrate AA together. This will show people we can have fun in sobriety.

David asked the name of the band, and if they promote themselves as a sober band. He said he could find a band to play for free. Also, he had to buy a ticket for food, not that the food was a suggested donation. Grey responded that we have to say it's a suggested donation because if we "sell" food, there could be permit issues. David asked about attendance, and Grey replied there weren't really any records for him to refer to.

Kathy noted that for past events she has paid bands, and that the park fees have gone up. She thinks the figures are valid.

Matt asked about mask policy. Grey said he contacted the county, and we'll follow county rules, no masks or temperature taking for an outside event.

Maya was disappointed that we would assume we could get unpaid musicians. She said musicians are paid workers, and Kimberlee added that the band cut their fee by two thirds.

Murias sees that we're putting together an event really rapidly, and with Covid, we could have small turn out, or a massive turn out, we really don't know. Masks may be a questions regarding the people serving food, they probably should wear them.

Rick is glad to see all the participation, and the activities committee is the place to discuss the logistics. If we want to do this thing, let's vote on it. Or if it's too much too soon, let's vote on it.

Show up at the meeting Sunday the 11th at 11:00.

Magi called the vote for approval. 26 voting members, 23 in favor; 1 abstention. The motion passes.

Area Rep Reports:

Area 1 (Watsonville/La Selva): OPEN No volunteers

Area 2 (Aptos): Darcy Sent reminders to the reps for the meeting tonight. Sobriety and Gratitude is back in person, along with the Zoom meeting.

Area 3 (Greater Soquel): OPEN No Volunteers

Area 4 (Soquel Main St): Julie no report

Area 5 (Capitola/Live Oak): Rick, still working on getting to the meetings that are opening up and finding their new reps. Maybe the office workers can work on

Area 6 (East Santa Cruz): Jordan no report.

Area 7 (Downtown Santa Cruz): David H. Santa Cruz Fellowship needs Secretaries for their meetings, and they still don't have an Intergroup Rep but David stressed the importance.

Area 8 ("Little Red Church" Downtown): Joel – he has gone to a few of the meetings that have opened up at the little Red Church. He recruited the Women's 5 and 10 for the BSM

Area 9 (Westside/Davenport): John J. sent Magi report. Went to Westside Men's Meeting. Magi read the report.

Area 10 (Scotts Valley/Emeline): Dion – attended two meetings, and a new rep has been recruited at one of his meetings. If there's no Intergroup Rep, he makes Intergroup announcements.

Area 11 (SLV): OPEN No volunteers.

Meeting adjourned 9:07 pm.

Santa Cruz County - Area 73
Hospitals and Institutions Committee
Help Wanted - June 2021

Correctional Facilities:

Ben Lomond Fire Camp - Needs Coordinator. Male or female, 3 years sobriety. Email santacruzcountyhi@gmail.com

Blaine Street Women's Jail - Needs Coordinator. Female, 3 years sobriety. Email santacruzcountyhi@gmail.com

Water Street Jail/Women - Needs Coordinator. Female, 3 years sobriety. Email santacruzcountyhi@gmail.com

Juvenile Hall - Needs Coordinator - Male and Female, 3 years sobriety. Email santacruzcountyhi@gmail.com

Behavioral Health/Dual Diagnosis Facilities:

Behavioral Health Unit - Needs Coordinator. Male or female, 3 years sobriety. santacruzcountyhi@gmail.com

Casa Pacific - Needs Coordinator. Male or female, 3 years sobriety. Email santacruzcountyhi@gmail.com

El Dorado Center - Needs Coordinator. Male or female, 3 years sobriety. santacruzcountyhi@gmail.com

Telos - Needs Coordinator. Male or female, 3 years sobriety. Email santacruzcountyhi@gmail.com

Rehabs/Treatment Centers:

New Life Treatment Center- Needs Coordinator. Male, 3 years sobriety. santacruzcountyhi@gmail.com

Transitional Housing For Homeless Veterans:

Paget Center - Needs Coordinator. Male or female, 3 years sobriety. santacruzcountyhi@gmail.com

Santa Cruz County Jails On Standby

Water Street Men's Jail	On standby for in person meeting to resume
Water Street Women's Jail	On standby for in person meeting to resume
Blaine Street Women's Facility	On standby for in person meeting to resume
Roundtree Men's Facility	On standby for in person meeting to resume

All Jail Facilities: One year sobriety, 5 years since last felony & 2 yrs since last misdemeanor required. Orientation and clearance required for service at both men's and women's county corrections facilities. Orientation is held on the first Wednesday at 1PM or last Wednesday at 6 p.m. at Water Street Jail, 259 Water Street, Santa Cruz. You must complete an application before orientation can be scheduled. Please visit: HandISC.org to fill out an application.

All other H & I Facilities: Please visit HandISC.org/Volunteer and fill out the volunteer form. We will be in touch with you to initiate your volunteering and placement into an open meeting.

For more information and to volunteer please visit: HandISC.org



Change- Peg P.

Change came on December 18, 2009, while I sat with the intake psychiatrist on my first day at a treatment center in Tucson, AZ. I was there for an issue other than alcoholism, but as the conversation deepened, I found myself saying that I no longer wanted to drink alcohol or do drugs. Furthermore, I wanted to surround myself with like-minded people. That doctor heard something very important in what I said. I did not know it then, but he recognized Tradition Three. I had stated very clearly that I had a desire to stop drinking. At that time, I was completely unfamiliar with the third, or any other, tradition, but that kind, good-listening man took action and changed my original treatment plan based on that statement. He kept me on the eating disorder track, my original reason for being there, but he made it possible for me to attend any and every AA, CoDA, and NA meeting I wanted to, in addition to the EDA meetings that were part of my program.

After 45 days there I returned home to an after-care plan consisting of all of those 12 step programs I just mentioned. My family was confused about my involvement in AA. I am just codependent enough that they have never seen me drink alcoholically, and the only addiction they were aware of was the most obvious one, my addiction to food. So yes, they were stumped, and accusations flew that I was avoiding the food issues by focusing on what they considered to be the non-existent alcohol issue. I considered what they were saying, but for once in my life I did not acquiesce to what they told me to do. I trusted my gut, my Higher Power, and I stayed in the rooms of Alcoholics Anonymous. I went to CoDA and EDA intermittently, and I occasionally attend a women's NA meeting, but AA is what spoke to me. AA is where I connected the dots of my insanity. AA is where I found my list of 'S' words, my S-Plan, my Sobriety Plan. AA is where I learned how to work my Steps with my Sponsor, believe in Something bigger than me, build my Sober support by attending meetings, and to always say yes to Service opportunities. It is because of this plan and the help and guidance from all of you that I have been able to achieve and maintain my sobriety, change my ways, embrace those changes, and apply them to all aspects of my life, since that day in Tucson.

I am forever grateful to that psychiatrist for hearing the third tradition, which states "The only requirement for membership is a desire to stop drinking"; to all of you for welcoming me, showing me the way, and loving me; and the Big Book of Alcoholics Anonymous, specifically the following pages:

Page 24: ... "There is a complete failure of the kind of defense that keeps one from putting his hand on a hot stove. The alcoholic may say to himself in the most casual way, "It won't burn me this time..."

Page 229: "I don't think the boys were completely convinced of my personality change, for they fought shy of including my story in the book, so my only contribution to their literary efforts was my firm conviction – since I was still a theological rebel – that the word God should be qualified with the phrase "as we understand Him" – for that was the only way I could accept spirituality."

Page '279': Actually the unnumbered page after page 278, entitled, "They Stopped In Time" which introduces the seventeen stories of AA's who "have been saved years of infinite suffering." They sum it up something like this: "We didn't wait to hit bottom because, thank God, we could see the bottom. Actually, the bottom came up and hit us. That sold us on Alcoholics Anonymous."

Page 562: The Twelve Traditions, and specifically the third tradition, as mentioned before.

It is a combination of these four pages that created my key, my invitation, into the rooms of Alcoholics Anonymous, and it is in these rooms that I was able to get sober and make the changes necessary for the life-saving work necessary for the rest of my issues.

AA is the origin, the granddaddy of all other twelve step programs. It, like the others, is a program of action, or change. Maybe I could have stuck to one of the other programs, but I sincerely believe that I needed the clarity of mind that I got through sobriety in order to make the rest of the necessary changes.

Change is good. Change helps. Change can be challenging. We alcoholics don't often like change. And, I believe change can be medicinal – it doesn't always taste good, but the results can be miraculous.

This is certainly my experience – I unwittingly expressed my desire to stop drinking, a god moment if you ask me, and my Higher Power led me down the path to Alcoholics Anonymous, home of change. Forever grateful; that is me!

The following poem was written by Gavriella D. in our writing group. She said:

This is for Amanda, who walked up to me after a meeting where I shared about never wanting to go back to the darkness I was in over eighteen years ago when I walked into the rooms of recovery. Your experience of your own darkness and your statement that all it took was that firefly's light to keep you coming back, inspired me. Thanks for giving me permission to write a poem about it. I've lost track of how to reach you, and hope you get to see this and read it.

A Newcomer's Gift and A Firefly's Light

She shivered and spoke,
You don't want to be out there –
ever again!

Dark and wretched,
So much suffering.
Keep doing what you're doing.

Stay sober.

Pitch black

A veil of shame
covered my eyes

I couldn't see,

Sounds without sense

Drowning in fear

An endless, shapeless abyss

Ready to swallow me whole

Then, a firefly flew by

A mere pin prick of Light.

Illumines my eyes

She's here and gone

Leaves that pin prick of Light

Wedged in my heart

The tiniest crack of willingness.

Opened the way

Six months later,

Still sober,

Awakened from darkness to Light.

SANTA
CRUZ
COUNTY
INTERGROUP
PRESENTS

2021 SUMMER FLING

SPEAKER, LIVE MUSIC,
FUN & FOOD

Live Music Featuring



HARVEY WEST PARK

CITY OF SANTA CRUZ

SATURDAY AUGUST 7TH 11 AM-4 PM



SANTA CRUZ INTERGROUP
PRESENTS

BIRTHDAY SPEAKER MEETING

HOSTED BY: WOMEN'S 5X10 GROUP

PAT Y. — 45 YEARS

SEAL BEACH, CA

AUGUST 7, 2021 7-8:15 PM PST

ZOOM ID: 891 4678 6139

PASSCODE: 8675309

DIAL IN (669) 900-9128

7TH TRADITION

PAYPAL.ME/INTERGROUP923

ADD A NOTE—"BSM-8/7/21"

SEPT. 3-5

WESTERN ROUNDUP LIVING SOBER

**IN THE MIDDLE OF THE
LIFEBOAT**

LIVING
SOBER

SAN FRANCISCO, 2021

2021

BEN LOMOND FELLOWSHIP PRESENTS

LABOR DAY

FELLOWSHIP

\$10 ADULTS • \$5 KIDS
FOOD DONATION



LIVE MUSIC

FEATURING
JOHN MICHAEL BAND

PICNIC

COVERED BRIDGE PARK • FELTON

WIN A TRIP FOR TWO
... TO THE 2022 BIG ISLAND BASH ...

MONDAY, SEPTEMBER 6th, 2021, 11AM

RAFFLE PRIZES • 50/50 • DESSERT AUCTION

2PM SPEAKER - MARY C.