# SANTA CRUZ COUNTY INTERGROU

# **GRAPESCINN**

# SHOWN THE DOOR TO THE UNDERWORLD

I still remember getting lined up and asked in Sunday School: "Do you feel the love of God in your heart?" I know kids who answered: "No, leave me alone!" I respected that. For me, it was: "Yes, leave me alone!"

Or what about the time in sixth grade when I made the sign of the cross in front of everyone at the wrong kind of church! The youth pastor spent the next couple of weeks talking about how people like me were going to hell.

So, when I saw Step Two on the big white sign at the A.A. meeting, I was not amused. But my sponsor told me I only had to be willing. I could do that.

One day I heard another alcoholic share that someone at some church somewhere had told her she was going to hell, too. Pretty soon it was easy to see how you could make a whole meeting out of people who had been shown the door to the underworld – maybe a whole fellowship. I've never been much of a joiner, but it seemed like I already belonged to this group. My sponsor confirmed that "God will meet you where you're at," and that place didn't need to be a church.

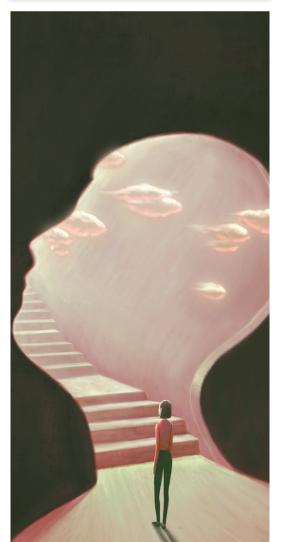
I'm the kind of person who needs to experience a power greater than myself to believe it. I'm not going to be able to turn my will and my life over to a book, a statue, or someone else. I don't have to be in opposition to religion. I need to be willing to strengthen my experience of that higher power each day.

It's a work in progress for me, not a conclusion.

Molly, Scotts Valley

### January 2023

Shown the Door to the Underworld	1
Came to Believe in Insanity	2
Sprinkle	2
My Bouquet of AA Wildflowers	3
Not Your Typical AA Story	4
Sobriety Milestones	5
Upcoming Events	6
Intergroup News	7-11



# CAME TO BELIEVE IN INSANITY

The first few times I read Step Two I was in complete denial. How could a power greater than me (which I was not sure I totally believed in) restore me to sanity?

Especially when I knew that I was totally sane - not even a little insane.

Did you not know who I was? A single mother of five; a manager of a very successful business; and a community leader.

Then I started working with my sponsor, and she pointedly asked: "Who would repeat the same behavior and expect different results?" Only someone who is insane.

I had continued to drink for more than seven years. I would get drunk and engage in behavior that was not who I was. Disgusted with myself, I would withdraw from human contact – until the next time. Then, as if I had no memory of the past, I'd repeat the same behavior. And you know what? I'd get the same results: Drunk. Behaving unacceptably. And then, withdrawal again from human contact. Same behavior, same results.

Step Two did not come to me in a single instant, but over time. Repeating any behavior and expecting different results is insanity.

Step Two works; it really does. But only if you work it.



Phyllis, Santa Cruz



# SPRINKLE

Sprinkle of sunshine, It's in your soul don t ya know when there is a light in our heavenly soul. She is the light, my sunshine that will be all day glowing. That sparkle in his eyes that started my love overflowing for every moment we have to stay, find a most special way. A calmness to plan time to be away so that we can come together again. it is in the freckles on his nose and his faith in my strength that gives me confidence in this pace. Magical grace will save the day. The heroes of our today will be there to light the way.

Lotus K

# **MY BOUQUET OF AA WILD FLOWERS**

I was one day sober when I met my first wild flower. Dorothy must have been 70 years old. Sitting at a folding table, she stared across at me and declared, "You don't have to live like that anymore." I was defeated, battered, furious and still she gave me hope.

One year later, Carol's on the phone: "Hey, Steve, two alkies phoned Central Office. Got time for a couple 12 Step calls?" I had time. Ten minutes later Carol's VW bug pulls up. A half-hour later, we're driving a scrawny whiskered guy to the doughnut shop. Over coffee and a maple bar, I listen as Carol explains AA to him and offers him a ride to a meeting. "Maybe tomorrow," he says.

Rebeca is 30ish, bloated, red-eyed and smells like booze. Southern Comfort is her drink. She falls into the back seat and off we go to the 17th Avenue fellowship for a noon meeting. Rebecca is still sober today.

Nancy W. always had time for people new to recovery. Her husband, not so much. "How are you feeling?" she would ask. When the answer was "Not so good," she would suggest a walk and talk. One day she encouraged me to look at the horizon instead of my feet. She said I would feel better. It works.

In 1946, Big Julie was led out of the alleys in San Francisco by two guys working AA's 12th Step. They cleaned her up and took her to a meeting. Bill Wilson called her Big Red. I listened to Julie and Rich. Heard her take on AA etiquette – "Always stay to the end of the meeting." Her approach to relationships: "Put your trust in God's hands."

I was 30 years without a drink when I last sought Julie's advice. An inventory I'd heard disturbed me. "Sounds to me like you have too many years and too few days," she said. "Steve, you forgot where alcoholism takes us." Feet on earth, saved again.

Susan used to ask her best friend Brian what he thought about her relationship-issues with me. I asked her: "Why do you ask him instead of your girlfriends?" "If I asked my girlfriends about a problem I have with you," she said laughing, "my girlfriends would always side with me. You are always going to be wrong. You wouldn't have a chance."



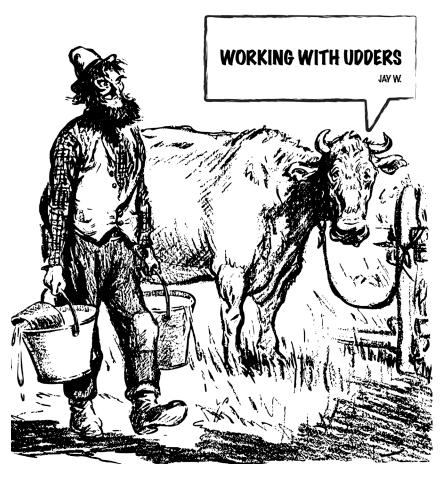


# NOT YOUR TYPICAL AA STORY

A long time ago, I attended Stanford and got a Computer Science master's degree. I made a good living for the first 25+ years of my career in software development. In 2006, I left my engineering management job in Silicon Valley to start an entrepreneurial venture. When I began to have daily headaches, my physician started a series of medical tests to determine the cause. I may have what's called "early onset FTD", or "early onset dementia."

On 1 Sep 2020 (my sobriety date), I got a phone call from my sister-in-law. "AI, have you been drinking?" I had not, and said, "No, Karen, it's 11 in the morning! Why do you ask?" She replied, "because many of my clients have substance abuse problems." After I discovered that there were 170 weekly AA meetings in Santa Cruz County alone, I tried an AA meeting in Soquel, attended multiple meetings in Felton, and in October found Early Risers in

#### WHAT DO YOU CALL A DAIRY FARMER ON A 12TH-STEP CALL?



Capitola. ER is now my Home Group (RIGHT ON!) I attended ER during my 90 initial days' time and hit my 6-month "chip day" on 1 March 2022. I completed Step 12 with my sponsor in late 2022.

When my children asked me on Christmas two years ago, "Why do you attend AA? You aren't alcoholic, as far as we know." I replied, "I feel supported and loved in AA."

My former wife used to complain "you used to be so musical and spiritual. What happened?" I am happy to say that I am now practicing piano, playing guitar, and humming and singing occasionally too. I am grateful for AA and my family, who have been supportive of me in my time of need. My stepson and my best friend have invested in my current startup. My mom, sister and brother know of my early-onset FTD diagnosis and have been patient with me. I am trying to live the AA way, and I hope that the AA promises come true for me.

Al, Scotts Valley



Zoe Marcia K Ace S Diane S Nancy G Martin McC Danny I Janet J Mary Pat O'C Marianne S Bob S Colleen H Mari R Mary Z Butch W Gary B Steve G Frank M Jimmy N Jill P Tom McK Rich G **Rick S** Kenton W Marion W Ron B Don S George H Lloyd G Dee Dee H Clarissa B Renee K Jan, 1998 Ben L Rhonda W Joanne M Mark O Allan C Bonnie W Amber J Todd I Scott S Kimi O Kevin R Glenna H Stephanie B Lisa A Chelsie O

In Memoriam Ron B

January 1, 1980 January 28, 1981 January 16, 1982 January 1 1983 January 23 1984 January 22, 1985 January 25 1985 January 23, 1986 January 2, 1987 January 6, 1987 January 18, 1987 January 12, 1988 January 18, 1988 January 5, 1989 January 6, 1990 January 10, 1990 January 19, 1990 January 21, 1991 January 2, 1992 January 20, 1992 January 13, 1993 January 16, 1993 January 23, 1993 January 1, 1994 January 2, 1994 January 25, 1994 January 1, 1995 January 15, 1997 January 17, 1997 January 26, 1997 January 1, 1998 January 1, 1998 January 2, 1999 January 6, 2001 January 3, 2001 January 28, 2001 January 9, 2002 January 15, 2003 January 4, 2008 January 20, 2010 January 19, 2011 January 1, 2013 January 3, 2013 January 5, 2014 January 28, 2014 January 13, 2015

Want to list your A.A. anniversary in the GrapeSCINN? Email your name and sobriety date to: grapesccin@gmail.com



# MARCH BIRTHDAY SPEAKER MEETING

MARCH 4TH 2023 7:00PM – DOORS OPEN 6:30 MID-COUNTY SENIOR CENTER 829 BAY AVE. CAPITOLA, CA 95010 HOSTED BY ODAAT BOOK STUDY

January 5, 2014 January 28, 2014 January 13, 2015 January 24, 2015 January 24, 2015

January 25, 1994

# **UPCOMING EVENTS**

Feb. 1, 2023 @ 7:30 - 8:30 pm Intergroup Council Meeting Meeting ID: 828 1508 0970 Passcode: 588309

Feb. 4, 2023 @ 7 - 8:15 pm **Birthday Speaker Meeting** Mid-County Senior Center 829 Bay Ave., Capitola, CA

Feb. 5, 2023 @ 1:00 - 3:00 pm **CRUZYPAA Monthly Meeting** Harvey West Park 326 Evergreen St, Santa Cruz, CA

Feb. 8, 2023 @ 7:30 - 9:30 pm General Service District Meeting Meeting ID: 857 1510 3072 Passcode: 524168

Feb. 11, 2023 @ 10 am - 12 pm **4th Step Workshop** Ben Lomond Fellowship 9496 Hwy 9, Ben Lomond, California

Feb. 11, 2023 @ 7 pm - 10 pm **Sobriety in the Ville Saturday Night Speaker Meeting** Meeting ID: ID: 761-770-9535 Passcode: makemyday

Feb. 15, 2023 @ 7:30 - 9:30 pm Intergroup Steering Committee Meeting ID: 861 8723 8980 Passcode: 723088

Feb. 19, 2023 @ 1:00 - 3:00 pm **CRUZYPAA Monthly Meeting** Harvey West Park 326 Evergreen St, Santa Cruz, CA

Feb. 25, 2023 @ 6 - 8:00 pm **Santa Cruz Fellowship Birthday Speaker Meeting** 412 Front Street, Santa Cruz, CA

Mar. 1, 2023 @ 7:30 - 8:30 pm Intergroup Council Meeting Meeting ID: 828 1508 0970 Passcode: 588309

Mar. 4, 2023 @ 7 - 8:15 pm **Birthday Speaker Meeting** Mid-County Senior Center 829 Bay Ave., Capitola, CA



#### The Big Book & Step Study Group is NO LONGER A HYBRID MEETING.

We still meet in person on Fridays at 7 PM at our usual location:

### Calvary Lutheran Church, 2402 Cabrillo College Drive,

**Soquel CA** (at the end of the short section that runs west off of Park Avenue just north of Highway 1).

We'll be starting at the beginning of the Big Book around February 10th. We also read out of the 12X12 on the last Friday every month, covering the Step or Tradition corresponding to that particular month.

We are a welcoming, open meeting for anyone who wishes to know better our two most important texts.



# SANTA CRUZ COUNTY INTERGROUP COUNCIL MEETING 2023-01-04

#### Attendees

- Chair Murias
- Vice Chair Christopher
  Treasurer Clint
- Office Manager Kerri
- BSM Chair Ed O.
- Activities Chair Kimberlee
- Diverter Chair Jack
- Newsletter Chair Lucie
- Bylaws Chair Sarah R.
- Website Chair Grey
- Recording Secretary & Area 9 John
- H&I Liaison Fiona
- CRUZYPAA Liaison Jesse P
- Area 3 Kimberlee
- Area 4 Darcy
- Area 5 Rob
- Area 6 Mary K
- Area 7 Dave H
- Area 8 Erik B

#### **Serenity Prayer**

#### Preamble (read by Kimberlee)

#### 12 Traditions (read by Lily)

#### **Birthdavs**

- Ed O. 34 years
- Dave 18 months
- Erik 9 years

#### Introductions

#### Notes

Minutes are approved as written.

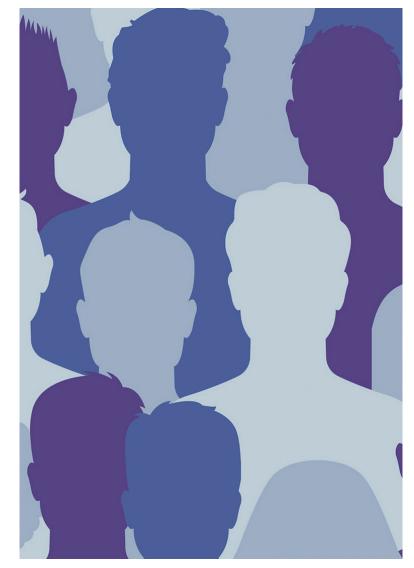
# REPORTS

#### Chair - Murias

Like to get a feeling for the room on this: something that usually happens every year depending on how Santa Cruz's YPAA involvement in ICYPAA. Normally GS and Intergroup would write a letter in support for their bid for ICYPAA. Wants a feeling from the room (nods, etc.) in regards to support for making this endorsement. (room was read) awesome, consider that done! Clarification from Christopher: it is ACYPAA that we are trying to bring to Santa Cruz. Next month (take this back to your groups; area reps take it to groups that don't have reps) – elections! Every position on the Steering COmmittee is open. Some are eligible to run again, some are not, but all positions are available. Area reps go up for election in March. There will be a follow-up email w/ take-back-to-your-meeting info that includes the job descriptions. EVERY position is up for grabs, she knows that some positions will be vacant. Chair of Santa Cruz GS will be running the election (through the 3rd legacy procedures). We will describe how that operates at next month's meeting. Any questions on elections? Question from Grey: how can a person find out if they're qualified? For example my position, I came in on the tail end of someone else's, then I had one term after that. How do I find that out? Murias: through the job descriptions. There has been some big business going through Steering (more on this later): two fairly large motions on Steering which have been tabled currently, we have yet to begin discussion (will be starting shortly). They were on Budget for Intergroup - Fiscal policies and guidelines for Intergroup

#### Vice Chair - Christopher

Received some information about reps that are no longer Integroup reps; 2 new reps tonight (Kalon



and Eben), let's welcome both of them! If there are any new reps, please DM him your phone number, email, and name of meeting that you are representing.

#### **Treasurer - Clint**

Net gain for December \$1349.94 - due to donations up for Nov, expenses down, recovering cost of goods sold in November as sales. Quickbooks reports are not reconciled yet, so not available for the month of December. Bank balances and donations are current for December. Annual tax and filing for non-profit status filed in November.

Any questions about Statement of Activity or Financial Position: please ask. I will not be available for Treasurer after the end of this month. If anyone is interested in that position, make yourself available.

#### Office Manager - Kerri

For the month of December, total of 94 callers:

- 48 visitors
- 24 meeting inquiries
- 33 purchases
- 11 walk in donations
- 6 12-step calls
- 1 other resource inquiry
- 2 H&I visitors
- 41 other biz related visitors
- 18 AA informational calls

This list is not complete because we did have a new person who didn't fill it out. We still have some shifts available: Fridays, Saturdays, and fill-ins on Monday afternoons and Wednesday in the middle of January. If you know someone who could fill in ad-hoc it would be great if you could send them to the central office. Reminder to those groups whose venues are requesting a certificate of liability, please contact Kerri directly at the Central Office and she can send you a PDF. Feel free to email at officemanger@aasantacruz.org Question from Murias: did you have to close at all during the holi-days? Kerri: I worked Xmas eve and I was actually busy. We closed the Monday after Xmas, and New Years Day.

#### BSM Chair - Ed O.

BSM is on track for this coming Saturday (Ivy Z. from Sacramento). They still are requiring us to sign a contact list (spoke to Marilyn yesterday, she said yes, it's still mandatory). Get there by 6:30 at least to sign the list! Question from Kimberlee: will there be a dance after the February...? Ed O.: no, there will not be. It's too much money for too little attendance. All the dances really have not been that spectacular. Comment from Murias: updated flier from this Saturday's BSM will be sent out with the follow-up to the meeting.

#### Activities Chair - Kimberlee

Secured the German American Center on Plymouth St. for a St. Patrick's Day party. Speaker, dance, will be putting together a committee in the month of January to help put that on. We really need to think in terms of having a fundraiser for our Intergroup because we're going in the hole every month. Contributions have dropped significantly and it's not good. We have Spring Fling. The Halloween party only cost about \$465 (w/ a \$2500 budget). Point is to have fun in sobriety and be self-supporting in our own contributions. Thought about having a birthday club and bringing that back into the works (donate a couple \$ for each year of sobriety). Trying to figure out the correct language. Would love to have some volunteers to help out with the St. Patrick's Day event. If anybody wants to help, she will put her information into the chat. Question from Ed O.: when is the date? Kimberlee: The date is March 18th - a Saturday night from 5pm-10pm. There will be a speaker, some dancing, some food. Tons of coffee.

#### **Diverter Chair - Jack**

3 openings:

- First tuesday 5pm-7pm
- First wednesday 7am-9am
- 4th wednesday 5pm-7pm

Jack is terming out next month and will not be available to do this going forward. It's a great gig. Question from Murias: when these positions are not filled, are you the one that fills them? Jack: yes, that would be me.

#### **Newsletter Chair - Lucie**

We need content for the February issue of the Grape. Everyone's invited to contribute. You can write anything from 1 paragraph to 300 words. Your story, some sobriety-related thing, or if you need a

topic..."restored to sanity" will be our February topic. We're trying to get lots of voices so that it's a compelling read. I assume all of you are enrolled to get a monthly link in your email. Question from Murias: what is the deadline? Lucie: 21st of January, so if you have some content you want published, let me know. Question from John: how to get in touch? Lucie: grapesccin@gmail.com

#### Bylaws Chair - Sarah R.

Last bylaws meeting was jam-packed with lots of conversations and a yummy meal.Home cooked food every time! We talked about going through the bylaws to make sure that personnel policies and procedures are stated clearly; dotting i's and crossing t's, naming documents correctly, and correcting references. We discussed whether we wanted to add to the bylaws that we want Intergroup as a body to operate according to AA's spiritual principles as expressed in the 12 steps, 12 traditions, and 12 concepts of service. As a committee, do we think that's a good idea? Do we want to express that in the bylaws, and if so, how? We decided as a committee that it is a good idea. I am putting together a draft for review that will be presented to Steering. It's a slow process but if anyone has an opinion about that, please feel free to email bylaws@aasantacruz.org, or send a message in the chat. You can even come to a committee meeting and be part of the committee! We discussed the information that came out of the ad-hoc finance committee (guidelines and budget) We always meet on the 3rd Tuesday of the month (day before Steering committee), which we do strategically so if there's any-thing we want to bring to Steering we can do it. We typically meet in one of the members' homes. Question from Murias: are you sure it's not the 2nd Tuesday of the month? Sarah: Nope, it's the 3rd Tuesday.

#### Website Chair - Grey

Having some technical problems. Something from a group member to read but don't have - but the gist of it is that we have been discussing (in our last meeting, last Thursday) to put an idea out there. Talking about how it is in other places where the office manager and the webmaster/web tech are more in sync together, where they still have a committee, but they don't have an Intergroup chair or chairperson for the website. Somebody wrote something on that to our group; if you'd like to see that, you can email, call, or text me. We also revisited the idea of having what was already voted on previously (years ago): when a service committee wants their page up there or a link or something . . we're all in favor of the recent one (General Service) so we didn't really think that we thought maybe it wouldn't need to come to Steering. We thought it shouldn't have to come to that. If you look at the website, it's a lot easier to navigate than other websites that l've seen – especially AA websites. Comment from Murias: The reason GS needed approval through Steering is because it's not technically part of Integroup. Website is designated for Integroup and we needed to get over that hurdle – that's why it was brought to Steering.

#### Delegate at Large - Empty

#### **Recording Secretary - John**

No report

#### General Service Liason - Deb (absent)

Comment from Murias: GS just transferred over their new panel (now in panel 73)

#### H&I Liason - Fiona (absent)

Comment from Mary: will add the Help Wanted to the chat

#### CRUZYPAA - Jesse C (absent)

#### Finance Committee Report - Murias

Report came out in everyone's email today. Clint and I wrote it in conjunction. That was mainly to highlight what the Finance Committee was requested to do by Steering. Was formed by Chair, Treasurer, Office Manager, + another individual from GS named Russ. Russ has 12 years experience with CNCA area and local GS – lots of budgets in AA. We are just about done and concluded with the work. Met many times and spent a lot of hours. All meetings 60-90 minutes long. In the report that was sent out, we were charged with putting together the budget + coming up with any policies and procedures for Intergroup that would aid in establishing the budget(s). In that process, we determined one of the biggest things was that, to keep the process going...There are over 2000 AA members in Santa Cruz, they are all donating to Intergroup. We need to be transparent with that money. We decided that yes, the Finance Committee should continue on, and it should have its place. This is what we were discussing in the Bylaws Meeting – what would be needed to grant us the authority, then policies + procedures giving authorities and responsibilities + dates & deadlines. Also attached the budget with the report so that it could be seen by all members of the Council. Those 2 documents have been presented to Steering. This is not for approval or a vote, this is just a report.

Question from Grev: 1) is the Chairperson on all of those committees? I though the chairperson wasn't supposed to be biased on that. 2) I noticed that we have someone from GS that is on one of the committees. I'm thinking that's taking away from our decision making as an Intergroup. Murias: Good guestion. Any member of AA in Santa Cruz is a member of Intergroup in some fashion, and thus has an interest in how our money is spent. This person is perfect for getting this ball rolling for us. Question from Kimberlee: have not seen before where a Chair appoints themselves to be on a committee. Not sure how that works. Have seen before where Chari can appoint people to a committee for a specialty project, originally this was for just the budget, but now this thing has morphed into this new committee with new procedures, etc. This is not what we discussed at Bylaws. All of the members have been appointed by you, it doesn't seem like a Group Conscience committee like we normally have, it seems like a Murias committee. Murias: I will read the motion exactly as it was presented to the Steering Committee: "to have an ad-hoc finance committee of five members, it is recommended that the treasurer, office manager, and chair be three of the members. It is recommended that the vice-chair be a member, and any vacancies be appointed by either the chair or the treasurer. The responsibilities of the Finance Committee should be to: create financial guidelines for Intergroup, including the following. 1) proposed financial agenda for intergroup, 2) proposed budget for Steering's approval, 3) present approved budget to Council, 4) formulate guidelines and limits for distribution of funds (electronic payment, use of debit card, etc." That motion passed Steering unanimously. Kimberlee: I must have missed that meeting. At least the line item about appointing an entire new procedure for expenditures and income because that information is already done by the Office Manager. It's all posted in the job description, it's the Office Manager's job. Too much work is being created for volunteers. Murias: question on report? Any deliberation is best to be laid out before Steering. Grey: Given that they're ad-hoc (temporary), in your report, are you saying that you want them to go on longer, like the Finance Committee? Murias: the report and guidelines coming from the report is to create an ongoing Finance Committee. Just like committee for activities, website, etc. but set up slightly differently, which is why there was a meeting set up with Bylaws regarding that. Grey: That might have to come back to this group later, right? Murias: in some fashion, yes it might. Sarah R: just to clarify, was this a recommendation of the entire committee? Murias: yes Sarah R: not just you? Murias: not just me.

# **AREA REPRESENTATIVE REPORTS**

#### Vacant (area 1 Watsonville)

#### Vacant (area 2 Aptos)

#### Kimberlee (area 3)

Went to the wrong area to find someone to host the March meeting – white church (area 4), they agreed to host the April BSM in their Wednesday group. They will finalize it on Wednesday. Waiting to hear from the One-Day-at-a-Time book meeting Wed at 7 at the other church in Soquel...They didn't have enough members present to make the decision so I'm attending their business meeting tomorrow night to see if I can get then to host March BSM.

Darcy (area 4) No report

Rob (area 5) (absent)

Mary (area 6 East Santa Cruz) No report

#### David (area 7)

Santa Cruz Fellowship schedule to hold 40 meetings this week. Have been asking for Secretaries to volunteer to Secretary those meetings, happy to report there's only 1 needed now @ Sunday 10:30am for Meditation meeting. Contributions to the Fellowship depend on holding those meetings. Also 10 snack bar positions, mostly at 3:00 in the afternoon and 10:00 in the evening. This also generates revenue for SCF. It takes a lot of money to run that fellowship, so any revenue helps. 1 intergroup rep position that is still unfilled - Meditations Sunday at 5pm (they are now online only). They haven't had an Intergroup rep since Covid. Comment from Lily: there is also a Friday 6pm Speaker Discus-

sion meeting open as of yesterday. It is now up and we could use a strong secretary for it if anyone is available.

Erik (area 8) No report

John (area 9) No report

Vacant (area 10)

**Tim (area 11)** (absent)

# TAKE HOMES:

- Elections
- Openings for the central office
- Volunteers needed for Activities Committee
- If you need Cert of Liability, contact Kerri directly
- Open positions for Diverter
- Content for Newsletter by 1/21
- SC Fellowship has open positions

### **DISCUSSION TOPICS**

John: Are we going to include the chat along with the minutes? Murias: Yes, I just forgot it today.

Grey: Still concerned with ad-hoc committees. If some people are against that or want to have it as an agenda topic, in our bylaws it says that you can take any member's ideas and we have to review them. If I put in for a motion, will that be reviewed? Murias: Yeah, just contact me.

Lucie: Can somebody email me the chat?

Clint took us out with the "we" version of the Serenity Prayer

Meeting closed at 9:39pm

