

## GRAPESCCIN FEBRUARY 2021



### January Birthday List

Zoe Jan 1, 1980  
 Marcia K. Jan 28, 1981  
 Ace S. Jan 16, 1982  
 Diane S. Jan 1 1983  
 Nancy G. Jan 23 1984  
 Martin McC. Jan 22, 1985  
 Danny I. Jan. 25 1985  
 Janet J. - January 23, 1986  
 Marypat O'C. Jan 2, 1987  
 Marianne S. Jan 6, 1987  
 Bob S. Jan 18, 1987  
 Colleen H. Jan 12, 1988  
 Mari R. Jan 18, 1988  
 Mary Z. Jan 5, 1989  
 Butch W. Jan 6, 1990  
 Gary B. Jan 10, 1990  
 Steve G. Jan 19, 1990  
 Frank M. Jan 21, 1991  
 Jimmy N. Jan 2, 1992  
 Jill P. Jan 20, 1992  
 Tom McK. Jan 13, 1993  
 Rich G. Jan 16, 1993  
 Rick S. Jan 23, 1993  
 Kenton W. Jan 1, 1994  
 Marion W. Jan 2, 1994  
 Ron B. Jan 25, 1994  
 Don S. Jan 1, 1995  
 George H. Jan 15, 1997  
 Lloyd G. Jan 17, 1997  
 Dee Dee H. Jan 26, 1997  
 Clarissa B. Jan 1, 1998  
 Renee K. Jan ??, 1998  
 Ben L. Jan 2, 1999  
 Rhonda W. Jan. 6, 2001  
 Joanne M. Jan 3, 2001  
 Mark O. Jan 28, 2001  
 Allan C. Jan 9, 2002  
 Bonnie W. Jan. 15, 2003  
 Amber J. Jan. 4 2008  
 Todd I. Jan 20, 2010  
 Scott S. 1/19/2011  
 Kimi O. Jan. 1, 2013  
 Kevin R. Jan 3, 2013  
 Glenna H. Jan 5, 2014  
 Stephanie B. Jan 28, 2014  
 Lisa A. Jan. 13, 2015  
 Chelsie O. Jan 24, 2015

### BIRTHDAY SPEAKER MEETING

Saturday 2/6 - 7:00-8:15 pm.

Speaker: Candice M. LA 25 yrs.

host...Men's Stag 11 Zoom ID: 891467861 PW: 8675309

### IN MEMORIAM Matthew Paul Albert 1987-2020

Our CRUZYPAA Treasurer, and friend to many, passed away after a motorcycle accident. He is remembered fondly for his love, service, & humor.

Our deepest sympathy to his family and friends.

### Service Opportunities

**H & I elections:** Wed. 7 pm, 1/27/21 Zoom at [handisc.org](http://handisc.org)

Open positions: Co-Chair, Recording Secretary, General Service Liaison, Intergroup Liaison, BSM Liaison.

**Open Central Office shifts:** Mon. 9-1, Sat 10-2 call Central office to volunteer, 1 yr sobriety.

**Activities volunteer:** need a Zoom event host; contact- [webchair@asantacruz.org](mailto:webchair@asantacruz.org)

**UPCOMING: SPEAKER/GAMESHOW- late Feb, early March (TBA)**

**Diverter-:** All shifts full. Contact Scott through 831 475-5782

**GSR:** need Workshop Coordinator, PI/CPC CHAIR & DCM positions; meeting Wed. 2/10, orientation 7, mtg 7:30 pm.

**Area Rep. Positions open-** Area 7- Downtown SC, Area 10- Scotts Valley/Emeline, Area 11- San Lorenzo Valley. Try it out! Only 2 month commitment. Elections below.

**Intergroup: Elections for all officer positions- Wed. 2/3; Area rep positions, Wed. 3/3**

### Meetings

**H & I :** 1/27; 2/24 7 pm. [handisc.org](http://handisc.org) for Zoom link, info.

**Intergroup (Open to all) :** 2/3 7:30 pm.

**PI/PC:** 2/8, 5-6 pm. (Check w Central Office.)

**GSR:** 2/10 7, 7:30 pm. See **Service** (above) for more Info

**Bylaws:** Tues. 2/16, 6 pm. [kim@kimhoganfinearts.com](mailto:kim@kimhoganfinearts.com)

**GSR-Registration for PRAASA is open now! Go to [www.praasa.org](http://www.praasa.org) - registration is \$15, and the event will be held virtually March 5th - March 7th. Speaking of PRAASA - if you would like to be of service during the Assembly, email our Area Delegate, Jennifer B. , at [delegate.p71@cnca06@gmail.com](mailto:delegate.p71@cnca06@gmail.com) with your full name, email address, & phone number.**

**BIPOC service committee- contact to volunteer [bipocrecovery@gmail.com](mailto:bipocrecovery@gmail.com)**

**Intergroup Minutes (Condensed)****REPORTS:**

Chair: Magi

Website requested a Zoom assistant or contact person for questions or issues in relation to Zoom. Let Magi know if you'd like to volunteer, or would announce at your meetings. Please announce the open positions at Intergroup.

Vice Chair: Marianne – No Report

Treasurer: Yolanda provided report which is attached. Verbal report: November summary was provided. Donation \$5,302.86 which exceeds previous donation for the fiscal year (July to June). Groups donated over \$16,000 which includes anonymous donations. Please keep writing in the note in PayPal to which group your donation is designated. Same for BSM! For the first, we made a profit! Our income exceeded our expenses. Notes are in the summary. Literature is a good source of revenue. Bob's done a great job with little increases. Prudent Reserve is holding steady at \$26,673.00. Yolanda recommends taking some profits from literature to prudent reserve. To be discussed at Steering. Prudent reserve should be a year and we have about eight months.

Office Manager: Bob. Things are fairly smooth. Would like to have a permanent person for Saturdays 10:00 to 2:00 pm. Lots of response on BSM. Activities at the office: 195 hits on the daily log. Had 53 Visitors, some for donations, birthday chips and 3 12 step calls, 11 H & I visits and 6 business calls.

Kathleen asked what the volunteer job is. 1 year sobriety required, but flexible based on qualifications. Answering phones, transactions for materials, some cleaning or filing if needed. Always something to do. Bring a book or something just in case.

BSM Chair: Kathy January meeting went very well –413 people attended ;over 600 years of sobriety! The amount from the January meeting was \$473.00. **Some very exciting speakers next few months!**

Feb 6 – Candace M. L.A. 25 years. Host – Men's Stag 11

Mar 5 – Zach X. W Hollywood 8 years – Area 3 Rep- looking for a host meeting

Apr – Marty K. Columbia MS 44 years – Area 4 Soquel Acceptance Group Margie is contact.

May – Gail L. Akron, Ohio, 44 years – archivist for AA

Activities Chair: Grey- Not much happening. They're considering a game shows like Jeopardy! With AA related topics. Jen P. asked approximate date –end Feb-March

Diverter Chair: Scott B. All shifts full

Newsletter Chair: Mary Going fine. Asked for date of Activities event for the newsletter. She has a couple of volunteers for a writing workshop on a topic for the upcoming Newsletter. – 2nd Sunday at 4:30, January 10. Email grapesccin@gmail.com and will send zoom link. Please also send fliers to her for events, and also to Bob at Central Office. They go in the Newsletter.

Bylaws Chair: Kim - Next meeting Jan 19 at 6:00pm. Email her for info. [kim@kimhoganfinearts.com](mailto:kim@kimhoganfinearts.com)

Website Chair: Grey – Hopes everybody likes the website! Next meeting is Thursday, night at 6:30. Get the link on the website under business meetings. Issue personal phone numbers and names, stay tuned under new business. They voted on having a generic email set up by Webmaster Mark. [Webchair@asantacruz.org](mailto:Webchair@asantacruz.org) that way it can be turned over to the next chair. Anything can go on the website change forms, including fliers which will go to Mark and Grey for posting..

Jen asked where to send feedback on the Website? email [webchair@asantacruz.org](mailto:webchair@asantacruz.org)

Erin commented and gave a shout out to Grey – Grey got the website updated within minutes of an expired Zoom link Grey (and Mark) is doing a great job!

Delegate at Large: Jesse absent

Recording Secretary: Kimberlee no report

GSR Liaison: Matt – Provided notes, which are attached. Matt's first meeting!

News from our AREA CNCA 06. Reg for PRAASA- Reg is \$15.00 will be held virtually March 1 through March 7th. To volunteer Email [Jennifercnca06@gmail.com](mailto:Jennifercnca06@gmail.com) provide full information.

Black Indigenous Service Committee. They have not been able to receive AA's message so they're forming the committee to raise awareness of what AA has to offer.

Santa Cruz has a new slate of officers, they are in panel 71 which will run for the next 2 years. There are still two open positions: Workshop Coordinator Public Info and Coop with Community PICC (making sure libraries are stalked with literature) and DCM positions available. (They're like Area Reps in Intergroup.) Mary asked if they're in equivalent areas – Matt said no, but they're close. Next Wed Jan 13, meeting 7:00 pm

H&I Liaison: Dave R "Meeting in a Pack" has been received well. A small committee has been put together to check in with rehabs. \$18,000 disbursement check has cleared, with \$500.00 reserve. Groups Donations \$300.00 for November. Nor Cal donations have been down quite drastically, but so have expenditures and need for distribution. H and I elections are this month – 4th Wednesday at 7:00. On [asantacruz.org](http://asantacruz.org) or [handisc.org](http://handisc.org) for everything. Being of service to H & I is so much fun!

CRUZYPAA Liaison: Quinn(?) Matt reported Quinn is out of town, but the treasurer, Matthew Albert passed away from a motorcycle accident.

### **NEW BUSINESS:**

Topic: Whether to include personal phone numbers (or emails) on the website. (Steering motion from Grey)  
Discussion- Possible damage to members as a result of personal numbers being published, should indemnify Intergroup. Mark suggested an anonymous Google number and email, which can be passed on to the next committee chair. Rick stated personal numbers have not been used before; calls always went through Central Office. Murias posted piece from GSO on anonymity, strongly against it. Take to groups to get opinion. Reviewed new website change forms, only problem sometimes people don't put a contact number or email so that web committee chair or Web tech can clarify what is wanted. Please do so! Mark recommended meetings continue to use passwords, not have it included in Zoom link, to avoid bombers, use the form also to send in events, flyers for website.

**Area Reports:** all good.

**Take back to meetings:** GSR officer elections, personal no's on website?, office Sat 10-2 open

**SOME WRITINGS ON LOVE, IN HONOR OF VALENTINES DAY****Over the Bridge****Peg P.**

Over the bridge, on the northern side, sits a parking lot at the base of a prison. Both prison and parking lot have the most incredible view. Looking south, past the Golden Gate Bridge, one sees the majestic skyline of San Francisco, and its glorious bay.

Resting on the bluff next to the parking lot sits a little yellow house with a rickety wooden staircase leading down to a small beach, the size of my dining room. A beach from which to watch the city and its freedoms, while sitting next to the prison and its limitations.

For months I drove her over the bridge so she could visit her love. I sat in the parking lot. I wrote. I watched people. I sat there, loving my girl as she visited her guy. I waited to hear whatever she wanted to share. I prayed for their visiting time to pass slowly, and for his prison time to pass quickly. While I waited, I watched people come and go to visit their loved ones locked up in the prison on the hill with the view.

Several times I saw an old man pull up and park. He drove a banged up, well used Volvo, and he carried the Big Book of Alcoholics Anonymous and a Bible, both worn, dog eared, with book marks spilling out over the tattered pages. How many lives have those two books and that old man changed? Was his drive to the prison from near or from far? Was he visiting one or many?

All those people. All that love. All the hours of travel. All the rules and standards and interpretations those men inside lived by. All the while, over the bridge, in that big city, all those people had, comparatively, such limitless freedoms.

And I wondered if any of those men who lived in that prison actually got to see their wonderful watery view. And I wondered if those people in the city ever looked at the prison in the distance and sent love to all those locked up men.

"I can do that", I thought, and I sat in my car in that parking lot with the amazing view and I sent love to those beautiful men behind those iron bars. And I watched the bay and prayed.

**Love Hurts****Peg P.**

Love Hurts. Love does hurt. Not always. Not even most of the time. But it does. Sometimes it hurts so good. Other times, not so much.

I loved tequila; I don't drink it anymore, but when I did, it hurt. It hurt my throat and my gut as it traveled down into my belly and then settled, often accompanied by salt and fresh lime and maybe Margarita Mix or at least Roses Lime Juice. And then tequila hurt as it took over, encouraging me to make lots of toasts or convincing me that I could repeatedly afford to buy the next round, so that others would continue to drink with me – anything to avoid drinking alone or realizing that once again I drank everyone under the table. And then, the next morning, afternoon, or evening as I crawled across the floor to peer out the door just to determine if

my car was in the driveway or not, and in what condition I might find it, my head throbbing, my stomach churning, and my breath stale from the dehydration resulting from my pre-dawn vomiting session before I passed out on the bathroom floor. The only thing that relieved my misery was the relief I felt knowing that the day before I cleaned the bathroom top to bottom thus assuring myself that when I later passed out there, I would not sleep on any human hair, the thought of which could cause me to retch all over again.

Love hurts when it's lost, through break up or through death. Some would say that it's the break up or death that hurts, but my experience is that it's the part where I continue to love the person who is no longer with me that hurts. Longing for loved ones hurts. Being left behind or leaving someone behind while still loving them hurts.

And sometimes doing something that we love hurts. Ben D. was simply riding his bike, something he loved to do, when he got hit by a car and died from internal injuries resulting from that impact. The day before yesterday, loving to ride his bike hurt Ben and his entire family, his friends, his community. Hell, my heart is hurting and I didn't really even know him.

Indulging in too much of something you love, whether it be beer, cocaine, marijuana, tobacco, workaholic tendencies, an unhealthy diet, or maybe even not saying to your wife that perhaps something might actually be wrong and that maybe she should get up and call 9-1-1 rather than suffering for hours until the massive heart attack hits you and takes your life right out from under you. And you die, but not instantly. In those precious moments before death takes you, do you spend any time with regrets? Do you wish you hadn't indulged quite so much? Do you think about the times you could have said No rather than Yes? Or are you so consumed with how much it hurts, the physical pain in your chest or the emotional pain in your heart and soul that comes with knowing that soon your eyes will close, and you will never again use them to gaze upon your beloved. Nor will they delight upon some wondrous gift from mother nature, so magical you call out in a demanding tone, "Here! Now!", and my heart smiles as I hurry to you, knowing that when I arrive you will grab my hand or put your arm around my shoulder, directing my gaze to share the gift upon which your eyes have landed.

Instead, on our bathroom floor, I lock my eyes with yours and see you looking back at me, unable to communicate, and I know you might die. And you do. You die. And there I sit, alone. Alone on the phone with the kind and patient 9-1-1-operator while she calmly talks me through doing compressions on you, insisting that I continue even after I hear you take your last breath and moments later when I feel your essence, your soul, leave the building. I sit alone while I listen through the phone to the first responders updating her with each turn on their way to our home, alone as I ask her to have them turn off the sirens when they approach our street so as not to awaken your mother and brother who live next door, alone as I hear the first responders pull up and park in front of our house, and walk through one gate and the next as they make their way to our bedroom sliding glass door. I am still alone in the moment when I hear our fire fighter friend Matt call out to me as he walks in, "Peg, it's Matt; I'm here".

Yes, still alone while calling my sponsor, your son, my mother, and your cousin, and alone as I feel the hands of the fellowship coming together, forming a safety net underneath me; alone as friends and family arrive and while they stay, for an hour, a day, a week, or months, and alone as they slowly and steadily depart, leaving me alone with my awareness of the fact that even though you didn't want to, you left me, alone, and I still love you, and that hurts. Yes, love hurts.

Love hurts. So good. And I wouldn't trade it for the world. I wouldn't give up one moment of having loved you or having been loved by you. And I thank god I am clean and sober, so I can feel the deliciousness of this hurt. This glorious love that hurts.

**Two Poems**

**Roxanne P.**

**Love Hurts**

Everything hurts when you are putting everything inside of you on the outside of you.

You have been holding all that in for so long, and it's been getting so heavy, and you only have two hands, with five fingers on each hand.

It's the fingers that are the problem! They are so stubby. It's your dad's fault; he gave you his stubby fingers. They start to tingle and get cold. You're going to scream if you don't let out the agony. The sweat on your brow outraces the sweat on your wrists; I honestly didn't know wrists could sweat. The stress makes the air have a sound.

The sky is crashing down, and the ground is opening up, and space is literally a vacuum, and it's coming to swallow you up! Until, finally! The host is asking you to unmute your mic.

**Your Heart**

Your heart is a muscle.

It remembers.

Carries a lot.

Feels things.

Opens up.

Loves others.

Is strong.

Loves you.

Is tender.

Listens to God.

Knows truth.

Does right.

Keeps coming back.

Your program is a muscle too, it only gets bigger.



**SANTA CRUZ INTERGROUP**

PRESENTS

**BIRTHDAY SPEAKER  
MEETING**

HOSTED BY: MEN'S STAG 11 GROUP

**CANDICE M.—25 YEARS  
LOS ANGELES**

FEBRUARY 6, 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-2/6/21"