

the **GRAPESCINN**

January 2023

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STEP 1: WE ADMITTED WE WERE POWERLESS OVER ALCOHOL — THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Conceding to my innermost self that I was in fact alcoholic changed my life, and it has become the focus of the life I now enjoy. Who would have thought that the calamity of alcoholism could become the greatest blessing in my life? The thing that caused such pain, suffering and heartache in my life and the lives of those around me has become the driving force in the person I am today. Between those two extremes is the ongoing recovery I have undergone since making the all-important admission of Step One.

To concede to my innermost self that I belonged in our select group of alcoholics, I had to understand what being an alcoholic really means. I had to be convinced by the evidence in my own life that I do suffer from this affliction. Reading the book “Alcoholics Anonymous,” attending many meetings, having a sponsor and always seeking identification, along with the unmistakable facts of my life, make it easy to admit that I indeed belong here.

I’ve established that reality without reservation. The First Step is the foundation of my recovery and my life. I base everything I do today on that fact and the understanding that I am an alcoholic. That

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motivated me to complete the Twelve Steps and to apply them continuously in my daily life. It’s why I still attend meetings regularly. It’s why I still have a sponsor, and why I sponsor others. It’s the driving force behind my spiritual growth and my desire to serve others. It allows me to experience joy, contentment and peace.

Most importantly, it is the reason I stay sober today.

David T



POWERLESS AND UNMANAGABLE

STEP ONE: “We admitted we were powerless over alcohol - that our lives had become unmanageable.”

I hear and read this step regularly. I also hear people in meetings admit their powerlessness. Their stories, “What it was like” and even their “What happened,” often speak of unmanageability. This is vital for me to hear. It helps me remember my own.

I live in constant reminder of my powerlessness, completely believing I am powerless over everything but my own actions and attitudes. Life happens: good times, bad events, mundane minutia. It happens. I am completely powerless over this. But I am not powerless over what I do with it.

I recently attended a late-night Zoom meeting with participants from across the country.

During the after-meeting fellowshipping, the meeting secretary called out to a newcomer to keep coming back, saying the newcomer would be amazed at how wonderful life gets in sobriety. With loads of flowery, peaches-and-cream, superlative-filled examples, the secretary painted quite a picture of a seemingly happy, pain-free, easy-going life.

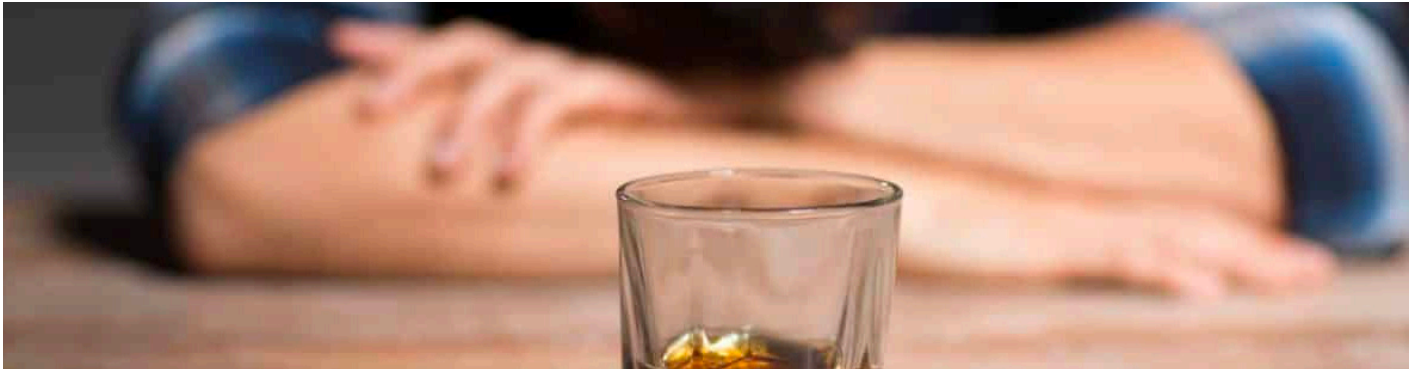
“Wait!” I wanted to cry out. “Life doesn’t necessarily change. Our ability to handle it changes.” The difference, I would have added, is that no matter what life delivers, if we follow the suggestions outlined in the Big Book of Alcoholics Anonymous, we have a chance to handle any situation. Sober. Working the steps, practicing the traditions and following the concepts gives us the opportunity to live a sober life in recovery. I wanted to tell the newcomer about the tools, the people, and oh,

so much more. I decided not to say anything. Then I noticed the newcomer was already gone.

I live a hectic life. I am chronically overbooked. I make mountains out of mole hills. My knee-jerk reaction is to say yes. So, sometimes, even sober, my life feels unmanageable. And - I know this much is true: Sober unmanageability is vastly preferred over drunken unmanageability. For me to stay sober, I am wholeheartedly committed to working the steps, with a sponsor; believing in something bigger than me; building my sober support through attending meetings; and doing service.

But first I continue to admit my powerlessness, and I regularly refresh my memory of what unmanageability looked like, back in the day, before I was blessed with sobriety.

Peg P. Watsonville



SPENT, WOBBLY-KNEED AND SICK

Why was the first step so difficult? From a rational standpoint, acknowledging what I knew to be true - "Once I start drinking, I can't stop; and I can't stop starting" - should have been as easy as flashing my ID to buy booze. But in the beginning, it wasn't. Perhaps that's because acceptance is not a rational exercise; it's an emotional roller coaster. A ride where, once I give my ticket to the operator, it doesn't stop until my stomach is in my throat and I'm forced to face my fears. And I have no control over it until it runs its course, expends all its energy and leaves me spent, wobbly-kneed and feeling a bit sick.

Admitting I was powerless over alcohol meant admitting I was powerless over much of my life. It called into question a lifetime of believing I was the architect of my destiny, that I could accomplish anything if I just set my mind to it. It meant acknowledging I was no longer in control - and that scared the hell out of me.

I didn't know that admitting I was powerless over alcohol would open the door to a fellowship that would sit beside me without judgment as I acknowledged where and how my addiction made my life unmanageable. I hadn't yet learned that my brothers and sisters in AA would teach me that acceptance wasn't a weakness, but the foundation of an inner strength I would build upon with each successive step.

Steve, Aptos

SLOW LEARNER

I am 59. I first learned of Step One in 1987. In 1989, I joined AA. Six months later, I left.

This pattern continued, over the next 33 years. Today, I have 35 days of sobriety.

I know people who joined AA back in 1989. They got sober and stayed sober. So what's the difference between them and me?

I failed to concede to my innermost self that I am an alcoholic.

Despite all anyone could say, I did not believe myself to be a real alcoholic. I harbored lurking reservations about admitting I'm powerless over alcohol. I always believed that someday, I could and would beat the game. I believed that, someday, I would be immune to alcohol.

I still believe this. The persistence of this delusion is astonishing!

In my experience, I can go through all 12 steps thoroughly, with a qualified guide. But without admitting I'm powerless over alcohol, and accepting that this is indeed a lifelong condition, I won't stay sober.

I wish all of you the best of luck in your continued sobriety.

Don't go anywhere!

Jay, Capitola

UNMANAGEABLE?

I had to admit that I was powerless over alcohol, and that my life had become unmanageable - again. When I was sober from age thirty to forty-five, my life became extraordinarily manageable. I managed a successful career. I managed to marry a charming wife. I managed to raise two intelligent children. I managed to buy a condo and a house. I managed to save for college. I even managed to save enough to retire early. During this time, alcohol had lost its power over me. So, I decided that I could manage to drink normally. And so, I did.

For the first four years I was able to have just one or two drinks and stop. Ah, but 'tis cunning, baffling, and powerful, indeed! Because what really happened during this time is that alcohol bided its time while slowly sinking its hooks into me. Until I experienced a certain traumatic life event and started using alcohol to deal with it. My drinking progressed over the following five years as I became more and more powerless to stop. And yet, I still managed to pay the mortgages; managed to continue to succeed in my career; managed to stay married; and managed to provide for my kids. Ah, but I also managed to withdraw from social life, disparage my work colleagues, eventually lose my job, alienate my wife, and shame my children. So, yeah, my life had become unmanageable, and I had to admit that I was powerless over alcohol - again.

I am now seventeen months sober, and, once again, alcohol is beginning to lose its power over me. But the hard lesson I learned from my nine-year relapse is to never confuse the idea of alcohol losing its power over me with the idea of me having power over alcohol.

An Alcoholic Named Dave, Soquel





TRADITION ONE: OVERCOMING 'SHARE SHAME'

With the era of COVID and the dawn of Zoom AA meetings, I've been experiencing "share shame." This fear-based, self-centered conundrum is a waste of my time, but knowing this hasn't stopped it.

Here's how share shame works: I'm in a meeting feeling inspired by what I'm hearing. I'm wondering, do I share and risk embarrassing myself or stay quiet? Let's say I go for it. I share, I finish and I immediately cringe over what I've said. Happens all the time. What an idiot! Why did I say that? They must think I'm a bad person! Unless someone chats me, "that was great," what I've said loops in my brain for the next few hours - and not in a good way.

As a solution, I'm giving Tradition One a try. This tradition claims our personal recovery depends

on group unity. We practice this tradition for the sake of our recovery and AA's survival. If I put my trust in this divinely inspired spiritual program, I can relinquish my self-doubt and people-pleasing tendency to the sidelines and speak my truth. We practice love and tolerance, and don't judge. My "life actually depends upon obedience to spiritual principles." (p. 130)

A sober sister with a lot of time said to me, "Words that come out of our mouths in a meeting are words that are meant to be said." She doesn't have to like what she's hearing, but nonetheless accepts this higher plane of thinking.

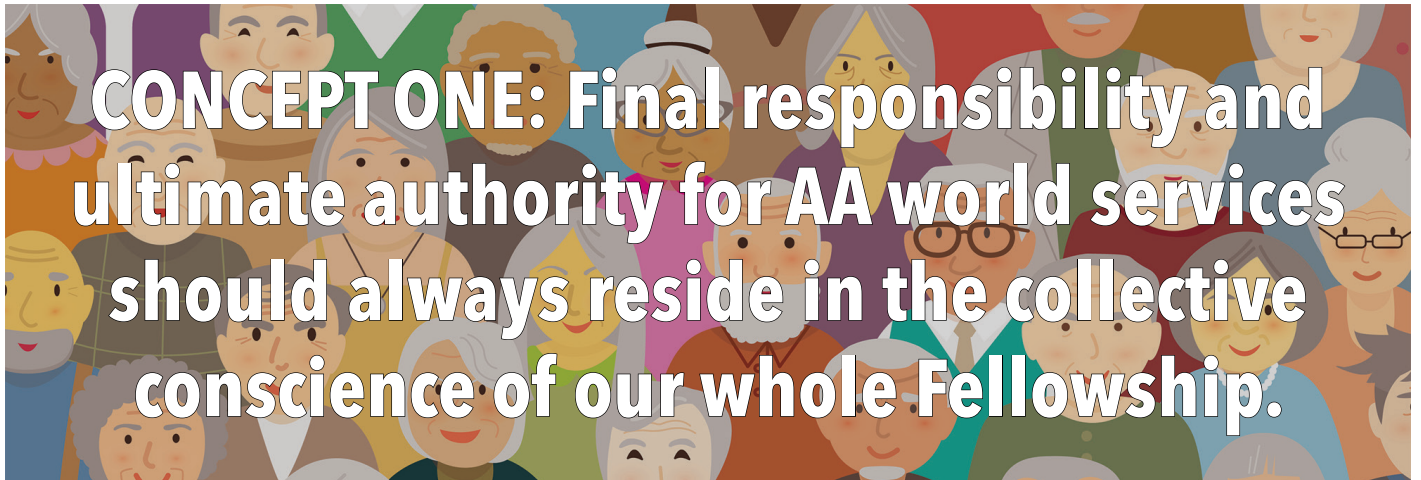
So, while Tradition One drills down on group unity, it's also extremely personal. The tradition's long form states, "our common welfare comes first." But individual

welfare follows close after. When I combine this with Tradition Twelve's "principles before personalities," I'm also moving to a higher plane of thinking. I feel relief from this bondage of self, which someone ingeniously dubbed "share shame" to lighten things up.

One last thought: Tradition One is about reciprocity: trust goes both ways.

I must practice in my meetings those same spiritual principles of love and tolerance that I seek in my fellows. After all, Tradition One cautions, "In the world about us we saw personalities destroying whole peoples." (p. 130) Yikes. I want to uplift my fellow alcoholics, not destroy them. Tradition One tells me I have an agreement to live up to: put our common welfare first. My personal recovery depends on it.

Robin S, Santa Cruz



CONCEPT ONE: Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.

This concept is rooted, I believe, in Tradition 1: “Our common welfare should come first...” Like AA groups, our world services decisions are not made by one person, or a small group. The annual conference to discuss agenda topics is where collective decisions about AA’s next steps are, rightly, made.

Anony Mouse

A NEW CONCEPT

Our little home group, South Golden Beach, just north of Byron Bay here in Australia, has been studying the Concepts once a month. Some of us had a growing need to further understand our service structure and be well-educated in our literature to enable us to perform our primary purpose.

Older members had encouraged our district to embrace this idea, and the general conscience of our district was keen to do this. We are a young district and are supported by our northern neighbors, the Gold Coast District. An older member generously donated a Concepts banner and a load of literature to our district to encourage us to start a meeting.

My home group members were a little overwhelmed by the idea of having a Concepts meeting. We are a Daily Reflections meeting and we meet at 9 a.m. Saturday mornings. We have a good mix of newcomers in early sobriety and members with time, usually ranging from

15 to 30 in attendance. Some thought, This is a great meeting, why change it?

As a group, it was decided we would start our monthly Concepts meeting with the Daily Reflections reading, followed by shares relating to that. Then halfway through the hour, after reading “How It Works,” we’d have a guest speaker share on a Concept.

So far, it’s been wonderful. Each speaker has shared their experience on a Concept, which helps give a fabulous overall view of our service structure and how it works. It’s been a huge success, an opportunity for all of us to learn and grow.

Many members have been surprised at how they are already implementing the Concepts, both in their service work and in their daily lives. The meeting has also helped bring the Steps, Traditions and Concepts together for us. We now get to see the bigger picture of how AA works as we learn more about our upside-down triangle.

– Kerry



Katherine C.	12/13/78
Jack B.	12/8/80
Porter O.	12/3/83
Donna E	12/26/85
Eddie E	12/26/85
Sharon C	12/30/85
Woody B	12/30/86
Linda E	12/13/88
Dave O	12/17/90
Carol C	12/25/90
Jim T	12/20/91
Thomas M	12/10/93
Dave N	12/28/93
Greg D	12/4/96
Marion	12/7/96
Gary G	12/16/96
Stephanie H	12/4/97
Michaela W	12/20/99
Roxanne L	12/22/99
Randy Nap	12/20/02
Julie	12/1/04
Clinton F	12/6/08
Jeffrey T	12/27/10
Angie K	12/16/11
Rich G	12/5/13
Paul C	12/7/13
Red W	12/12/14
Mary P	12/24/14
Cat	12/24/14
Gina S	12/26/14
Gretchen	12/31/15
Kelly C	12/1/09

In memoriam

Diane K 12/24/89

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



BIRTHDAY SPEAKER MEETING



FEBRUARY 4TH 2023
7:00PM - DOORS OPEN 6:30

MID-COUNTY SENIOR CENTER
 829 BAY AVE. CAPITOLA, CA 95010

SPEAKER: DON M
 MILL VALLEY | 33 YEARS

JANUARY 2023 EVENTS

Jan. 4, 2023 @ 7:30 - 8:30 pm Intergroup Council Meeting

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

Jan. 11, 2023 @ 7:30 - 9:30 pm
General Service District Meeting

Jan. 14, 2023 @ 10 am - 12 pm
4th Step Workshop
Ben Lomond Fellowship 9496 Hwy 9, Ben Lomond, California

Jan. 15, 2023 @ 1 - 3:00 pm
CRUZYPAA Monthly Meeting
Harvey West Park 326 Evergreen St, Santa Cruz, CA

Jan. 18, 2023 @ 7:30 - 9:30 pm
Intergroup Steering Committee

Sobriety by the Bay
Jan. 27, 2023
6:00 pm - Jan. 29, 2023 @ 3 pm

Jan. 28, 2023 @ 6 - 8:00 pm Santa Cruz Fellowship Birthday
Speaker Meeting

**FOR MORE INFORMATION
ABOUT THIS MONTH'S EVENTS, VISIT
AASANTACRUZ.ORG**



"Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

Twelve Steps and Twelve Traditions, p. 145



Friday, January 27th - Sunday, January 29th 2023

Redemption Church; 105 Nortech Pkwy
San Jose, California



REGISTER: SobrietyByTheBay.org

\$30 before January 1st / \$35 after January 1st

Friday 1/27	Saturday 1/28	Sunday 1/29
5:00 pm Set-up	8:00 am Too Early Big Book (Main Sanctuary)	1:00 pm Speaker Art W. Santa Cruz, CA (Multi-purpose Room)
7:00 pm Speaker Michael J. Sacramento, CA (Multi-purpose Room)	10:30 am Speaker Tina A. Hollister, CA (Main Sanctuary)	3:00 pm Business meeting (Multi-purpose Room)
	2:00 pm 4th Step Workshop (Main Sanctuary)	
	7:00 pm Speaker Wayne B. Ingwood, CA (Main Sanctuary)	

Our mission statement is in accordance with the Fifth Tradition, which states:
"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

412 FRONT STREET SANTA CRUZ CA 95060

Santa Cruz Fellowship
Monthly Birthday Speaker Chip Meeting
4th Saturday of every month at 6PM

Come help us celebrate sobriety with coffee and cake

BEN LOMOND FELLOWSHIP
4th step workshop
10 a.m. to noon
Second Saturday of every month

2023 dates:
Jan 14 • Feb 11 • Mar 11 • Apr 8 • May 13 • Jun 10 •
Jul 8 • Aug 12 • Sep 9 • Oct 14 • Nov 11 • Dec 9

Ben Lomond Fellowship • 9496 Highway 9
Contact Steve D. for more information
831-706-6520

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**I am responsible.
When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there.
And for that, I am responsible.**



SERVICE POSITIONS AVAILABLE

Central Office shifts:

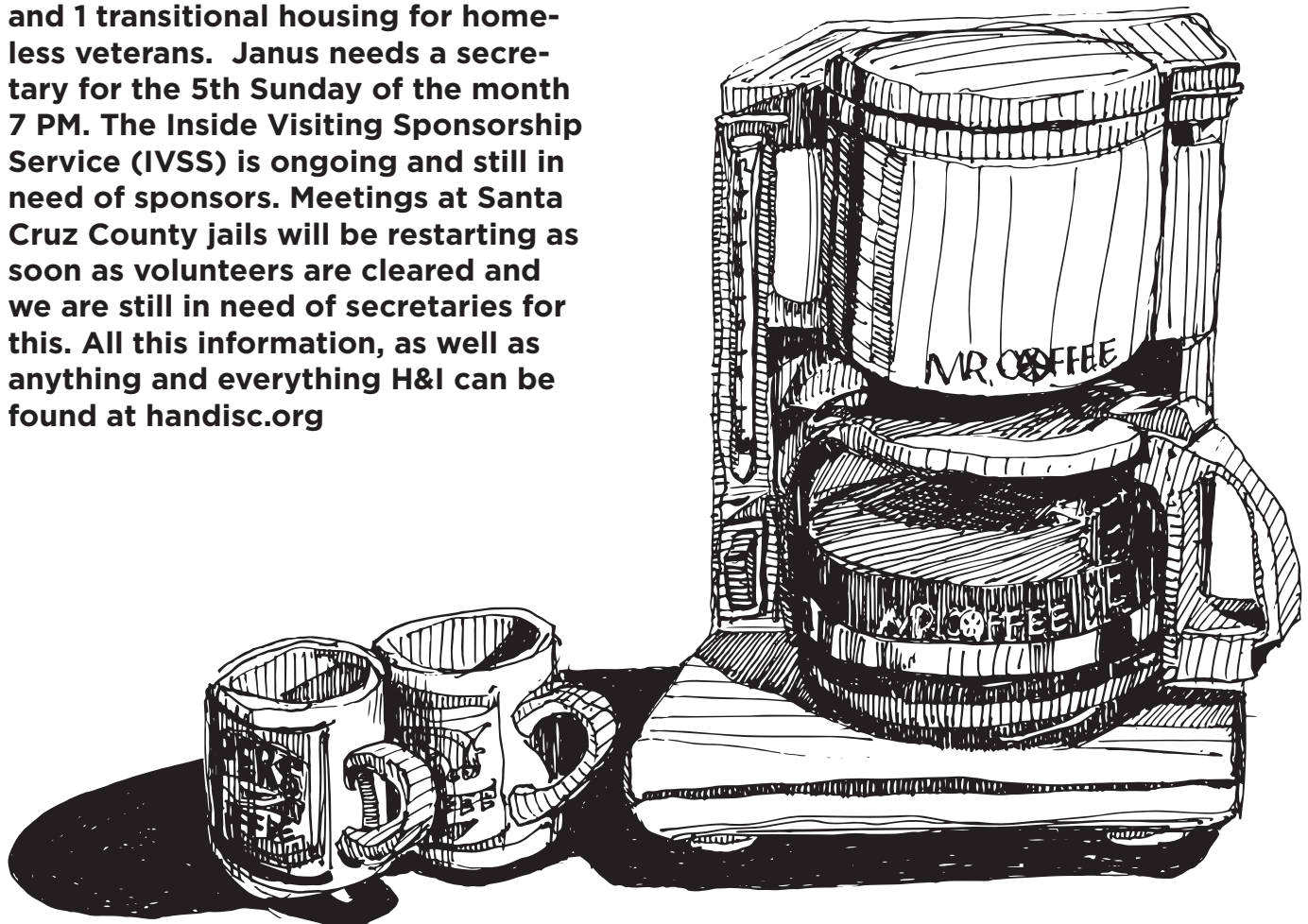
- **Holiday shifts**
- **Friday 1-5**
- **Tues. 9-1**
- **3rd Monday 1-5**

Call Kerri at Central Office for more info: (831) 475-5782

H&I is in need of facility coordinators for 4 correctional facilities, 4 behavioral health/dual diagnosis facilities, and 1 transitional housing for homeless veterans. Janus needs a secretary for the 5th Sunday of the month 7 PM. The Inside Visiting Sponsorship Service (IVSS) is ongoing and still in need of sponsors. Meetings at Santa Cruz County jails will be restarting as soon as volunteers are cleared and we are still in need of secretaries for this. All this information, as well as anything and everything H&I can be found at handisc.org

Diverter shifts:

- **1st Tuesday 5pm to 7pm**
- **1st Wednesday 7am to 9am**
- **4th Wednesday 5pm to 7pm**
- **3rd Thursday 5pm to 7pm**
- **3rd Friday 7pm to 11pm**
- **5th Friday 7pm to 11pm**
- **4th Sunday 5pm to 7pm**
- **5th Sunday 7am to 11am**



Santa Cruz County Intergroup, Inc.

Statement of Activity

July - November, 2022

	JUL 2022	AUG 2022	SEP 2022	OCT 2022	NOV 2022	TOTAL
Revenue						
Donations	5,508.44	4,218.48	4,619.52	6,027.56	4,460.66	\$24,834.66
Sales	1,362.92	2,794.81	1,820.97	3,350.75	2,049.96	\$11,379.41
Total Revenue	\$6,871.36	\$7,013.29	\$6,440.49	\$9,378.31	\$6,510.62	\$36,214.07
Cost of Goods Sold						
Cost of Goods Sold	796.44	2,646.73	1,476.16	249.00	4,509.00	\$9,677.33
Sales Tax - COS		0.00		0.00		\$0.00
Total Cost of Goods Sold	\$796.44	\$2,646.73	\$1,476.16	\$249.00	\$4,509.00	\$9,677.33
GROSS PROFIT	\$6,074.92	\$4,366.56	\$4,964.33	\$9,129.31	\$2,001.62	\$26,536.74
Expenditures						
Activities	318.05	300.00	243.94	1,942.05		\$2,804.04
Bank Charges & Fees	76.30				0.08	\$76.38
Birthday Speaker Meeting	815.50	800.00	1,190.00		804.92	\$3,610.42
Equipment Rental & Leases	169.85	222.00	169.85	203.05	14.59	\$779.34
Insurance	222.00		222.01	221.99	222.00	\$888.00
Legal & Professional Services						\$0.00
Bookkeeping	2,000.00			1,552.00		\$3,552.00
Payroll Processing	79.75		173.30	116.25	33.50	\$402.80
Total Legal & Professional Services	2,079.75		173.30	1,668.25	33.50	\$3,954.80
Meals & Entertainment		19.45				\$19.45
Merchant Fees				0.00		\$0.00
Office Supplies & Software	315.63	347.17	530.67	869.31	374.64	\$2,437.42
PayPal Fees	7.72	7.13	10.33	8.60	12.84	\$46.62
Payroll Salaries & Wages	1,777.50	3,397.50	2,002.50	1,980.00	2,250.00	\$11,407.50
Payroll Taxes - Employer	135.99	259.92	153.20	151.48	172.14	\$872.73
Rent & Lease	1,433.00	772.85	1,104.00	804.00	804.00	\$4,917.85
Repairs & Maintenance				329.94		\$329.94
Telephone	468.59	235.93	235.88	273.80	315.38	\$1,529.58
Utilities	173.84	170.74	170.12	93.70	185.60	\$794.00
Total Expenditures	\$7,993.72	\$6,532.69	\$6,205.80	\$8,546.17	\$5,189.69	\$34,468.07
NET OPERATING REVENUE	\$ -1,918.80	\$ -2,166.13	\$ -1,241.47	\$583.14	\$ -3,188.07	\$ -7,931.33
Other Revenue						
Interest Income	0.27	0.27	0.26	0.27	0.52	\$1.59
Total Other Revenue	\$0.27	\$0.27	\$0.26	\$0.27	\$0.52	\$1.59
NET OTHER REVENUE	\$0.27	\$0.27	\$0.26	\$0.27	\$0.52	\$1.59
NET REVENUE	\$ -1,918.53	\$ -2,165.86	\$ -1,241.21	\$583.41	\$ -3,187.55	\$ -7,929.74