

## Diagnosed Stage 4 –

### *Matching Calamity With Serenity*

Using the tools that AA has given me, I was able to walk through the most difficult health challenge in my life with serenity.

Last year, I started rapidly losing weight. Swallowing food became difficult, and my heartburn was so bad I couldn't sleep lying flat.

I reached out to my primary care physician, who scheduled me for two endoscopies. The biopsies came back positive for stomach cancer. I did not freak out in that moment. I paused, took a breath, and asked what the next step would be. I had been training for this moment for years, using AA's principles. I humbly placed my life in the care my God, as I have always done every day since I first took Step Three.

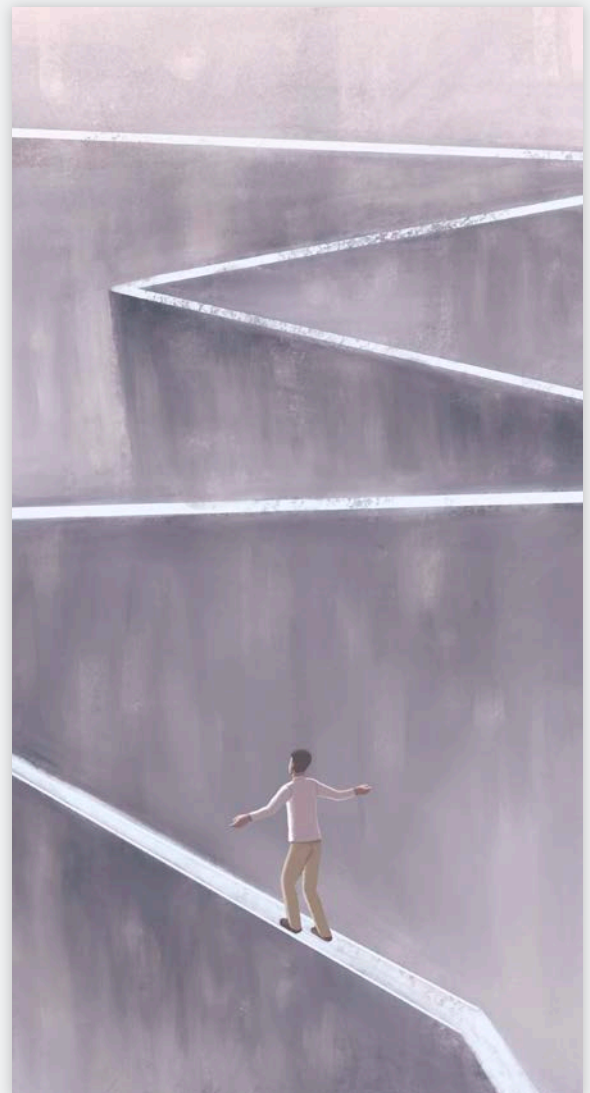
Two scans and a minor exploratory surgery showed cancer spreading in my lymph nodes. I was staged at 4B or "uncurable" cancer. I was told I would have to do very aggressive chemo and immune therapies for the rest of my life, I would never work again and that my life was going to be significantly shorter.

This was a heavy blow for sure, but I was given the courage and willingness to keep fighting.

After they installed a chemo port in my chest, we commenced the treatment of chemo and immune therapies. This was a very challenging time. I vomited up a lot of my meals during this phase, and my weight dropped significantly. I would say this was when I started to doubt that I was going to be around much longer. Still, I accepted responsibility, and I used the discipline I have learned in AA to do whatever I could to keep going.

After I received the news that my cancer was stage 4B, I was very distraught. In that moment I thought about a fellow AA who has cancer. I decided that I needed to give him a call. Literally, the very moment I was thinking about calling him my phone rang. He was calling me! He told me exactly what I needed to hear at the exact right time.

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Situations like this kept happening to me, things others might dismiss as coincidence. My God continued to place people and events in my path that showed me what my next step was going to be.

I started to attend Sought through Meditation as much as I could and things started to turn around. I began to gain weight on chemo, which almost never happens.

People offered rides, food, and help with whatever I needed. It's amazing the love that we have in our fellowship.

After four months of aggressive treatments, I went in for a CT scan. I definitely leaned heavy on surrender, courage, and willingness during this time—especially waiting for the results. Nightly inventories and talks with my sponsor helped me work through my anxieties. When I finally got the results three days later, I was over the moon. There were no signs of cancer in my body! The incurable cancer was cured. I recently had a follow up scan and I'm still cancer free.

Now that I am done with treatment, I'm working on gaining all my weight back. I return to work July 19th.

So, once again, I have recovered from a seemingly hopeless state of body. I used the twelve principles of AA to do this: honesty, hope, faith, courage, integrity, willingness, humility, love, discipline, patience/perseverance, awareness, and service.

My God continues to do for me what I cannot do for myself. I know, with the help from a power greater than ourselves and the fellowship of Alcoholics Anonymous, that we can match calamity with serenity.

*Teddy T*



## Seeing the Face of God

**W**orking with others will be the work of all my days. I will have room for growth for the rest of my time, working with others. In my cups, I relied upon alcohol to socialize and interact with others. Living in a culturally diverse area, I much prefer being at home in my surroundings. Looking for the differences in my community can isolate me. Comparing differences isn't what it's about. Make no comparisons, make no judgments ...

I recall a time when I imagined foreign language was used to isolate me, or keep secrets from me. I was the center of my own solar system. Today, a day where I continue to learn is a good day.

I can see the face of God in our fellows, and remember there are no strangers here, just friends I haven't met - friends with whom to be reunited. This wasn't what I came to

A.A. to achieve. To see the face of God in the police officer who writes me a ticket. To see the face of God in the drunk or drug abuser on the street who might leave me feeling uncomfortable. To see the face of God in the next man, though he is my direct competitor. Today I see the face of God in my neighbor. The steps and traditions solidify a way of life for me which allows all of this.

Today I'm interested in how others perceive God. I recall being driven from religion, and I don't want to be "drunk on God." I'm interested in things that might push my boundaries. Doing that which I haven't done before is now an option. "Action, and more action:" There is no chapter in the Big Book called "Into Thinking." I have an opportunity to remain open-minded today.

Getting sober continues to be a privilege.

*Lucas G*



## A Friend Inside

**W**hen I consider admitting to God, to myself and another human being “the exact nature of my wrongs,” what comes to mind is something I’ve heard many times in the rooms: You’re as sick as your secrets.

The most damaging secrets for me are the ones I tried to keep from myself. The steps, my sponsor and all of you help me make daily spiritual progress in my awareness, acceptance and with God’s grace, right action. This takes willingness, honesty and open-mindedness. And a good helping of courage.

One of my secrets was that I was powerless. I was willing to go to any lengths to keep this truth from myself. I finally reached pitiful, incomprehensible demoralization, and made it to the rooms of A.A. My sponsor had me immediately make two lists – one for all the ways my life was unmanageable, and the other for how I was powerless. My delusions of control over any aspect of life had to be smashed.

I spent so much energy exercising my best character defect, “exert yourself more,” to escape the fact I have zero control over people, situations and things. I’m powerless. Now the secret is out, and I can finally focus on the one thing over which I do have power: my own attitude. Page 417 is my refuge when my “exert-yourself-more” defect rears its head, and tempts me to believe I have the power to get my way.

Another secret I kept from myself was how fear dominated my life. Fear is the direct result of denying I am powerless. Fear kept me in relationships and situations that were completely incompatible with sanity. What fear told me is, “You can’t not do it.” This twisted “life sentence” came out of growing up in an alcoholic home, with spiritually sick people doing incomprehensible things to innocent children. At that time, “You can’t not do it” was real. But I never gave myself the right to believe I could take care of myself; I was afraid to find out I couldn’t. I’m the only person I can really take care of, and it’s 100 percent God’s will that I do so. Realizing this doesn’t remove my fear, but it definitely keeps it in its place – a warning light that I am straying into self-will, and it’s time to let go and let God.

*Madrone*

# Wish Upon a Star

*Most of our [spiritual] experiences are what the psychologist William James calls the “educational variety” because they develop slowly over a period of time.*

*Appendix II, the Big Book of Alcoholics Anonymous*

I sat in the car in front of my house one evening, intrigued by the night’s speaker at my regular Friday A.A. meeting. John had talked about struggling to find a god of his understanding. Finally in a fit of doubt he had demanded, “God, if you are really there then give me a sign.” Lo and behold, a shooting star appeared! John had commenced to believe in God there and then, he’d told us.

I wanted to be enthusiastic about God too, but I had doubts. Somewhat new in sobriety, I was beginning to see that the god I’d learned of in church wasn’t working for me anymore. Now what would I do? Maybe I should ask for a sign, too. But it felt disrespectful, if not blasphemous. Besides, what if I asked for a sign and didn’t get it? Would I be obliged to become an atheist? I didn’t want that. Feeling somewhat defeated, I gathered my jacket and purse and got out of the car.

## I was beginning to see that the god I’d learned of in church wasn’t working for me anymore. Now what would I do?

As I approached the back gate I noticed a few stars twinkling in a small patch of clear sky. It wasn’t every night that stars were visible in the Northern California sky, and I was pleased to see them. Then, the very star I was looking at quietly fell in a graceful arc and disappeared.

I looked around. Did anyone else see that? It seemed surreal. Had I just been given a sign without asking for it? I looked up again. The scattered stars twinkled but stayed put. I slowly approached the back door, unsure if I should celebrate this event or dismiss it as a coincidence.

It hardly seemed to qualify as a spiritual event, I thought. The star was dim and its fall was rather short. It was nothing like the spectacular shooting star John had described at the meeting.

But it had fallen at the exact moment I looked up at it. It was like it had waited for me. That’s silly, I thought. Stars don’t wait for people. I went inside to the kitchen and made some tea and toast.

On the other hand, it could be a sign. Dare I dismiss it as just a coincidence? There was no way to know for sure. But that’s the essence of faith, I thought. You don’t KNOW. At some point you have to decide. And if I didn’t “find God now,” as we’re begged to do in “How It Works,” when would I?

Over time I came to believe in a god of my understanding, though I don’t understand much. I accepted that shooting star as a gift from my Higher Power. After all, everyone deserves to have their own shooting star. I am grateful for mine.

*K.M., Santa Cruz*



# Recovery in Action

*Growing up in Alcoholics Anonymous*

I was 15 years old, in the back of a police car, arrested for being drunk in public. I was pretty out of it, but I was raised for this kind of thing. I didn't have any I.D., so of course I gave the officers a fake name, but not SO fake that my mom wouldn't know it was me when they called her. Why would anyone give their real name to a cop?

The officers told my mom they had Linda Green in custody after picking her up in downtown Santa Cruz with a suspected narcotics dealer. She told them to keep me overnight so I would learn my lesson. Her next call was to the family lawyer. Naturally, we had a family lawyer for matters of this kind. She told him of the plan to keep me overnight so I would learn my lesson. He answered "No, you go pick her up right now." She insisted I needed consequences for my behavior. The wise man told her: "Go pick her up right now and call me back. You don't want her making any new friends while she's locked up."

My alcoholism was not pretty. A teenager, I often drank enough to throw up, and got so drunk I wet my pants. I ended up getting sober April 13, 1986, the year I turned 21.

Young Peoples' conferences were the most magical part of early sobriety. Why? Well, I'm a hard-core extrovert; the crowd vibe at an YPAA conference is spiritual food. Through the International Conference of Young People in A.A., or ICYPAA, I traveled around the country - New York City, Hawaii, Washington, D.C., Atlanta and to Cincinnati, where I made the pilgrimage to Dr. Bob's house. I found a tribe of sober people

committed to their own recovery, who cared enough to get off their asses and do something.

I learned that all over this world, sober people are doing the deal: action-based recovery. Every day. When it's fun and when it's not. Connecting with other human beings. Taking people through the steps. Being a sponsor or finding a sponsor. Making a love connection. Gaining awareness of this incredible, life-saving support system of Alcoholics Anonymous. I grew up and got to travel for work. I used what I had learned early on when I visited strange cities and strange towns, and wanted to avoid the temptations of the road.

So yes, I'll be in San Francisco in September 2023 at ICYPAA. I am no longer technically a young person, and that's O.K. For today I am a sober person. And that's a miracle right there.

*Anonymous, Santa Cruz*



**Looking for a Meeting?  
Wherever or whenever,  
locate one fast with the  
AA Meeting Guide App!**



**See the complete list of  
local AA meetings and  
events on [aasantacruz.org](http://aasantacruz.org).**





# I Surrender

12/28/21, 11 p.m.:

**O**ne bottle of wine down, working on my third Sierra Nevada. I was playing out the definition of insanity. Three DUIs in 10 years, loss of business, kids, relationships, faith – loss of myself. I'd been down this road many times, and each time was going to be the last time I drank.

“Please god help me!” I would cry in desperation. God would answer, I would stop drinking, things would get better. All I had would come back. Great! I was cured, I could handle my drink now. One beer, only one, after work. So the chaos would begin again. The definition of insanity.

Over the years I'd had some time in the rooms of A.A. but never felt connected. In reality, I never wanted to be connected. I wasn't really an alcoholic. Yes, I had three DUIs, but I had a successful business, I supported my two boys, I was a high-level endurance athlete, I never drank in the morning and certainly not every day. Definitely not an alcoholic.

I had dismissed the fact my oldest son a few years earlier had wanted me to stop drinking. In my arrogance, I responded to him that he had everything he needed: a roof over his head, food, a car, a phone. “Quit complaining,” I told him. “You have it good.” I deserved to have a beer and relax – and I've struggled with the guilt over that response for years. What a selfish ass I was. He just wanted a present and sober father.

**December 28, 2021, was a night of reflection. I surrendered. I was an alcoholic! What a sense of freedom.**

This disease of alcoholism had brought me to my knees. I'd attempted suicide. I'd been hospitalized for mental and physical issues. December 28, 2021, was a night of reflection. I surrendered. I was an alcoholic! What a sense of freedom. A huge weight was lifted off my shoulders.

I had given up on god. I was a hypocrite, always asking for help then abusing it. On that night, I came to believe that god as I understand him relieved me of my desire to drink, and gave me the strength to walk back into the rooms of A.A.

On July 28, I'll have 18 months sober, god willing. The gifts of sobriety are becoming real. I'm repairing the relationships with my two boys, my family and my friends who cared and loved me throughout my struggle. The rooms of A.A. have offered a place to listen, learn and be heard unconditionally. Having a passion outside of A.A. is a huge benefit. In my case I have a cycling group that has been a large part of my sobriety. I'm truly blessed.

I haven't worked a perfect program, but I'm doing what works for me. I'm grateful the only requirement for membership is the desire to stop drinking. That December night, admitting to myself and to god I was an alcoholic, I was free and at peace with myself.

*Jon N., Capitola*

# From the General Service Chair

I'm often asked, "What is General Service? What does it do?"

The Service Manual outlines responsibilities and overall structure. But to me, there's a deeper spiritual role.

That role becomes apparent when I hear things such as, "Don't be concerned with all the information; appreciate the experience." This heartfelt advice was given by Joann, a former Area Delegate at the Post Conference Assembly on May 13. Her message was directed to new General Service Representatives, but it struck me as wonderful advice for those new to service, and to A.A. newcomers too. I was overwhelmed at my first meetings by the strange language and odd prayers. What kept me coming back was that warm "something" I felt.

At that conference, Andria S. echoed Joann's statement when she spoke about unity as one of the three legacies of Alcoholics Anonymous, which also include service and recovery in the three-sided triangle. I love that. When I heard those statements, I could feel my body relax, wrapped in the cozy, comforting arms of A.A.

So, when I'm asked about General Service, I want to remember to say it's a unifying experience. The General Service Representatives of each group pass on their group's conscience about ideas proposed by other groups around the U.S.

Some ideas, like the creation of a 5th Edition of the Big Book and how to do it, create wide discussion in many groups; some ideas, not so much. If you've read a 4th Edition Big Book, any pamphlet or the current 12x12, or listened to an A.A. podcast, you're able to do that because

GSRs from around the country sought your input and advice, and our unifying service structure followed through. They did that not just because that's what they're chosen to do, but also because the feeling, the experience, the unifying grace of A.A. and the love and caring we have for each other – and for those not yet here – pave the way.

At the Santa Cruz General Service meeting June 14, our current Area Delegate, Eric L., will share his experience and impressions from the recent General Service Conference in New York.

I invite you all to come listen to Eric. Come see and listen to what we as a fellowship are doing for the future of A.A.'s in and out of the rooms. I hope everyone can feel the unifying love of A.A., and want to stay.

The meeting is via Zoom on June 14 at 7:30pm.

ID 857 1510 3072 PW: 524168

*Deb A., Santa Cruz*



# SOBRIETY MILESTONES

## May

Don O . . . . .	May 5, 1970
Henry C . . . . .	May 16, 1983
Bart B . . . . .	May 12, 1985
Sharon M. . . . .	May 2, 1986
Sue F . . . . .	May 28, 1986
Mary C . . . . .	May 31, 1987
M'Liss K . . . . .	May 6, 1988
Vicki M. . . . .	May 24, 1989
Meg K . . . . .	May 6, 1991
Toni S . . . . .	May 21, 1991
Doug D . . . . .	May 5, 1993
Tina S . . . . .	May 13, 1993
Mark R . . . . .	May 3, 1994
April R . . . . .	May 9, 1996
Steve L . . . . .	May 30, 1997
David T. . . . .	May 9, 1998
Lisa A . . . . .	May 23, 2000
Lucie H . . . . .	May 13, 2002
Linda B . . . . .	May 14, 2002
Ian L . . . . .	May 16, 2002
Judy C . . . . .	May 17, 2007
Gina N . . . . .	May 24, 2009
Natalie F . . . . .	May 14, 2011
Matt B . . . . .	May 15, 2014
Kira K . . . . .	May 17, 2014
Susan V . . . . .	May 27, 2014
Michael B . . . . .	May 15, 2015
Sam C . . . . .	May 15, 2015
Marilyn H . . . . .	May 4, 2016
Lara R . . . . .	May 20, 2020
Krishna . . . . .	May 1, 1986
Nikki W . . . . .	May 5 2013



**Want to list your A.A. anniversary in the GrapeSCINN? Email your name and sobriety date to: [grapesccin@gmail.com](mailto:grapesccin@gmail.com)**

MID-COUNTY SENIOR CENTER  
829 Bay Ave. Capitola

Doors open at 5:30  
Meeting at 7:00

JUNE  
03

santa cruz intergroup presents:

**BIRTH  
DAY**

SPEAKER MEETING

Speaker: Clancy R  
Roseville | CA | August 14 1997

Hosted by  
Saved by Grace

## In memoriam

George Rainey May 2, 1966



# JUNE 2023 EVENTS

For more information  
about this month's events, visit  
[aasantacruz.org](https://aasantacruz.org)

June 3 @ 7:00 pm - 8:15 pm

## **Birthday Speaker Meeting**

Mid-County Senior Center  
829 Bay Ave., Capitola, CA

June 3 begins 1 pm

## **CRUZYPAA Beach Games**

Twin Lakes State Beach  
2875 E. Cliff Dr., CA

June 4 @ 1:00 pm - 3:00 pm

## **CRUZYPAA Monthly Meeting**

Harvey West Park 326 Evergreen St  
Santa Cruz, CA

June 7 @ 7:30 pm - 9:30 pm

## **Intergroup Council Meeting**

Meeting ID: 828 1508 0970  
Passcode: 588309

June 10 @ 10:00 am - 12:00 pm

## **4th Step Workshop**

Ben Lomond Fellowship  
9496 Hwy 9, Ben Lomond

June 14 @ 7:30 pm - 9:30 pm

## **General Service District Meeting**

Meeting ID: 857 1510 3072  
Passcode: 524168

June 18 @ 1:00 pm - 3:00 pm

## **CRUZYPAA Monthly Meeting**

Harvey West Park 326 Evergreen St  
Santa Cruz, CA

June 21 @ 7:30 pm - 9:30 pm

## **Intergroup Steering Committee Meeting**

Meeting ID: 861 8723 8980  
Passcode: 723088

June 24 @ 11:00 am - 3:00 pm

## **Spring Fling**

Harvey West Park 326 Evergreen St  
Santa Cruz, CA

June 24 @ 6:00 pm - 8:00 pm

## **Santa Cruz Fellowship Birthday Speaker Meeting**

Santa Cruz Fellowship  
412 Front Street  
Santa Cruz, CA





## Santa Cruz County - Area 73 Hospitals and Institutions Committee

# Help Wanted June 2023

### Hospitals and Institutions Committee Positions

**Volunteer Coordinator.....**6 months sobriety

#### Recovery Centers

**Si Se Puede - Needs Secretaries** for Tues & Sat @ 7pm, Male or female, 6 months sobriety, working the steps with a sponsor. Call or Text **Victoria** 818-804-1496 / viaha6181@gmail.com

#### Correctional Facilities:

**Salinas Valley State Prison – Needs Visiting Sponsors.....**Male, 5 years sobriety

**Water Street Jail/Women – Needs Secretaries.....**Female, 1 year sobriety.

**Water Street Jail/Men – Needs Secretaries...** Male, 1 year sobriety

**Juvenile Hall – Needs Coordinator.....**Male and Female, 1 year sobriety.

**Meetings at Santa Cruz County Jails (Water St. Men’s and Women’s, Blaine St. Women’s, and Roundtree Men’s Facilities) are on Standby but Water St will open again in July, Secretaries needed.**

**All Jail Facilities:** One year sobriety, 5 years since last felony & 2 years since last misdemeanor required. Orientation and clearance required for service at both men’s and women’s county corrections facilities. Orientation is held at the Sheriff’s offices at 5200 Soquel Ave. Santa Cruz. You must complete an application before orientation can be scheduled. Live Scan background check cost will be covered by H & I.

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

**If you are interested in any of the above service positions please email:**  
**[SantaCruzcountyHI@gmail.com](mailto:SantaCruzcountyHI@gmail.com)**

**H&I holds their business meeting on the 4th Wednesday of each month in the Youth Room at Trinity Presbyterian Church, 420 Melrose Ave in Santa Cruz. Meeting begins at 7PM. All AA members are welcome.**

PLEASE SEND CONTRIBUTIONS TO: SANTA CRUZ H & I, P.O. BOX 5131 SANTA CRUZ, CA 95063-5131  
PLEASE PUT YOUR GROUP OR MEETING NAME ON THE CHECK

**For more information and to volunteer please visit: [HandISC.org](http://HandISC.org)**

# Intergroup Report

Member Contributions March 2023				
Anonymous	125.37		No Frills	25.00
Awareness Group	225.00		On The Beach	368.40
Central Office "keep the change"	193.50		Roxas	221.00
BYOB	60.00		Santa Cruz Speakers Meeting	521.47
Conscious Contact Meditation	104.70		Sober and Salty	25.75
Early Risers	279.83		Sought Through Meditation	247.33
HOW	100.00		Stag 11	300.00
Jade Street	366.60		Sunday Morning Spiritual	78.60
Monday Mens Meeting	120.00		Todays Womens Step Tradition	326.40
Monday Nite Acceptance	24.00		Triple Winners Emotional Sobriety Group	75.00
<b>Total 3,787.95</b>				
<i>Thank you for your generous contributions</i>				

Statement of Activity  
March 2023

	ACTIVITIES	BSM	G&A	GROUP DONATION	TOTAL
Revenue					
Donations	1,208.00	1,365.12	2,784.67	1,045.28	\$6,403.07
Events		210.00			\$210.00
Sales			2,585.85		\$2,585.85
Sales of Product Revenue			538.00		\$538.00
<b>Total Revenue</b>	<b>\$1,208.00</b>	<b>\$1,575.12</b>	<b>\$5,908.52</b>	<b>\$1,045.28</b>	<b>\$9,736.92</b>
Cost of Goods Sold					
Cost of Goods Sold			2,038.36		\$2,038.36
<b>Total Cost of Goods Sold</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$2,038.36</b>	<b>\$0.00</b>	<b>\$2,038.36</b>
<b>GROSS PROFIT</b>	<b>\$1,208.00</b>	<b>\$1,575.12</b>	<b>\$3,870.16</b>	<b>\$1,045.28</b>	<b>\$7,698.56</b>
Expenditures					
Activities	1,102.97				\$1,102.97
Birthday Speaker Meeting		680.50			\$680.50
Equipment Rental & Leases			366.13		\$366.13
Legal & Professional Services					\$0.00
Payroll Processing			282.50		\$282.50
<b>Total Legal &amp; Professional Services</b>			<b>282.50</b>		<b>\$282.50</b>
Office Supplies & Software			745.46		\$745.46
Payroll Salaries & Wages			3,230.15		\$3,230.15
Rent & Lease			1,608.00		\$1,608.00
Telephone			145.09		\$145.09
Utilities			189.39		\$189.39
<b>Total Expenditures</b>	<b>\$1,102.97</b>	<b>\$680.50</b>	<b>\$6,566.72</b>	<b>\$0.00</b>	<b>\$8,350.19</b>
<b>NET OPERATING REVENUE</b>	<b>\$105.03</b>	<b>\$894.62</b>	<b>\$-2,696.56</b>	<b>\$1,045.28</b>	<b>\$-651.63</b>
Other Revenue					
Interest Income			0.27		\$0.27
<b>Total Other Revenue</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.27</b>	<b>\$0.00</b>	<b>\$0.27</b>
<b>NET OTHER REVENUE</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.27</b>	<b>\$0.00</b>	<b>\$0.27</b>
<b>NET REVENUE</b>	<b>\$105.03</b>	<b>\$894.62</b>	<b>\$-2,696.29</b>	<b>\$1,045.28</b>	<b>\$-651.36</b>