



THE GRAPE-SCCIN

NOVEMBER BIRTHDAYS

November 2012

Michael G	37 yrs	Nov 21, 1975
Michele D.	36 yrs	Nov 24, 1976
Chris G.	25 yrs	Nov 17, 1987
Valerie M.	23 yrs	Nov 24, 1989
Robin S.	22 yrs	Nov 29, 1990
Bobbie B.	21 yrs	Nov 1, 1991
Rich L.	21 yrs	Nov 2, 1991
Steve D.	18 yrs	Nov 1, 1994
Max M.	17yrs	Nov 22, 1995
Michelle C.	17yrs	Nov 27, 1995
John T.	14 yrs	Nov 22, 1998
Sharon H.	13 yrs	Nov 17, 1999
Maggie D.	11 yrs	Nov 7, 2001
Melissa S.	11 yrs	Nov 12, 2001
Gina S.	1yr	Nov 1, 2011

Birthday Speaker Meeting

**Sunday, November 25th
at 7:00 pm**

**Hosted by Boulder Creek
Speaker: TBD**

**Emeline, Building D
1080 Emeline Ave,
Santa Cruz 4th Sunday
of Every Month at 7:00
pm**

**Thanks to Sober Slugs
for hosting last
months' with Jeremiah
as speaker**

**A Special Thanks to
the Old Timers
Speaker Panel
Old Timer Speakers**

Mary 46yrs

Bob 32yrs

Lars 25yrs

Ad hoc Unity Day comittee

November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7:30PM Intergroup Council Meeting <i>Aptos Village Park</i>	8	9	10 10:00AM 4 th Step Workshop <i>Ben Lomond Fellowship</i>
11	12 7:30 What a concept <i>Central Office</i>	13	14 7:30PM General Service Meeting <i>Aptos Village Park</i>	15	16	17
18	19	20 6:00PM Bylaws Committee <i>Central Office</i>	21 7:30PM Steering Committee <i>Central Office</i>	22	23 <i>Last day for Grapesccon submissions</i>	24
25 Birthday Speaker Meeting Emeline bldg D 7:00 pm	26	27	28 7:00PM H&I Meeting <i>Central Office</i>	29	30	

The Chairs Corner

Art work by Ken C

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of his will for us and the power to carry that out.

It states in the first sentences on step 11 in the Big Book "we shouldn't be shy on this matter of prayer. Better men than we are using it constantly."

At my home group Stag 11 we read the entire portion of Step 11 in chapter 6 every week and I always seem to learn more about this subject of prayer and meditation as the days and years pass.

I recently attended a mens recovery retreat at St Francis Retreat Facility in San Juan Batista. The entire weekend is filled with spiritual experiences focused around the program and fellowship that keeps me truly humble. As I reflect back on the weekend there were 2 of the sessions that really helped my prayer and meditation.

We were asked to answer a few questions in writing in our own space during a quiet time, "What is between you and your God (higher Power)"? List your top 3 character defects! Were a couple of the questions? When we got back together we gathered in small groups to share our work with each other. It became clear to me that I have been shy on the matter of prayer even though I pray daily. I was amazed to see how much was between me and my God.

The other session was on mediation, this has been something that I have continued to improve on and does not come easy for me. We were asked to meditate as a group in total silence for 10 minutes. Sounds easy enough, however for me 2, 3, 4 minutes into the exercise I was doing everything in my power to keep a clear mind and it didn't seem like I was going to be able to shut it off. I was using breathing techniques and trying to get to a neutral space. My anxiety built as the silence continued. Then it happen, I had an experience that I hope to encounter again. As I sat there I was taken to a place of peace and tranquility on the beach in Capitola. My eye lids were wakes of the wave, my body was the sand and my head was the sun set shining through the waves. I could smell the sea breeze and felt as light as a bird. If you can imagine a picture looking out from the esplanade, I was the picture, sand, air, waves, sun, bird's boats. I stayed in this state in total peace until it was time to come to. I felt like I just woke up from a dream and wanted to get back into immediately. What an experience!

In Service as your SCCI Chair and current author of The Chairs Corner.

Rick A.

Service Opportunities

24 Hour Diverter - 24 hour call line staffed by A.A. members.

Arguably one of the most rewarding service positions in Santa Cruz County AA. If you're looking for a great way to be of service then volunteer to cover one of the call line times.

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

And for that: I am

The times of monthly service opportunities are continually changing so there is almost always a time that will fit into your busy schedule. The service commitment consists of being available to take and respond to phone calls for a 2 to 4 hour shift once a month. To volunteer or for more information please call Central Office.

Overheard at Meetings*(humor and sayings)*not really overheard, not breaking anonymity, just passing on a smile :-)

" I came to AA and got a life worth living."

"I was a master at blowing off life, so I could do what I wanted to do."

"Pain and suffering was the blessing that got me here."

" When I let God drive, I get to sit back and enjoy the ride!"

Suggestion: A wonderful gift for those who may be locked up and have no access to digital media (or anyone for that matter) would be a subscription to AA's **GRAPEVINE**..... Help give the gift of recovery to our fellow suffering alcoholics who have limited access!

