

Social Media and the Program

Michelle R

What does the service manual say about Social Media and AI-Anon?



The Internet

The internet is a global computer network that is in the public domain. Service arms are encouraged to post WSO public service announcements on the internet or to create links to the WSO website. In keeping with our Legacies, Al-Anon members guard with care their own and others' anonymity and avoid any actions or behaviors that could draw Al-Anon into public controversy or harm Al-Anon's name. (See "Social Media" below. Service guidelines are available under the Members menu at al-anon.org.)

Social Media

Social media can be an important venue for carrying the message of Al-Anon as it fulfills its primary purpose of reaching those who are not yet aware of the existence of our fellowship. Given social media's global reach, members serving Al-Anon Family Groups are encouraged to understand their unique responsibilities to adhere to our Legacies when using this medium.

Social Media—WSO

The World Service Conference (WSC) has granted the WSO sole responsibility for creating public outreach messages with national and international reach. The WSO, in carrying out its responsibility, will continually look for new ways to do so, using the capabilities of social media and emerging technologies while adhering to Al-Anon's spiritual principles.

Social Media—Areas, Districts, AISs/Intergroups

Service arms (Areas, Districts, AISs/Intergroups) can create blogs, profiles, or social media pages for public outreach relevant to the membership they serve, recognizing the need to adhere to Concept Ten by avoiding conflict with the service authority granted to the WSO by the WSC. Service arms can create and post content consistent with Al-Anon's spiritual principles and Legacies except when to do so would violate copyright law. Only Al-Anon service arms are given permission to use the Al-Anon and Alateen trademark names and logos for social media purposes. (See also "Copyrights" and "Symbols/Logos.")

Social Media—General Service Offices (GSOs) & National Structures

GSOs and national structures can create blogs, profiles, or social media pages for public outreach relevant to the membership they

The Al-Anon Service Manual Pages 127-128 Discusses Social Media and how it is to be used.

- *Service Arms such as areas, districts, AIS's/Intergroups can create blogs, profiles or social media pages for public outreach.
- *Concept 10 must be adhered to--we should avoid conflict with the service authority granted to the WSO by the WSC.
- *Service arms can create and post content consistent with Al-Anon's spiritual principles and legacies EXCEPT WHEN TO DO SO WOULD VIOLATE COPYRIGHT LAWS (which I will discuss later)
- *ONLY Al-Anon service arms are given permission to use the Al-Anon/Alateen trademark names and logos for social media purposes.

serve, recognizing the need to ensure consistency with public outreach messages created by the WSO.

Social Media—Groups

In keeping with Tradition Five, the purpose of an Al-Anon Family Group is to help the families and friends of alcoholics. Groups do not create social media pages. Groups are encouraged to support service arms' public outreach efforts.

Social Media—Individual Members

To carry the message as described in Step Twelve, members are welcome to share social media posts from the WSO and Al-Anon service arms for public outreach. Members maintain the principle of anonymity, never revealing their membership, and do not appear to speak for Al-Anon as a whole. They avoid actions, behaviors, or commentary that could draw Al-Anon into public controversy, harm Al-Anon's name, or distort its public outreach message. The names "Al-Anon" and "Alateen" are trademark names and may not be used as usernames, logos, or identifying characteristics on profiles (See also "Anonymity.") In order to adhere to the spiritual principles described in Tradition Twelve, individual members do not create Al-Anon/Alateen social media pages.

Incorporation/Taxes

Al-Anon Family Group Headquarters, Inc.

Tax-exempt status was granted to Al-Anon Family Group Headquarters, Inc., our World Service Office, in 1956 under Sec. 501 (c)(3) of the U.S. Internal Revenue Code as a nonprofit corporation organized under the laws of the State of New York and operated exclusively for educational purposes. When New York State law was amended subsequently, the WSO registered as a not-for-profit corporation. Tax-exempt status was similarly granted to Al-Anon Family Group Headquarters (Canada) Inc. in 1999 as a registered charity under paragraph 149(1) of the *Income Tax Act* of Canada. While a separate corporation, Al-Anon Family Group Headquarters (Canada) Inc. has the same Board of Trustees as Al-Anon Family Group Headquarters, Inc.

Contributions to Al-Anon Family Group Headquarters, Inc. or Al-Anon Family Group Headquarters (Canada) Inc. may qualify as a

Social Media—Groups

Individual Al-Anon groups should not create social media pages. Individual groups are encouraged to support the service arms public outreach efforts.

Social Media—Individual Members

***Members are encouraged to share social media posts from the WSO and Al-Anon service arms for public outreach.**

***Members should maintain the principle of anonymity, never revealing their membership**

***Members should not ever appear to speak for Al-Anon as a whole.**

***Members should avoid actions, behaviors, or comments that could draw Al-Anon into public controversy, harm Al-Anon's name, or distort its public outreach message.**

***The names Al-Anon and Alateen are trademark names and may not be used as**

usernames

logos

identifying characteristics on profiles

***Individuals should not create Al-Anon/Alateen social media pages.**

Covid helped to usher in a whole new world of virtual meetings!
There were some virtual meetings before Covid, but the number of virtual meetings exploded during and after Covid.



There are currently over 800 virtual meetings on 18 different platforms!!

- 1. The Al-Anon mobile App (36 meetings)**
- 2. Bulletin Board (5 meetings)**
- 3. Chat room (4 meetings)**
- 4. Discord (3 meetings)**
- 5. Email (22 meetings)**
- 6. FB messenger (2 meetings)**
- 7. Free Conference Call App (30 meetings)**
- 8. Free conference (2 meetings)**
- 9. Google meet (2 meetings)**
- 10. Jitsi (4 meetings)**
- 11. Join me (1 meeting)**
- 12. Phone (153 meetings)**
- 13. Second Life (1 meeting)**
- 14. Skype (30 meetings)**
- 15. Telegram (3 meetings)**
- 16. Voxer (1 meeting)**
- 17. Whatsapp (6 meetings)**
- 18. Zoom (561 meetings)**

There are meetings on every continent except Antarctica

Africa—4 time zones

Asia—8 time zones

Australia—3 time zones

Europe and the UK—4 time zones

North America—7 time zones

South America—3 time zones

Languages:

English

Danish

Spanish

Turkish

Russian

Czech

Farsi

Italian

French

Bulgarian

Portuguese

Japanese

Hindi

Icelandic

Dutch

Greek

German

Polish



It truly is a **WORLD-WIDE** fellowship!!!

With the rise in Virtual Meetings, there has been an increase in the need to connect on Social Media as well.

Pop-up (unofficial) meetings and workshops and other events are also popular and people are more and more often learning about these events and meetings on social media. Some popular social media platforms include: facebook, twitter, Instagram, messenger, whatsapp and others.

Today, I'm going to go thru some information about how to use social media for outreach and attraction.

We are going to start with FACEBOOK!

FACEBOOK



There are many types of facebook accounts.

There are business accounts and private/personal accounts.

There are facebook profiles, pages and groups.

A profile is what most individuals have. (sometimes people make a profile page for their pets and children as well--though facebook does require that children be over the age of 13). You control the posts you make on your page. People can comment on your posts, but they can't usually create a post unless you allow it. People can "tag" you on a post they make and you can add it to your profile page if you like. People can also private message/direct message you through your profile.

A page is what a business or a company usually makes. With a page, the owner(s) of the page create the posts and statuses. People can follow your business page to receive updates whenever you make a post. There is not as much interaction on a page. People can private message you from your page.

A group is created by one or more administrators also known as admin. People can join the group and then they can participate by creating posts which others can comment on. The members of the group can private message the admin and the other members. There is also a new feature where a group can create a group chat in messenger for everyone in the group who wants to participate.

Before you create any kind of social media account, you/your group will need a valid e-mail address that you can easily access daily if necessary. Almost all social media requires an e-mail account to send information to to verify you as a human and to register. An e-mail that others can access might be all right as long as the others accessing the account don't delete the e-mails and as long as they don't get notified every time someone uses the account/gets an e-mail. This is mostly because it can get annoying for them. (For example, I was in a group who had a group e-mail account. All of the officers and service members had access to it. Unfortunately, every time someone accessed the account, it notified a service member who would then ask "who accessed the gmail account?" to make sure it was a legitimate access to the account and not someone hacking the account. It also became an issue because every new service member had to ask permission to get into the account. Just something to think about.)

Groups can be "private" or "public" or "hidden/secret." A public group is a group that anyone can join and anyone can see. Not only can they see the group, they can see all of the members and every post that is made in the group. People can share the posts that are made in a public group outside of the group. (This would probably not be a great option for a 12-step program.) In a private group, someone has to admit members. (You can chose to let anyone who is a group member to admit people or you can choose that only admin and moderators can admit members. This is a better option to keep the group from being overrun with spammers and scammers.) Only the members of the group can see the other members and only the members can see the posts made in the group. The posts cannot be shared with people outside of the group as easily. (But they can be shared by screenshot). Private groups can be found by searching for them if they are not hidden/secret. A hidden or secret group cannot be found in a search. Only the members can see it/find it and only members can invite other members to join.

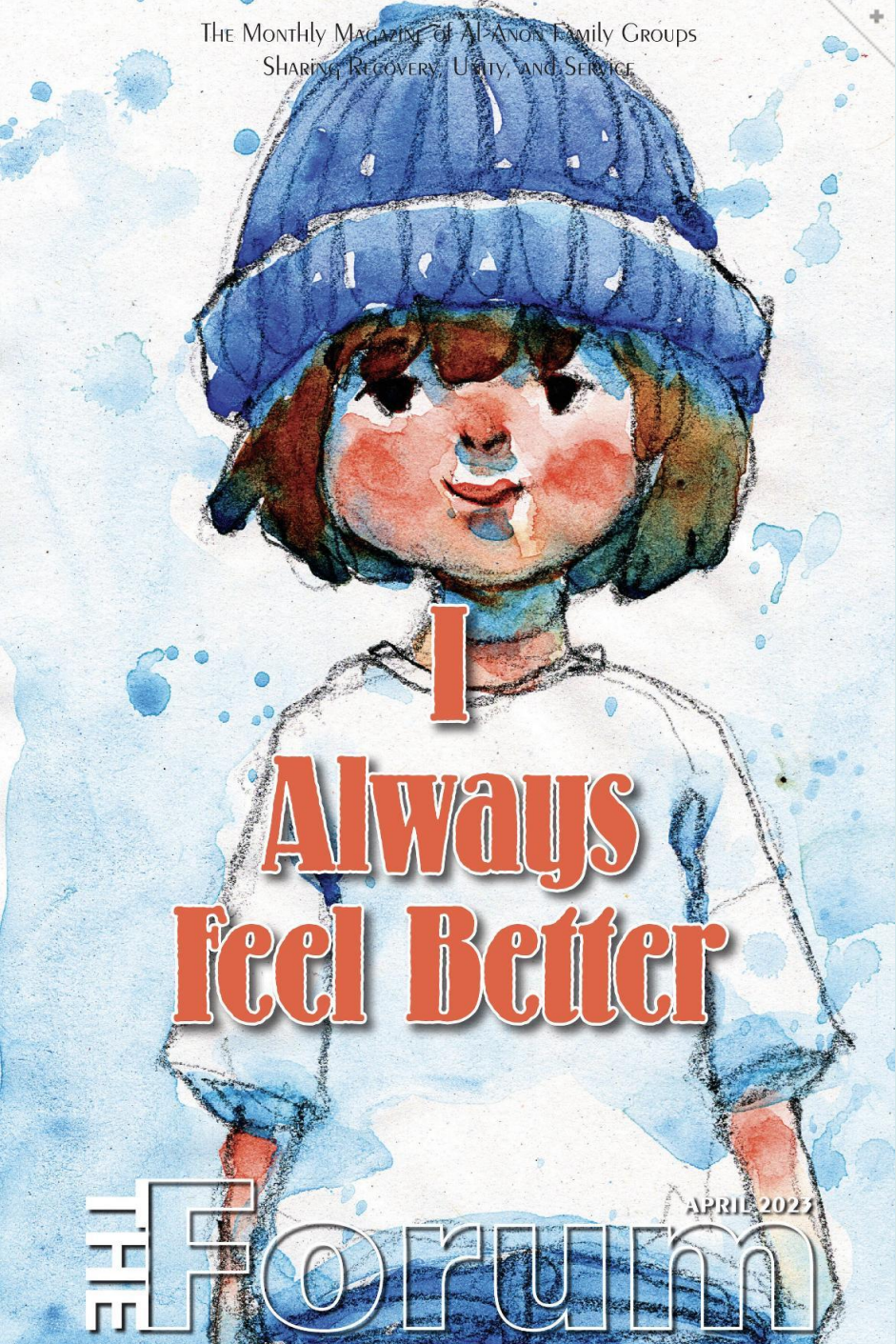
To create a facebook group, you will need one or more administrators/moderators to help manage the group. The more people in the group, the more administrators/moderators you will probably need. One thing to consider about admin and moderators: too many chefs in the kitchen. More admin/moderators can lead to disagreements about how things should be handled, what rules are, what the membership questions are, what should and shouldn't be allowed in the group, etc. The more admin/moderators you have, you may need a chat/group just for the admin to keep in touch and discuss any group issues/changes. I help out in a non-AI-Anon group that has 25+ admin. It's total chaos most of the time. No one knows what the other admin are doing and things happen (like a post gets removed or people get blocked and no one knows why. It can get crazy. Keep it simple.)

You will also need a general set of rules for the group. The more rules you have, the more you have to enforce. But general rules are necessary to keep the group running smoothly.

I highly recommend entry questions for groups. Most groups only allow the admin/moderators to admit people to the group. There are always spammers and scammers that try to join groups for nefarious purposes. They usually answer all of the entry questions "Yes" so its important to have at least one entry question that isn't a "yes" answer to weed some of them out. Asking open ended entry questions helps as well (vs yes/no questions or multiple choice questions). Scammers/spammers often have brand new facebook profiles as well. They create them with new names by hijacking other peoples accounts using their pics etc. But some scammers will answer all entry questions and then get into the group and make questionable posts. (Air duct cleaning services are popular right now. Gofundmes and requests for money are typical too.

Ideas for things to put in facebook groups:

- *Flyers and meeting announcements**
- *Workshop flyers and information**
- *The Forum free articles (There are 3-4 every month)**
- *WSO announcements**
- *In the Loop Newsletter**
- *Chart for time zones**
- *Al-Anon.org website link**
- *Questions/Answers**
- *Other engagement ideas**




I
Always
Feel Better

#FORUM APRIL 2023

LOVE REPLACES FEAR

When a doctor diagnosed my daughter with alcoholism, he said it would be a long journey. I had left her father because of alcohol-related family violence when she was very young. I had tried to help and fix by bailing her out of financial problems and taking care of her young son. I was exhausted, working two jobs, and absolutely desperate to save my beautiful daughter. I did not know that my taking responsibility for getting her sober was robbing her of the chance to solve her own problems.

Early in my Al-Anon program, I recognized over-responsibility as one of my major defects. Thanks to what I have learned in Al-Anon, including Concept Eight, which talks about delegation of authority, I am overcoming my impulse to micromanage and jump in to “help.” I’ve realized I don’t have authority over others, including my daughter. Letting go of my impulse to take over and focusing on my part has helped with family relationships as well as in service in Al-Anon.



Each morning of my long recovery journey, I reach for Al-Anon’s daily readers. As I plug my mobile phone into the solar charger and open the ebooks on my screen, the wisdom in this precious Conference Approved Literature sinks deeper. Love replaces fear. I surrender to my Higher Power and feel the warm sun recharging me (and my phone). A tingle of delight reminds me to focus on my priorities and replace worry and the impulse to control with trust in others and my Higher Power.

By **JENNIFER W., AUSTRALIA**

FEELFREE

to reprint this article on your service arm website or newsletter, along with this credit line:
Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

<https://al-anon.org/for-members/public-outreach/>



What not to put in a group:

- *Pictures/copies/pdfs/etc. of Conference Approved Literature-it breaks copyright law. We can only show pictures of literature that specifically says “free to use/share”**
- *Pictures of the alcoholic in our lives. (its probably also not a good idea to post personal pics of ourselves due to anonymity)**
- *If you quote conference approved literature its important to make sure its an exact quotation and that the source is cited: name of the book/mag, page number, etc.**

Administrators and Moderators in Facebook groups:

What is the difference between an admin and moderator?

Admin can make global changes to the fb group. They can change the settings, admit people into the group, change the rules, close the group, admit other admin/moderators, delete members if necessary, remove posts if needed, etc. An important thing to remember is that Admin can remove each other!! (Sometimes disagreements/falling outs occur. Any admin can remove any other admin and take over the group. The only person who cannot be removed is the original creator of the group. If the original creator of the group leaves and then comes back and becomes an admin again, they never regain the “creator” status and can be removed.)

Moderators can do most of the things that admin can do. They can admit people to the group and make some changes. They can approve posts and they can remove posts, if needed. They cannot add other moderators or admin. They cannot remove other admin or moderators.

It's a good idea to have a second admin for several reasons:

If one admin gets locked out of fb or gets put in fb jail, the second admin can take over.

If an admin passes away, without a second admin, the group will continue without an admin and its possible no one will be able to take over so the group will just be rogue.

Profiles get hacked all the time. If someone takes over your fb profile by hacking it, they will have access to all of the groups you manage and all of your messenger info/friends/etc.

If you have to create a new fb profile for whatever reason, the second admin will be able to add you back into the group and make you an admin again. (moderators can't do that)

Creating flyers for events, workshops and meetings (Digital and hard copy)

Information to have on all flyers:

- *The date of the event/meeting--include the day (Sunday, Monday, etc) and date (Sept. 23, 2023)**
- *The time--including the time zone--where the meeting is held**
 - if you can, include alternate time zones too—like est, pst, cst. Some even add time zones for overseas but its not required. This is especially important if the time zone changes the DAY of meeting/event. A meeting on Sunday in the US might be on Monday or Saturday somewhere else.**
- *The name of the group/area/district holding the meeting or event and the Meeting ID number (Try to avoid abbreviations if possible. New members especially don't know what abbreviations mean—even AFG is confusing for them.)**
- *The name of the platform (this is the biggest question besides time that we see)**
- *The ID of the platform and passcode if necessary**
- *Any other important info like what book you are studying or will be needed, paper, pencil, funny hats, etc.**
- *If the meeting/workshop is hybrid, include in-person address and directions**
- *If possible, add directions on how to access the platform**

If you use a photo or clip art, make sure you have permission or use a copyright free image

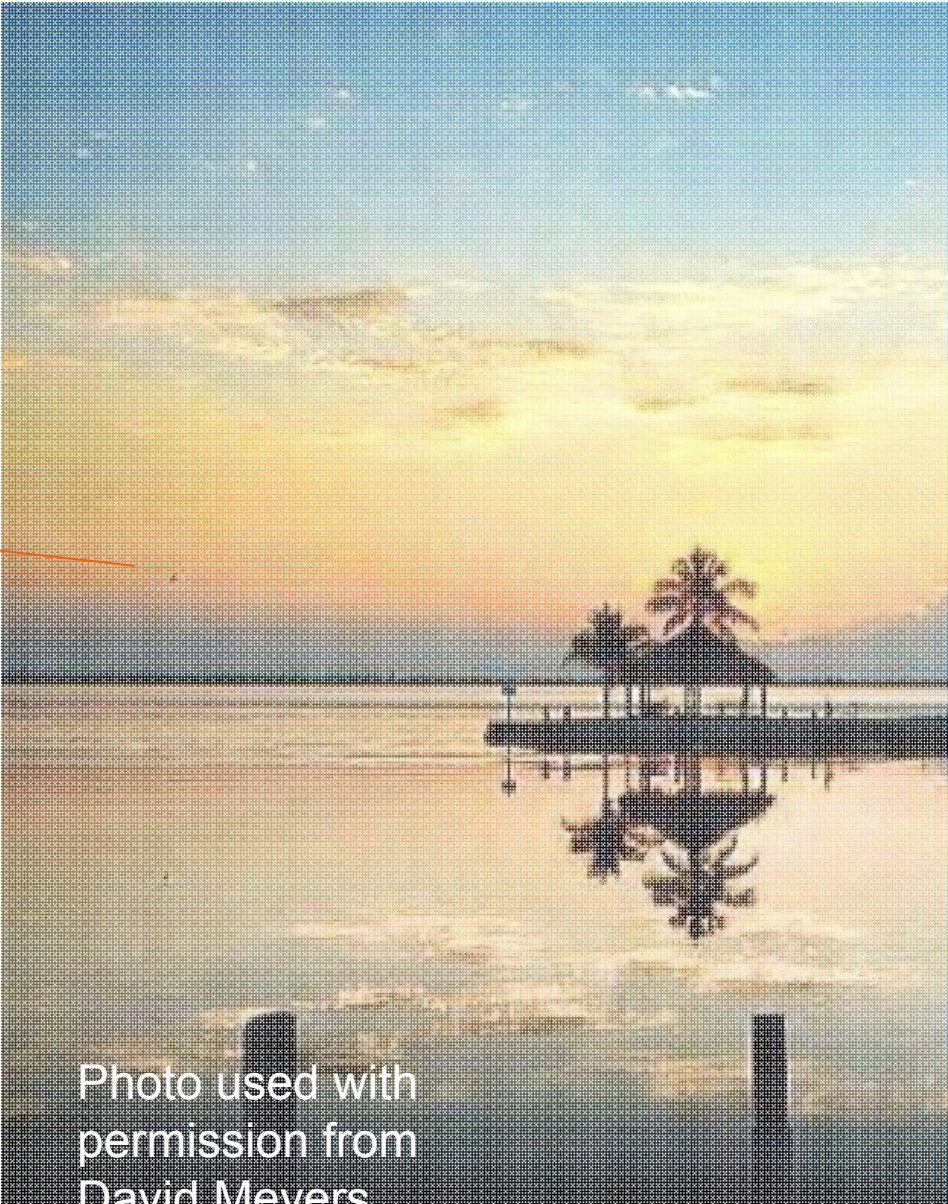


Photo used with permission from David Meyers

BELIEVE IN TOMORROW

Al-Anon Family Group

Tuesday at 12 noon, Est.

This is a HYBRID meeting!!

In-Person meeting is held at:

Reformation Lutheran Church

9283 N. Congress St.

New Market, VA 22844

Zoom info: Meeting ID - 842 821 409

Passcode - 799178

1st week of every month is a study of the step for that month.

Name of group

Day / Date

Time with time zone

In person meeting info

Platform, meeting ID and password

Extra info



FreeConferenceCall.com®

1. Download app



Start, schedule or join a new meeting

New meeting

Join meeting

3. Press Join Meeting

How would you like to join the audio?

Use phone audio

Use internet audio

Join with no audio

5. Use internet audio only.

~if calling in press *6 to unmute and mute.



2. Install app

Join a new meeting

Meeting ID

or

+1 Phone number

Access code

4. Type in Meeting ID



If icons are white
Speaker is off,
microphone is on.



If Speaker icon is blue
Speaker is on, if
microphone is red it is off.

Open



ZOOM Cloud Meetings
zoom.us

Install

Search & Install

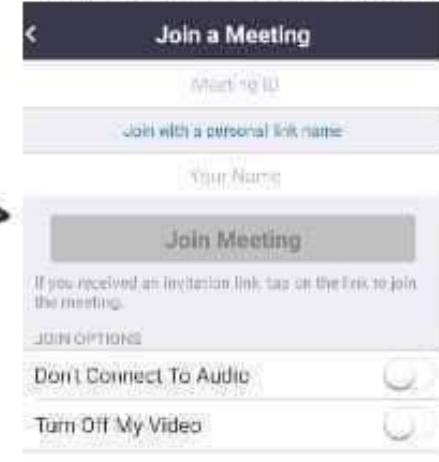
Open



"Join a Meeting"



Input information



https://dateful.com/time-zone-converter?fbclid=IwAR2qbsLStezIM7ocCSOxv_Jn_VTm2d5kbXAXIx5-ZDNSaqP4AM1u-0G_mwM



Where to find meeting flyers:

- *Whatsapp
- *Discord
- *Messenger groups
- *FB groups
- *in meetings



Some things to consider about meetings you advertise in groups:

There are pop-up meetings that are not affiliated with WSO and don't have an official ID number. You'll need to decide if you want to allow advertisement of those meetings or not.

There are also sometimes meetings that are removed from WSO listings. You'll need to decide if you will allow those meetings to advertise or not.

Will you share open AA meeting flyers and workshops? Many Al-Anons enjoy going to open AA meetings and workshops to learn more about the disease of alcoholism. (I personally find that if I try to relate rather than differentiate, I learn a lot. Whenever their literature uses the term "Alcohol" I substitute the word "self" or my name because my obsession with myself and wanting my way is my alcohol.)

Some things to watch for:

Spammers and scammers (mentioned earlier—often have very new fb accounts)

People who try to promote themselves--books they wrote, recovery services they provide, counseling they provide, etc. People also try to promote fake help--like doctors who have questionable practices or medication.

How do you keep flyers?

I save my flyers as pictures on my phone. Then I sort the flyers into albums. I have one album for each day of the week. Then when I find a new flyer I add it to the album for that day. Some flyers are saved in multiple days: Like the Happy AFG group has meetings on Monday, Wednesday and Friday, so I have it saved under 3 days. Some meetings are daily or 5 days a week, so I have those saved each day as well.

I also have some pics of spreadsheets that people have put together with vetted meetings listed. I have those saved in small chunks by the day of the week and store them in the album for the day.

When it comes time to post meetings each day, I just go that day's album and add the album (one pic at a time).

The one thing that some people find confusing is that some flyers are for a specific week or month. Those meetings occur weekly, but the flyer has a date that has passed on it. I don't always get updated flyers when one expires, so I make sure to add that even if the date on the flyer is passed, the meeting is still occurring at the same day and time. (I also ask people to let me know if a meeting date, time, password, etc. changes or if a meeting disbands.

You can also create your own spreadsheet of vetted meetings that you attend or people in your group attend. Spread sheets can be made so that anyone can add/delete things on them or you can set it up at "view only" and have only one or two people making changes.



Camera Roll ^

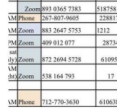


76



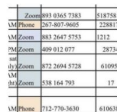
Insurance claims

6



Sunday meeting flyers

34



Saturday meeting flyers

20



Thursday meeting flyers

31



Friday meeting flyers

23



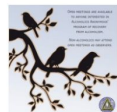
Wednesday meeting flyers

37



Tuesday meeting flyers

39



Monday meeting flyers

39



Crochet

3



Wednesday meeting flyers

From Survival to Recovery
 Growing Up in an Alcoholic Home
 All meetings are Zoom based
 2025 Jan 8, 2025 11:35 AM EST
 Zoom Meeting ID: 321 411 008
 Password: 123456

Topic: From Survival to Recovery

Jan 4 Do We Belong?
 Jan 6 Reimagining and Rebuilding Boundaries
 Jan 8 Morning in a Lifetime
 Jan 10 Learning to Trust
 Jan 12 Finding My Way Through
 Jan 14 What Does Resilience & Getting Support
 Jan 16 Finding a Balance Between Family & Recovery
 Jan 18 Realistic Approaches to Responsibility - Steps 4-9
 Jan 20 Realistic Approaches to Responsibility - Steps 4-9
 Jan 22 Taking Action on Our Own Behaviors - Steps 4-9
 Jan 24 Living Healthy Lives - Steps 4-9
 Jan 26 Making Our Goals Realistic - Steps 4-9

CLUB SPEAKER MEETING
JANUARY 8, 2023
LILIS MCC 6/26/76
 "Normal Wives Good"
 (TULSA, OKLAHOMA)
 506 892 272 PW: 350610
 6:00PM MT | 6:00PM CT | 7:00PM ET
 7:00PM MT | 8:00AM SAST | 9:00AM AUS

AA Women / Alcoholic Mothers / Mothers of Alcoholic
G.I.A.L.L. SPEAKER SERIES
Wednesdays of 12:00 NOON EST

February 1 Dale G. - Toronto, ON
 February 8 Sheri P. - Cape Town, SA
 February 16 Shirley G. - Milton, ON
 February 23 Bruce G. - Toronto, ON

Daily Reflections
A meeting of Alcoholics Anonymous
7 DAYS AMHMH CALIFORNIA
6:15AM - 7:15AM
 Join us daily!
ATTITUDE is your friend
 6:15AM PT | 7:15AM MT | 8:15AM CT | 9:15AM ET

11:00 AM	Zoom	967 312 427	003061	CLUB Speaker Meeting
1:00 PM	Zoom	961 4934 9058	000576	CLUB Speaker Meeting
1:00 PM	Zoom	261 178 3893	Serenity	CLUB Speaker Meeting
2:00 PM	Zoom	348 4659 2988	112	CLUB Speaker Meeting
6:00 PM	Zoom	737 175 338	732671	CLUB Speaker Meeting
6:00 PM	Zoom	378 839 8395	732671	CLUB Speaker Meeting
6:00 PM	Zoom	429 674 869	Alcoholics Anonymous	CLUB Speaker Meeting
6:30 PM	Zoom	829 149 4054	727783	CLUB Speaker Meeting
7:00 PM	Zoom	876 527 7389	663661	CLUB Speaker Meeting
7:30 PM	Zoom	850 8361 1624	888071	CLUB Speaker Meeting
7:30 PM	Zoom	827 414 221	6667	CLUB Speaker Meeting
8:00 PM	Zoom	811 1280 2101	123	CLUB Speaker Meeting
10:00 PM	Zoom	816 857 6853	Serenity	CLUB Speaker Meeting

Start your day right! Our topic is the Daily Reflection.
 888-978-8312 205 Paid 161
 6:15 AM
 6:30 AM
 6:45 AM
 7:00 AM
 7:15 AM

Online AA Big Book study meeting
 Join us for a comprehensive line by line study of the classic text using the PPG Study guide.
 Everyone welcome every Wed 12-1pm uk time.
 4:00AM PT | 5:00AM CT | 7:00AM ET
 2:00PM SAST | 9:00PM AEDT
 Zoom ID: 821 752 088

Recurring Meeting
Wednesday
@ 18.30-19.30 Zam SA
16:30-17:30 UK IRE
 Meeting ID: 865 5266 4956
 Password : Sober2021
 Support for family and friends
Of Alcoholics

AA ON THE ROCKS PRESENTS
12-Step Quarterly Speaker Series
January 2024
Wednesday at 7:00 PM CST
Clement C. St. Louis, MO
Tower Baptist Church
1000 North Magnolia
St. Louis, MO 63101
 www.aaontherocks.com
 12-Step & Recovery Meeting
 Meeting ID: 865 8977 4488 | Password: AAOTR

A Journey through one of AA's favorite books... AS BILL SEES IT
 Wednesday, January 18th
 Topic: Prostitution
 Noon - 1:30 pm CST
 Zoom ID: 826 9431 0797
 PW: 124145
 Gary K. Sulphur Springs, TX & Harold L. St. Louis, MO
 A 100th Threads of Recovery Series

AA Favorite
WEDNESDAY, JANUARY 18, 2023
TONY H. GEORGETOWN
AMBER W. BISHARCK
AL M. INNISFILL
D: 826 9431 0797 PW

Monday 1/8
 10 am - 11:45 Steps 4 & 9 presented by Craig G. South West, CT
 Noon - 1:30 pm "Stepping Into Prose" of "Step 4: Make Amends" by Robert B. Jones, MA, CA
 7 pm AA on the Rocks hybrid meeting (Closed) St. Louis, MO

Tuesday 1/9
 Noon - 1:30 pm "Stepping Into Prose" of "Step 4: Make Amends" by Robert B. Jones, MA, CA
 7 pm AA on the Rocks hybrid meeting (Closed) St. Louis, MO

Wednesday 1/10
 10 am - 11:45 Steps 4 & 9 presented by Craig G. South West, CT
 Noon - 1:30 pm "Stepping Into Prose" of "Step 4: Make Amends" by Robert B. Jones, MA, CA
 7 pm AA on the Rocks hybrid meeting (Closed) St. Louis, MO

Thursday 1/11
 10 am - 11:45 Steps 4 & 9 presented by Craig G. South West, CT
 Noon - 1:30 pm "Stepping Into Prose" of "Step 4: Make Amends" by Robert B. Jones, MA, CA
 7 pm AA on the Rocks hybrid meeting (Closed) St. Louis, MO

Tony A's Steps Study Meeting
Mon 7pm EST
Wed 8pm EST
Fri 12pm EST
 Meeting ID: 860 3768 8206
 Password: 11427

Because You're Worth It - AA
Wednesday Jan 04
10:45am EST
 Topic: Anonymity
 FCC: becauseyoureworthit9373

11:00 AM	Zoom	967 312 427	003061	CLUB Speaker Meeting
1:00 PM	Zoom	961 4934 9058	000576	CLUB Speaker Meeting
1:00 PM	Zoom	261 178 3893	Serenity	CLUB Speaker Meeting
2:00 PM	Zoom	348 4659 2988	112	CLUB Speaker Meeting
6:00 PM	Zoom	737 175 338	732671	CLUB Speaker Meeting
6:00 PM	Zoom	378 839 8395	732671	CLUB Speaker Meeting
6:00 PM	Zoom	429 674 869	Alcoholics Anonymous	CLUB Speaker Meeting
6:30 PM	Zoom	829 149 4054	727783	CLUB Speaker Meeting
7:00 PM	Zoom	876 527 7389	663661	CLUB Speaker Meeting
7:30 PM	Zoom	850 8361 1624	888071	CLUB Speaker Meeting
7:30 PM	Zoom	827 414 221	6667	CLUB Speaker Meeting
8:00 PM	Zoom	811 1280 2101	123	CLUB Speaker Meeting
10:00 PM	Zoom	816 857 6853	Serenity	CLUB Speaker Meeting

From Survival to Recovery
 Growing Up in an Alcoholic Home
 All meetings are Zoom based
 2025 Jan 11, 2025 11:35 AM EST
 Zoom Meeting ID: 321 411 008
 Password: 123456

Topic: From Survival to Recovery

Jan 4 Do We Belong?
 Jan 6 Reimagining and Rebuilding Boundaries
 Jan 8 Morning in a Lifetime
 Jan 10 Learning to Trust
 Jan 12 Finding My Way Through
 Jan 14 What Does Resilience & Getting Support
 Jan 16 Finding a Balance Between Family & Recovery
 Jan 18 Realistic Approaches to Responsibility - Steps 4-9
 Jan 20 Realistic Approaches to Responsibility - Steps 4-9
 Jan 22 Taking Action on Our Own Behaviors - Steps 4-9
 Jan 24 Living Healthy Lives - Steps 4-9
 Jan 26 Making Our Goals Realistic - Steps 4-9

A Journey through one of AA's favorite books... AS BILL SEES IT
 Wednesday, January 11th
 Topic: Privacy
 Noon - 1:30 pm CST
 Zoom ID: 826 9431 0797
 PW: 124145
 Gary K. Sulphur Springs, TX & Harold L. St. Louis, MO

AA ON THE ROCKS ST. LOUIS, MISSOURI
MEETING ID: 865 8977 4488
PASSCODE: AAOTR
WEDNESDAY @ 7:00 PM
IN-PERSON AND ONLINE
(OPEN-MIXED-SPEAKERS)

Messenger Rooms, Groups and Chats



Messenger is a Meta/Facebook chat feature. It attaches to facebook, marketplace and Instagram. People who are on facebook or Instagram or marketplace can find you and private message (PM) or direct message (DM) you. You do not have to be friends for the person to private message you. Some people don't realize that and will try to friend-request you before they message you thinking that you can't see their message if you aren't friends. (You can set up your facebook to not allow anyone but friends to message you, but if you don't have that setting marked, anyone can find you and message you from any of the other areas.)

If you create a facebook group, it may ask if you want to create a group messenger chat for the members. You can if you want to but you don't have to. It may be possible for a group member to create one even if you don't though. There is an option you can turn off if you don't want anyone (including you) to create a group chat in messenger. The Northern Virginia Service Center has a FB page and that page has a group chat. FB will keep adding chats for the groups you are in and the groups you admin for. (I delete most of them.)

So, you can have individual chats with anyone on fb and instagram. You can have chats with people on marketplace. You can have group chats for the fb groups you are in. And it's possible to create groups chats for specific other reasons as well. If several people are admins for a group, they could have a group chat just for the group admin to discuss any group issues outside of the group. Or you can create a group chat for you and your 3 friends to talk together. But there are also chats for meetings. Some meetings have a service member chat where they discuss things like group issues or for planning meetings, setting up speakers/chair persons/topics/etc. There are specific chats for meetings. Some groups have a group chat and a service members chat. There are also multiple chats where people "advertise" meetings and post meeting announcements and workshops. One such group had so many people in it that they kept having to create new chats for more members (messenger only lets about 200 people in a chat)—so far they have 4 groups. People who post flyers post in all 4, but regular members are only in 1 group.

Twitter



Twitter is more for short updates than long paragraphs or blogs (it's considered a "micro-blog" platform). You can post SHORT message images/pictures, GIFs, polls, and more. Each post on Twitter is called a "Tweet" and each tweet consists of a maximum of 280 characters (including spaces). Twitter is great for short updates, announcements, links, etc

People who read your twitter/tweet can interact with it by replying, sharing (also called re-tweeting) or "liking" your tweet.

Part of what is important for twitter is "following" other people. People can't see your tweets if they aren't following you. And you can't see theirs if you don't follow them. .

When I use twitter for Al-Anon, I often post a pic and/or a link to the facebook page where people can get more in-depth information and flyers.

Instagram



Instagram is more for pictures than words. Its an entirely visual platform. (Facebook is for pictures and texts. Twitter is mostly only text). You are basically sharing pictures and videos on instagram.

With instagram, we usually do not post more than once a day so you have to be choosy as to what you want to post.

With instagram, followers are important as well. You want people to follow you and you want to follow other people.

When I use instagram for AI-Anon, I often post one picture for the day, then underneath, I add a comment that links the instagram post to our facebook page where all of the flyers and info are added daily.

A blog

Blogs are for pictures and stories. A blog is more one-sided than other programs. People can comment on what you write, but there's not as much back-and-forth as facebook and messenger.



Anonymity at the social media level is important.

My facebook name does not have my last name on it any longer. For multiple reasons. I felt I was being “too public” and wanted to cut back my social media footprint a little bit. This isn’t fool proof. Facebook still has me with my full last name in their system and my fb http address includes my last name so names can be found if people look hard enough.

People are “supposed” to use their REAL names on facebook. But I’m pretty sure “caramel latte” isn’t someone’s actual name!! (Though you never know these days!) Even though facebook says we are supposed to use our real names and have only one account, they allow pretty much any name that isn’t vulgar and people make new accounts daily. Though accounts do get shut down sometimes. All that being said, social media is not going to be fully anonymous in most cases. So we need to be extra careful with our own anonymity and with the anonymity of others, since they may be using their real names, including last names.

A quick look at meeting
platforms!

"Our Common Welfare"—World Service Notes

The Al-Anon Family Groups Mobile App Celebrates One Year!



In one year, over 50,000 members have joined the app, and approximately 2,700 have subscribed to Premium Content to enjoy exclusive Al-Anon member sharings and support the WSO's efforts to help the families and friends of alcoholics. Upgrades to the Mobile App include improved individual and group chats, ability to change

user email and display name, and enhanced controls and visibility of member public posts.

To mark the *Al-Anon Family Groups* Mobile App one year anniversary, here are some timely technology tips for those who are new at practicing the Al-Anon program in digital spaces:

- Keeping Tradition Twelve in mind, protect your anonymity by using an email address that does not contain your first and last names or birth year.
- Consider approaching an Al-Anon member who has experience with technology to be your Service Sponsor. He or she may have helpful suggestions, such as how to keep your password safe or how to avoid spam online and in email.
- When joining an electronic meeting, be sure to test your camera, volume, and ability to mute before connecting to avoid causing a distraction or interrupting a meeting.
- Be kind to yourself and others! Think before you type, and, just as you would in an in-person Al-Anon setting, keep in mind the audience with whom you are communicating and tailor your message to be thoughtful and meaningful, in keeping with Al-Anon principles.
- Finally, remember our slogan "Easy Does It," and schedule some downtime away from technology to de-stress.

August 2021

Be on the Lookout for the New Al-Anon PSAs!

The World Service Office (WSO) is pleased to announce the release of the 2021–2022 Al-Anon Public Service Announcements (PSAs). New this year is the "Benefits of Al-Anon Recovery" PSA. While the faces and voices in the PSA are those of actors, the quotes are real. They were taken directly from members who submitted them through the anonymous Al-Anon Membership Survey and speak to the regained hope and peace of mind that members found in Al-Anon. The PSA campaign will still feature the "Questions" PSA, which introduces Al-Anon Family Groups to the public—encouraging people affected by another person's drinking to try Al-Anon for help.

The PSAs are available in English, French, and Spanish and will be distributed to nearly 2,200 broadcast television stations and networks and more than 7,800 radio stations in the US and Canada.

Thanks to the generous commitment of stations offering free airplay, the PSAs reach millions of people every year with the Al-Anon message of help and hope.

Due to the tremendous increase in airplays during last year's campaign, the WSO will be using the same vendor to distribute the PSAs again this year. As a result, and while very grateful for members' participation in prior years, reaching out to local TV and radio stations by members is no longer necessary.

Members can still participate, however, by sharing the PSAs, from YouTube and al-anon.org, to their social media networks. Please remember to protect your anonymity on all social media by not making comments that would reveal your Al-Anon membership. Please contact your Area Public Outreach Coordinator with any questions you may have.

STATEMENT OF PURPOSE

"Inside Al-Anon Family Groups" presents news, policy, and commentary from volunteers, Staff, and readers sharing experience through service. Please feel free to reprint these articles on your service arm website or newsletter, along with this credit line: Reprinted with permission of Al-Anon Family Group Headquarters Inc., Virginia Beach, VA.

Some interesting things to know about the platforms for meetings:

Zoom—is user friendly. Costs about 15\$ a month (more if you get a business account). Anyone can get a zoom acct for free. For free you can meet for up to 45 mins at a time, but they cut you off at that point and you have to leave and rejoin to get more time. For the paid version, you can hold a meeting for up to 100 people. If your meeting is going to be larger than 100 people, you can pay extra to have more attend. I've been in meetings where there has been 800+ people before! It's amazing! You can turn your camera on or off and you can turn your microphone on or off. You can have multiple hosts and cohosts. A big down-side of zoom is that there are people called Zoom-bombers. They get ahold of your meeting info and then they show up. Sometimes they sit in on the meeting for a while before the shenanigans start. They yell, scream, curse, write nasty messages in the chat, make rude gestures and even get naked on camera. It is disturbing. Its very important for zoom meetings to be prepared and have some sort of protocol in case this happens during the meeting.

FCC-Free Conference Call—is similar to zoom, maybe not as user friendly though. It's totally free! And there aren't FCC bombers, yet.

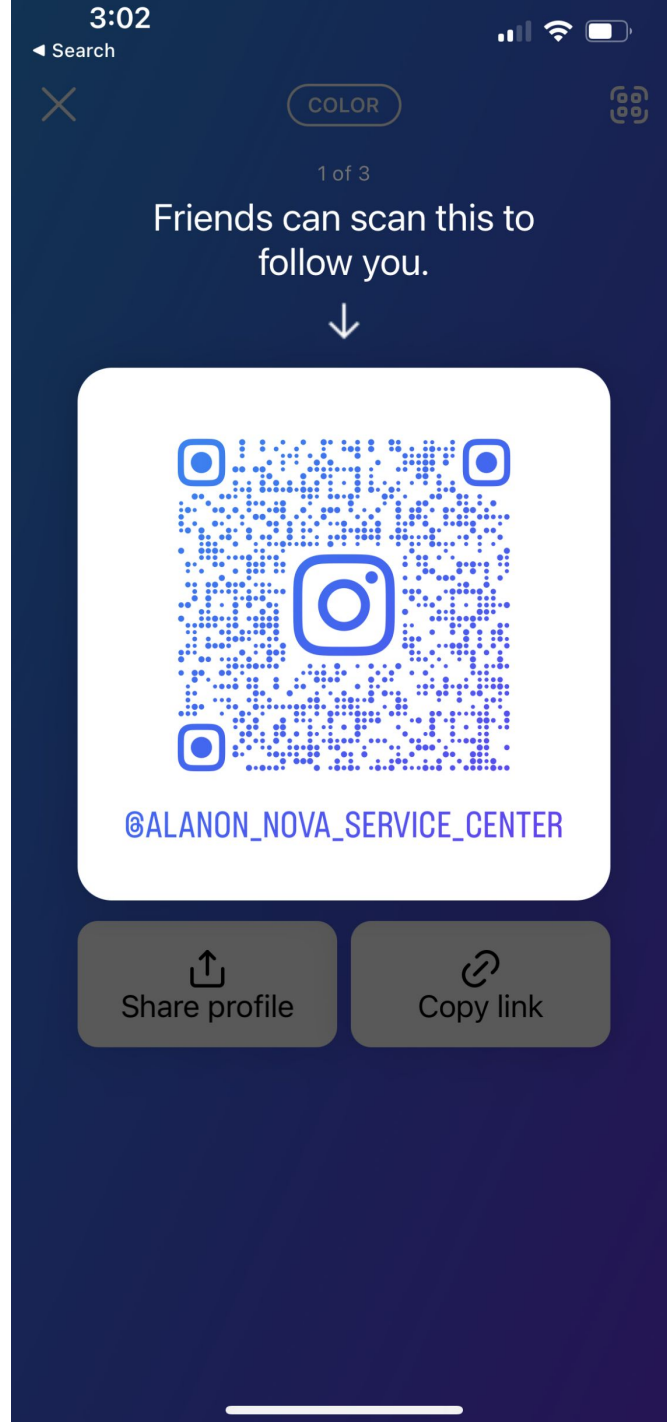
Discord is interesting as it's a 24/7 type platform. Zoom and fcc meetings are only available during the meeting time. The other times, the room is just empty. With discord, people are available all day and all night. You can attend meetings on discord and you just chat. It's a little confusing to get used to as it works a bit differently. For people who don't like the constraints of zoom meetings (only available 1-2 days a week for an hour), then discord offers constant communication and support

E-mail meetings—these are very interesting! When you join an e-mail meeting, be prepared to get A LOT of e-mails daily! The chairperson for the day posts the intro and the topic. Then everyone who wants to share creates their own e-mail with the topic in the subject area. If you want to reply to the individual person about their e-mail you can. They do have rules about “replying to all” though. If everyone “replied to all” it would get a little crazy in your e-mail box.

The AI-Anon app—is an app for your phone. You can go into the app and find meetings and also find people to chat with. There’s a free version and a paid version. There’s even a journaling section where you can write little notes.

Whatsapp is new to me, but I’m enjoying it. Lots of people like whatsapp because it is end-to-end encrypted, which gives you extra privacy. Whatsapp is similar to messenger in my opinion. You can chat one-on-one to individuals or you can form groups and chat in groups. You can even have multiple whatsapps for a group—like a whatsapp for nightly inventories and a whatsapp for step work and a whatsapp for general conversation.

Come join us
on Facebook,
Instagram and
Twitter!
https://www.facebook.com/groups/314876143635364/?ref=share_group_link



Time for questions and time for sharing how you use social media for public outreach!

If you'd like to reach me, my e-mail is CatWoman9464@yahoo.com