

HIGH SOBRIETY

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Monthly newsletter of the
SAN MATEO COUNTY FELLOWSHIP
OF AA

Special COVID-19 Edition

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aa-san-mateo.org

SMC Fellowship News

As of March 16th, the counties of San Mateo, San Francisco, Marin, Alameda, Santa Clara, Contra Costa, and Santa Cruz were put on a Shelter in Place order due to the novel coronavirus. This has resulted in the cancellation of most in-person meetings in these areas. While this is certainly a challenge for our fellowship, we are a resourceful group and are finding ways to stay connected. The purpose of this edition is to help everyone stay informed about those ways and other news about our fellowship.

First and foremost, we hope everyone is healthy and staying home except for essential reasons (work, food, medical appointments, etc.). The sooner we can contain this virus, the sooner we can all get back to our normal routines, including meetings!

Please note that Central Office will remain open during normal hours (8:30-4:30 M-F) and the phone line will still be available 24/7 thanks to Teleservice.

ONLINE MEETINGS

A few of our members have been so kind as to start a webpage with a list of links to online versions of regular local meetings via a service called Zoom. For those of you unfamiliar with Zoom, it is a company based in San Jose which provides remote conferencing services that combine video conferencing, online meetings, chat, and mobile collaboration. It's video functions can be accessed on a computer, tablet (such as ipad), or smart phone, or you can access audio only through a regular telephone.

The list of meetings (with links and phone numbers you may dial in on) can be found at:

<https://sites.google.com/view/bayareaazoomaameetings>

cont. on pg. 2

ONLINE MEETINGS, cont. from pg. 1

There is also a web page dedicated to online versions of all San Carlos Peninsula Fellowship (Eaton) meetings:

<https://drive.google.com/file/d/1zLV2OQquOj1tuRxHvsSe6GG3tNz2rBKI/view>

To join audio only by phone, dial any of these phone numbers:

+1 669 900 9128 +1 346 248 7799
 +1 312 626 6799, +1 646 558 8656
 +1 253 215 8782, +1 301 715 8592
 Enter Meeting ID: 893 173 9813

If you are unsure how to use Zoom, there are some helpful guidelines on page 3 for getting started. If you do not have access to the internet and would like information on meetings available to be joined by telephone, please call Central Office.

PLEASE NOTE THAT ALL SERVICE COMMITTEE BUSINESS MEETINGS (PICPC, BRIDGING THE GAP, TELESERVICE, CENTRAL OFFICE DELEGATES, GENERAL SERVICE, AND H&I) HAVE BEEN CANCELLED UNTIL FURTHER NOTICE.

OTHER WAYS TO STAY CONNECTED

- Pull out all those meeting phone lists you've collected, plus the numbers you have on your phone and call people.
- Check the Central Office website periodically to stay up to date on what is happening in the fellowship.
- Set up face-to-face chats with friends and your sponsor/sponsees using apps like Zoom, Facetime, Skype, etc.
- Read AA literature and books. Books can still be purchased at Central Office, or online through www.aagrapevine.org. While you're there, consider a mail or online subscription to Grapevine, or perhaps submit your own story or artwork!
- Be of service. Teleservice is always looking for help, particularly backline help. Help keep the hand of AA available to all. Information can be found on the Central Office website under Service Opportunities.
- Call any newcomers whose numbers you have. This is an especially difficult time for them, let's reach out and try to help keep them engaged in the program, invite them to online meetings, etc. It is still up to us to carry the message.

"Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code."

Without 7th Tradition money coming in from meetings, contributions to our Central Office and General Service in New York are going to be gravely diminished. We need these vital services so please consider sending a donation if you are able. Thank you.

Checks payable to San Mateo County Fellowship can be sent to: 2215 S. El Camino Real, Ste. 204, San Mateo, CA 94403.

Donations to General Service in New York can be made online at www.aa.org by clicking "Make a Contribution", or contributions may also be sent by mail to: General Service Office, Box 459, Grand Central Station, New York, NY 10163.

Find this document at:

<https://tinyurl.com/w8s8n>

ATTEND A MEETING ONLINE. HERE'S HOW.

PREPARING TO USE ZOOM FOR ONLINE MEETINGS

1. You can use Zoom from a smartphone, a tablet or a computer. But first, you must download and install the Zoom app:
 - o iPhone and iPad users should visit the Apple App Store to download and install the Zoom app on their device. Android users should visit the Google Play Store to download and install the app.
 - o If you are using Zoom from a desktop or laptop computer, download the Zoom app by visiting <https://zoom.us>, then select **Resources** located at the top of the page, and select **Download Zoom Client**. Finally, click or tap the blue **Download** button under **Zoom Client for Meetings** and select **Run** when prompted.
2. Regardless of whether you are using a smartphone, tablet or computer the second step is to create a Zoom account:
 - o Within the Zoom app select **Sign Up** and follow the prompts.
 - o After you have entered your email address and name (and agreed to the terms), Zoom will send you an email. Open the email and click or tap the blue button that reads **Activate Account**.
 - o At this point, you will be asked to select a password. Setting a password is the last step in creating your Zoom user account.
 - o Finally, sign into your Zoom account.

ATTEND A ZOOM ONLINE MEETING

1. To join a meeting, you must first locate a meeting. Find one by visiting <https://sites.google.com/view/bayareazoomameetings> to see a list of the available Zoom meetings arranged by day of the week.
2. Locate an online meeting that meets on the day that you would like to attend. Online meetings are held the same day and time that its corresponding face-to-face meeting is regularly held.
3. Click or tap the **Join Zoom Meeting** link for the meeting that you would like to attend. Doing so will automatically launch the Zoom app that you previously installed. You will be in the Zoom meeting that you selected and you will be able to see your fellow meeting attendees.

NOTE: Please keep in mind that people will be able to see your surroundings as well as hear what is going on around you. As a courtesy, please **mute** your Zoom app while you are not speaking.

For information regarding COVID-19 and current orders in place for San Mateo County, as well as links to resources, please visit www.smcgov.org

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