

From the Birmingham Alcoholics Anonymous Intergroup Fellowship

### STEP OF THE MONTH—STEP 4:

“MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.”

### TRADITION OF THE MONTH—TRADITION 4:

“EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR A.A. AS A WHOLE.”

#### Central Office is Closed

A few volunteers are answering calls, and they need help. If you need information or are willing to have calls forwarded to your phone for a day or longer, please call

**(205) 290-0060**



*Since we cannot meet in person* right now, we must use other ways to connect. I attached a directory of AA Meetings to this email.

You may also use our website:  
<https://birminghamaa.org/index.php>.

Be sure to connect with the local recovery site on Facebook:  
[https://www.facebook.com/groups/1834726960180496/?multi\\_permalinks=2575716776081507](https://www.facebook.com/groups/1834726960180496/?multi_permalinks=2575716776081507).

Though this is a private group, joining is easy. You will be able to find friends, support, and a directory of all recovery meetings, not just AA.

(If these links do not work, you will have to copy and paste them into your browser.)

#### On Suspended In-Person Meetings

Mostly by Gary K. (excerpt)

Consider these possible options during [meeting] time:

- Call your Sponsor!
- Call other Alcoholics in the Program
- Download Zoom from your App store to prepare for the many online meeting options.
- Online AA meditations are easily accessible <http://www.transitionsdaily.org/Transitions-Daily.pdf>
- Speaker tapes are easily downloaded online <https://www.recoveryaudio.org/>. Follow this link to hear Zoom speakers from around the world:  
<http://www.recoverytapers.com/zoom-meetings>

Build a stronger relationship with the God of your understanding. This is a great time to reach out to other alcoholics through phone conversations. **Any time two alcoholics are together, an AA Meeting is taking place!**



## Zoom *Zoom into Meetings!*

(Sarah M.'s adaptation of Nate B.'s email)

Many groups now meet on Zoom, the app that allows businesses, families, and groups to stay in touch with one another. We can see and hear the people we never thought we would miss.

### How Zoom Works:

1. You can use it on smart phones, tablets, laptops, or desktops. No matter what electronic device works best for you, you will be able to get on!
2. Zoom usually runs in an app, and it is available for download on any of the electronic devices mentioned above. HOWEVER, if you are on a laptop or desktop and not able to download the app, you will be able to access Zoom via a standard web browser at [zoom.us](https://zoom.us).
3. Once you have accessed and downloaded Zoom, you are ready to join your online meeting. This information will come from your home group or this Google Drive link:
4. Once in your meeting group, you will need to enable both your camera and audio so everyone can see and hear you! If you do not want to show your face, however, you will be able to turn off the camera. Zoom will display a cartoon image instead.

### Extras

**Zoom has a mute button.** If you tap your screen you should see the mute button in the bottom-left corner. Hitting this stops background noise. When you are ready to share, simply unmute yourself by pressing the same button. Background noise distracts everyone, and your meeting members will appreciate the way you use the mute button.

### *(Zoom—Continued)*

**Beware of cross talk!** This informal format encourages it, but more recovery happens when we keep the meeting as traditional and efficient as possible by acting as if we were all sitting in our meeting room together.

Please refrain from conversation, as it takes us away from discussing the program of Alcoholics Anonymous and the solution that keeps us from that first drink. Zoom has a chat option where you can send text messages to individuals. Use this for personal communication.

### **Special Note: Please use your phones!**

*Some people do not have access to technology or the confidence to use it. Please reach out to everyone on your phone list before this pandemic leads to more folks drinking, using, and dying. We must take care of each other. The Corona Virus does not just infect our bodies; it attacks our sobriety and our souls.*

### **One Meeting Change**

Beginning April 3, St. Luke's Outreach Group meets via Conference call at 7:00 p.m. on Tuesdays and Thursdays.

⇒ Go to [freeconferencecall.com](https://freeconferencecall.com). You will set up an account. Then:

⇒ The number is (425) 436-6388.

⇒ The meeting ID is 185483#

### *Steering Committee*

- # Melanie S., Committee Chair
- # Steve P. (Moody Crossroads), Co-Chair
- # Russel M., Secretary and Manager of Central Office
- # Mary G. (Day by Day), Treasurer
- # Bill M. (Moody Crossroads)
- # Mark L. (Hope on Highlands)
- # Myron E. (Hope on Highlands)

**We do not know when this time of separation will end, but we can still plan for when the physical meetings reopen. . .**

## **Meeting Needs Support: Rush Hour Group**

BY: Sarah M.



*When the Corona Virus goes away, celebrate by heading into Birmingham on Friday nights.* Participate in this meeting and have the meeting-after-the meeting in one of the city's new restaurants.

Begin by attending the Rush Hour Group at 6:00. They group meet in the sanctuary of the Church of the Reconciler, 112 14<sup>th</sup> Street North, 35203. The front door is between 1<sup>st</sup> and 2<sup>nd</sup> Avenue North, and you will find plenty of street parking on First Avenue. You will have to call Roderick to get in (205) 760-1168. Someone will be at the church by 5:30 making coffee and setting up, so you can go early to chat.

The Rush Hour group hopes to celebrate its two-year anniversary July 14, and it needs support. If the people who live in the neighborhood come into the meetings, you may find great opportunities for sponsorship, for the group's host, the Church of the Reconciler, serves homeless and other struggling people. Part of its ministry includes providing sack lunches as it directs people to job clinics and other resources; each Wednesday, the church provides a recovery meeting at 10:00.

**After meeting with the Rush Hour Group**, you can go out to dinner! Here are some personal favorites and daughter-recommended restaurants to sample:

- ✚ *Babalu* (in Lakeview) offers Latin American food. 2808 7<sup>th</sup> Ave. South, 35233. (205) 297-0200
- ✚ *El Barrio*: Modern Mexicana. I like this place. It is casual, creative, and fun. 2211 2<sup>nd</sup> Ave. North. (205) 868-3737
- ✚ *Le Fresca*: Northern Italian food. 2218 2<sup>nd</sup> Ave. North 35203. (205) 593-4241
- ✚ *The Essential*: "New American Fare" I enjoyed some very good pasta there. It is part of Founders Station and an interesting location for a walk. 2018 Morris Avenue, 35203, (205) 703-3012.
- ✚ *Trattoria Zaza*: Counter service but reported to have good food. In the Frank Nelson Building, 207A 20<sup>th</sup> Street North, 35203. (205) 202-6207.