

# Alcoholics Anonymous

## Alternatives to In-Person Meetings



A brief guide to attending A.A. meetings and connecting to the fellowship remotely

Many people have trouble attending in-person A.A. meetings due to barriers of geography, language, culture, or life conditions. This pamphlet describes various alternatives to in-person A.A. meetings.

By far the most common of these alternatives is online meetings which exist in a variety of formats and are described below. The back of the pamphlet describes several types of alternatives to in-person meetings which are not online.

This pamphlet was prepared by the Area 46, District 12 Accessibilities and Remote Communities (ARC) Committee.

## How to Access Online Meetings

### Using the A.A. Online Intergroup Website

1. In a web browser, such as Google Chrome, Edge, or Safari, go to [www.aa-intergroup.org](http://www.aa-intergroup.org).
2. At the top of the page, select **Online Meetings**.
3. Click on one of the formats: **Audio**, **Chat**, **Email**, **Forum**, **Game**, **Telephone**, or **Video**. All meetings in the selected category will be shown.
4. You can also filter the list by day, language, or other preferences (e.g. ASL, blind, LGBT, men/women, seniors/young people, etc.).

**Note:** Read the meeting description carefully to determine the meeting format. Some meetings may be incorrectly categorized. For example, a video meeting may contain a chat component, but is not strictly a chat meeting. A meeting may be listed as having both video and email formats but email is just for making contact.

### Using the New Mexico Area 46 Website

1. In a web browser, such as Google Chrome, Edge, or Safari, go to [www.nm-aa.org](http://www.nm-aa.org).
2. At the top of the page, select **Meeting List**.
3. Select **Any Type** and choose **Online Meeting** to access a list of video conference meetings.
4. Optional: Select **Everywhere** and choose a specific city in New Mexico.

## Types of Online Meetings

### Video Meetings

Video meetings most closely replicate the look and feel of traditional in-person meetings. A computer, tablet, or smartphone with a camera and microphone is needed to fully participate in a video meeting. Without a microphone and camera, you may be able to observe the meeting but not share.

The most widely used video application is Zoom and can be downloaded for free from [zoom.us](http://zoom.us). Meeting links and numbers are listed on the A.A. Intergroup and NM Area 46 websites. The Zoom website offers many tutorials on using Zoom.

### Email Meetings

Participants in email meetings typically share on a daily or weekly topic via email message.

To get started, go to [www.aa-intergroup.org](http://www.aa-intergroup.org), locate the **Email** meeting category, and send an email to the contact associated with the meeting listing or register as directed.

## Chat Meetings

Chat meetings are those in which typed messages are shared in real time without audio or video. Some chat meetings are always open. In between the formal meetings participants can enjoy fellowship and text on other subjects in an open chat. When entering a chat meeting, look for instructions on how to participate.

## Forums

Discussion forums are similar to bulletin boards. A topic is posted, then, below the topic, members are able to leave written comments. Members may view the topic at their convenience and may comment as long as comments are open. To comment, participants are typically required to register with the group.

## Games

Game meetings are held in a virtual environment where members of the gaming community each select their own virtual body or avatar. If you are already a member of a virtual community, these meetings could be just what you are looking for.

## Telephone/Audio Meetings

While not technically an online meeting, telephone meetings can be found by searching the online meeting section of the A.A. Online Intergroup website. Video meetings often have a call-in option for those who want to connect with just a phone line; these are usually cross-referenced as Audio meetings. To join, you'll enter the phone number, meeting number and password (if there is one) on your telephone.

## Other Types of Meetings

### Loners-Internationalists Meeting (LIM) Correspondence Service

LIM provides services to members who cannot attend A.A. meetings regularly due to the following:

- **Loners** - no A.A. meetings in the vicinity
- **Homers** - physical incapacity prevents attendance
- **Internationalists** - working on seagoing vessels for long periods

Loners, Homers, and Internationalists receive bimonthly copies of the confidential bulletin *Loners-Internationalists Meeting (LIM)* and *Box 4-5-9*, a newsletter published by G.S.O. The *Loners-Internationalists & Homers Directory* is printed annually and lists all active LIM members. Loner Sponsors share their experiences and home group activity with LIM members through correspondence.

This service is coordinated by A.A. World Services, Inc. through the General Service Office. For more information or to sign up, contact:

Loners Assignment  
c/o General Service Office  
P.O. Box 459  
Grand Central Station  
New York NY 10163  
or email: [lim@aa.org](mailto:lim@aa.org)

## World Hello Postal Mail Meetings

World Hello (WH) is a closed A.A. meeting with international membership which has been in existence since 1956. It meets primarily through a quarterly published newsletter. WH members are invited to contribute on designated topics for the newsletter. The editor compiles submissions and produces a printed copy of the World Hello Meeting by Mail (MbM) which is sent by postal mail to all members on the mailing list. Members also share experience, strength, and hope by writing letters or emails to other WH members.

To join, send your name, address (including country), and date of sobriety to the editor, along with a brief introduction of yourself. For more information or to sign up, contact:

World Hello Editor  
P. O. Box 13063  
Highstreet PO  
Abbotsford BC V2TOC4  
Canada  
or email: [write2worldhello@gmail.com](mailto:write2worldhello@gmail.com)

## AA Grapevine

The *AA Grapevine* is the international journal of Alcoholics Anonymous and is fondly known as our "meeting in print". This monthly publication contains member stories, news and articles related to recovery, unity, and service. It is available by subscription in both print and digital formats. For more information or to subscribe, go to [www.aagrapevine.org](http://www.aagrapevine.org).

If you think you have a problem  
with alcohol, there is a solution.

Albuquerque Central Office  
(505) 266-1900  
[www.albuquerqueaa.org](http://www.albuquerqueaa.org)