



Public release of March 17, 2020

Let's be responsible

A word from the Area Chair:

Greetings to All!

I wanted to write to you to assure you that the steering committee in collaboration with the Area office Staff and the coordinators of the various committees are doing everything in their power to mitigate the effects of the cancellation of most meetings. Our Web site remains our best tool to keep you informed.

This is an unprecedented situation that we are all experiencing. I have a thought for all the members in our area who cannot get to their meetings, for every alcoholic who is still suffering and for every alcoholic who has not yet found us. We are all deprived of the essence of our being, which is to have contact with other alcoholics. Let us be even more attentive to our more fragile members, let us be available.

We can't get together anymore, but we can still talk to each other. So let's get our phones, FaceTime, Skype, Zoom, etc. going without forgetting our anonymity principle.

May serenity dwell in you in these difficult times.

Yours in Service,

Sylvie B.
Area Chair

- Here are some options for online meetings: (local groups initiatives updated on March 17th, 2020)
 - <https://zoom.us/j/803765934> West-Island Sunday Breakfast, Sunday 10 am.
 - <https://us04web.zoom.us/j/886446134> Monday Central, Monday, 8 pm.
 - <https://zoom.us/j/145682938> 12 Steps to Life, Tuesday 8 pm

- <https://us04web.zoom.us/j/389328514> Wednesday, March 18, 2020, 5-6 pm
- <https://us04web.zoom.us/j/874453025> Out of the Dark on Parc, Wednesday, 7:30 pm
- <https://us04web.zoom.us/j/876865590> Thursday, March 19, 2020, 5-6 pm -
Format: topic discussion
- <https://us04web.zoom.us/j/9792731950> Ladies Unite, Thursday, 7:30 pm
- <https://zoom.us/j/834467387> Friday Night Sober, Friday 8 pm
- A Room of our Own: An English AA meeting for women and non-binary individuals on **Saturdays**. Until further notice, our meeting will be held online via Zoom from **11-12 am**. Join by dialing +16475580588 and entering the meeting ID 221825127. You can also join online via the Zoom app using the same meeting ID.

Thank you for being responsible.