

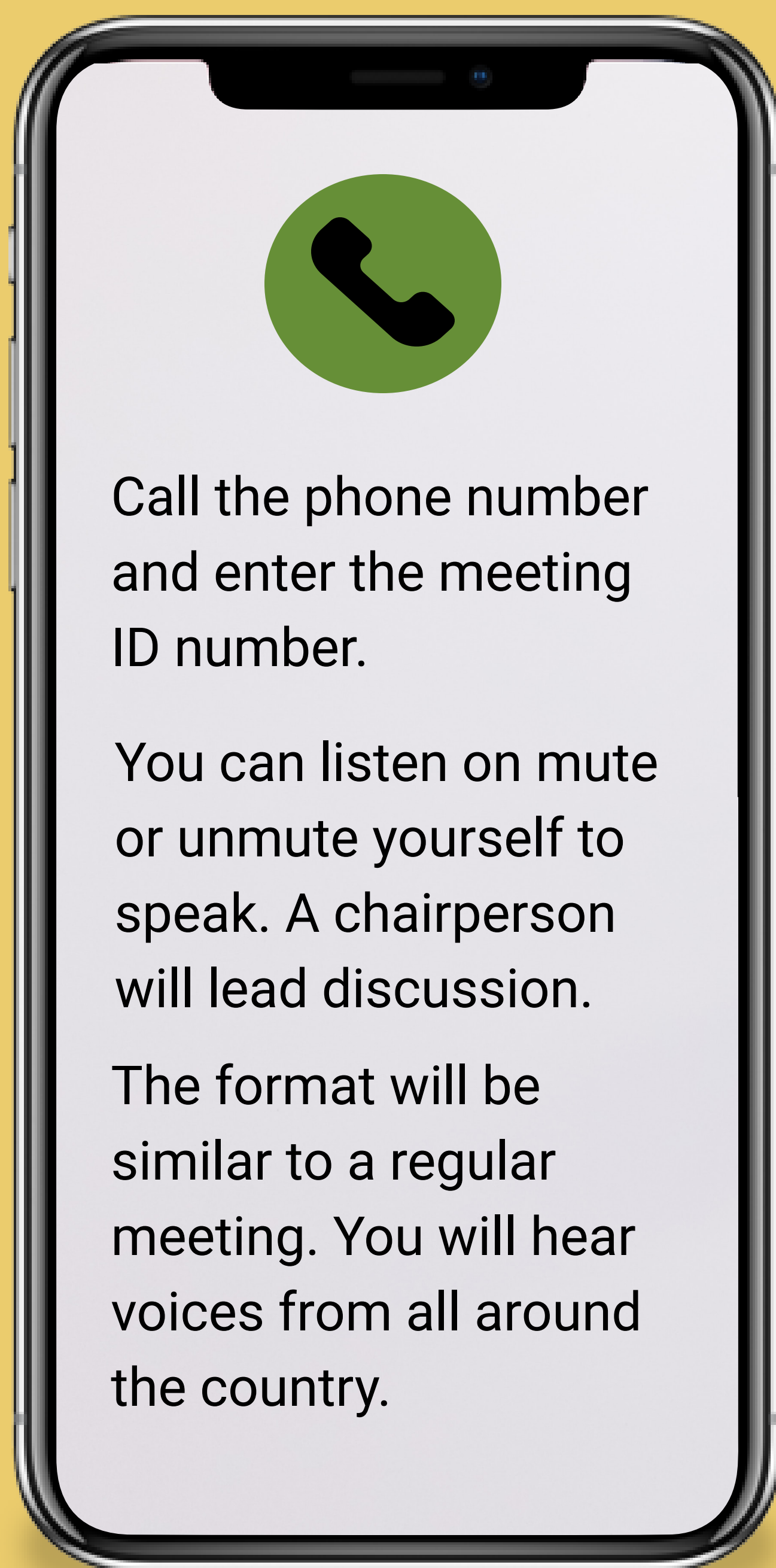
Electronic Meetings

Can't travel to a meeting this week? No problem.

Step 1: Visit: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Step 2: Select from 1 of 3 options

Phone Meetings



Call the phone number and enter the meeting ID number.

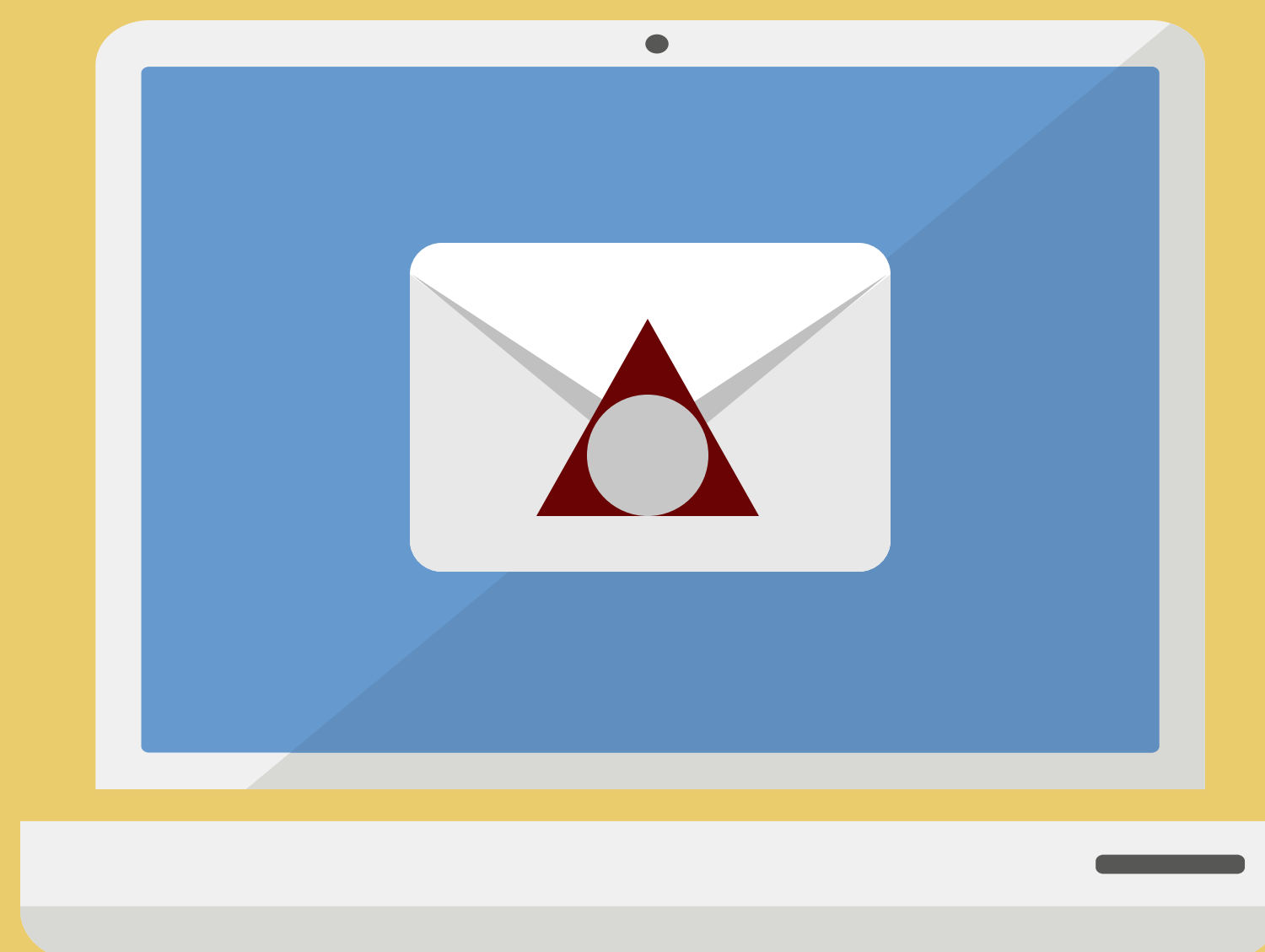
You can listen on mute or unmute yourself to speak. A chairperson will lead discussion.

The format will be similar to a regular meeting. You will hear voices from all around the country.

Pro: Live, immediate connection with people. Meetings at most times.

Con: Audio quality can make it hard to hear some people.

Email Meetings



Request permission to join a group.

A moderator chooses the topic and members who want to share send emails to the group server.

Some groups allow you to choose how to receive group shares, either individually, or bundled once a daily/weekly, or you may visit the site to read them.

Pro: Read or respond at your convenience. Members may email each other directly.

Con: Some groups do not bundle emails, and you may receive many each day. Your email may be shared with your submission.

Bulletin Board/ Secured Blog



Request permission to join the group.

Enjoy access to archived discussions, podcasts, announcements and other materials

Pro: Read or respond at your convenience.

Con: No real-time connection with people.