

A message to our members from your Area 82 Executive;

Throughout Area 82 we are seeing many meetings cancelled as a result of the preventative measures being undertaken by authorities and organizations at all levels.

We must take our lead from those authorities who own the facilities where we hold our meetings. Most community-based meetings in publicly owned facilities have been shut down. Some Church halls and institutions are following this lead but not uniformly. This trend will likely continue and intensify over the coming weeks until this outbreak burns out.

There is a strong tendency within the AA community to find a solution, "a way around this". We are survivors and we need our meetings to help maintain our sobriety. We also need to be there for the new member when he shows up at our door looking for the AA message. Social Distancing is an alien concept in a Fellowship which stresses the connection between members as integral to Recovery.

We need to examine this tendency especially our customary practises of hugging and handshaking at meetings.

The real problem is that the isolation recommended by authorities is necessary. Most of the AA population falls directly within the "at risk " zone because of age and declining health. Common sense requires that we take the warnings serious. Our old habits of thinking and behaviour regarding recovery are, in many ways, a concern right now.

A few suggestions.

1. Update 12 Step list at Central offices with the names of folks willing to serve as temporary "virtual" sponsors.
2. Use the telephone frequently to stay in touch with one another (more than normally)
3. If a face to face meeting with someone is necessary exercise caution and proper hygiene
4. Put clear notices on the entrances to the building where our meetings are being held. This notice should include a contact number (or Central Office / Intergroup Office website) where the most current contact information is housed
5. <https://aa-intergroup.org/> Here you can find a list of online meetings
6. Investigate the use of such platforms as Skype, Facebook video, Zoom
7. Take the warnings and precautions seriously.

Until we get further direction from Health authorities we as your Area 82 Executive recommend that we follow all protocols recommended by CDC and our local and provincial authorities.

On behalf of Area 82 Executive
Gerry W.
Area 82 Chair

<http://www.area82aa.org/>
<http://www.aahalifax.org/>
<https://www.aastjohns.com/>

The following links will provide the most up to date information regarding the Covid - 19 outbreak

Link to Center for Disease Control <https://www.cdc.gov/>

Link to Nova Scotia government website <https://novascotia.ca/coronavirus/>

Link to NL Government Website <https://www.gov.nl.ca/covid-19/>

Online Intergroup : Alcoholics Anonymous

The Online Intergroup, Alcoholics Anonymous, serves all online AA groups that wish to participate. Services include an online meeting directory, help by email for a drinking problem, and a calendar of worldwide AA events.

aa-intergroup.org