

Some of you who are not familiar with our tradition of personal anonymity at the public level our public relations policy is based on attraction rather than promotion we need always maintain personal anonymity at the level of press radio and films thus we respectfully ask that a speakers and a members not be photographed videotaped or identified by full name on audio tapes or in any published or broadcast reports of our meetings including those reports on the Internet or other media technologies the assurance of anonymity is essential is essential in our efforts to help protect to help other problem drinkers who may wish to share our recovery program with us our tradition of anonymity reminds us that a principles come before personalities we have an agreement with an outside vendor smile God loves you media services to offer for sale audio recordings of the event you can purchase an audio recording on the thumb drive a link to an MP3 or CD outside this room at the smile God loves you table um and our reader for this panel is Don D my name is Don Duncan I'm an alcoholic I currently serve area 42 district 6 DCM also got engaged in PRAASA she's sitting back by that microphone and white jeans so you can tell her congratulations or are you crazy thank you for the PRAASA committee and the reading title is freedom under God the choices ours our chief hope for the future is that he's appalling urges of ours will be held in restraint by self-discipline by the love of A and by firm group and public opinion these powerful constructive forces all working together have thus far been enough we pray that they may always prevail let's look once more at how immense this temptation really is a vast communications net now covers the earth even to its remotest regions granting all its huge public benefits is limitless world forum is nevertheless a hunting ground for those who would seek money acclaim and power at the expense of society in general here the forces of good and evil are locked and struggled all that is shoddy and destructive contests all that is best therefore nothing matter more to the future welfare of a than the manner in which we use this colossus of communication used unselfishly and well the results can surpass our present imagination should we handle this great instrument badly we shall be shattered by the ego demands of our own people often with the best intention on their part against all this the sacrificial spirit of a anonymity at the top public level is literally our shield and our buckler here again we must be confident that the love of A and of God will always carry the day last in tradition 12 we see anonymity as the spiritual foundation of all our traditions ever reminding us to place principles before personalities that's from the language of the heart freedom under God the choices ours November 1960 thank you our I'll timer for today for this panel is Linda D .

Hello I'm Linda and I'm an alcoholic I am from area 8 District 3 I am the GSR for the we not me meeting Saturday nights at 7:00 PM in Escondido come on hope to see all of you in December at the Pacific regional forum for this session each of the presenters will give an 8 minute presentation the green light comes on immediately after the presenter introduces themselves the yellow caution light comes on after 7 minutes and the red light ends the presentation if the red light turns on we will thank the speaker with warm applause if the presentation is being interpreted the time allowed will be doubled to 16 minutes with a yellow light at 14 and a red light at 16 sharing from the floor make microphones will be timed at 2 minutes the yellow light comes on at 90 seconds and the red light at 2 minutes followed by loving applause if the speakers being interpreted the time allowed will be doubled to 4 minutes the yellow light coming on at 3 minutes thank you our first presenter is Carla W anonymity in the digital age what does tradition 11 mean in to 2026 good morning PRAASA my name is Carla and I am an alcoholic hi my Home group is morning shades in Tucson AZ my sobriety date is October 4th of 2007 I'm currently serving as the Arizona 03 alternate

delegate for panel 76 my topic is anonymity in the digital age what does tradition 11 mean in 2026 to start this discussion I'd like to read tradition 11 both in the short and long form the short form says our public relations is based on attraction rather than promotion we need always maintained personal anonymity at the level of press radio and film the long form says our relations with the general public should be characterized by personal anonymity we think a ought to avoid sensational advertising our names and pictures as a members are not be broadcast filmed or publicly printed our public relations should be guided by the principle of attraction rather than promotion there's never need to praise ourselves we feel it better to let our friends recommend us the traditions were born out of the experience of early a members and groups through sometimes painful trial and error the traditions of Alcoholics Anonymous were first published in the so-called long form in the Grapevine in may 1946 on page 96 of Alcoholics Anonymous comes of age it says implicit throughout A's traditions is the confession that our fellowship has its sins we confess that we have character defects as a society to me there are many different aspects of traditional 11 and what I'm trying to understand something I've been taught to break it down here are my thoughts on each sentence of the long form the 1st and 2nd lines say our relations meaning a as a whole with the general public or ordinary people in the society at large rather than specialized groups should be characterized by personal anonymity which is the state of being unidentifiable or nameless we think a ought to avoid sensational advertising so if I rewrite this first these first couple sentences in my own understanding it would say I must remain unidentifiable and nameless when it comes to the relations with a as a whole with ordinary people outside of a does this mean that I should never talk about being a member of Alcoholics Anonymous outside of a personally I'm very open about being sober and I do share one-on-one when asked that I got sober through Alcoholics Anonymous this to me is very different than broadcasting and I'm a member of a in a public setting outside of a line 3 says our names and pictures as a members ought not be broadcast filmed or publicly printed at the time that these traditions were forming the rule got information through radio or printed materials like newspapers letters and telegrams today we have so many ways of instantly communicating with each other including emails texts cells from the cell phones that are rarely out of our reach we have public platforms such as podcasts Facebook Instagram TikTok YouTube Snapchat X and LinkedIn this gives us so many more ways for this tradition to be instantly broken by individual members of a however these platforms are also great opportunities for a as a whole to publicize our principles and our work and to serve as a reminder that the hand of a is still here to help line 4 says our public relations should be guided by the principle of attraction rather than promotion attraction is defined as providing information or being a living example of a programs effectiveness versus promotion which is deemed as pushing or sets selling a solution this leads me to some questions is it OK for me to post that I've been sober X number of years if I do not push my solution on others is it OK for me to post about my sobriety as long as I do not mention Alcoholics Anonymous is it OK for me to post because I only have 100 followers instead of 100,000 followers or is it OK for me to post because I keep my post private instead of public when I talk about my sobriety with humility or just humility mean I never talk about my sobriety on social media platforms maybe the deeper question I should ask myself is what are my motives I believe we can share our experience strength and hope with humility I think it is important to talk about continuous sobriety so that others know it is possible in the right place at the right time and for the right reason 95 says there's never need to praise ourselves on

page 182 of the 12 steps and 12 traditions that states we publicize our principles and our work not our individual members there's so much written about personal anonymity that I could take up the

entire 8 minutes with quotes about this alone here's a few that struck me specifically about tradition 11 this tradition is a constant and practical reminder that personal ambition has no place in a another one states for the first time I saw A's anonymity for what it really is it isn't just something to save us from alcoholic shame and stigma it's deeper purpose is actually to keep those full egos of ours from running hog wild after money and public fame is at A's expense it really means personal and group sacrifice for the benefit of all A's and finally vividly we are becoming aware that no member ought to describe himself in full view of the general public as an AA even for the most worthy of purpose lest A perilous precedent be set which should tempt others to do likewise for purposes not so worthy I have been taught in A and by my sponsor to look at my motives hopefully before I take action and not after and sometimes I bury a bad motive underneath a good one this last quote says to me that even if my motives are good I sometimes have to look at the bigger picture maybe I should ask myself does my action help a as a whole or could it hurt a in any way the last line of the long form says we feel it better to let our friends recommend us who are the friends of a as a whole back when AA was getting started it was the only program of its kind the media and medical communities were interested in the program and how and why it was working who are the friends of a today on page 180 of the 12 and 12 it says it is no exaggeration to say that half of A's membership has been led to us through channels like these and it's referring to newspapers movies radio and television I too was brought to a by a friend of a the California court system that sentence that sentenced me to a by requiring me to get my court card signed thank goodness I didn't know I could sign the card myself or have my drinking buddies do it for me because as I sat in the rooms of Alcoholics Anonymous I heard the message of hope I heard that my life could have meaning and joy and laughter without alcohol I'm not sure if we could say that half our membership today is being brought to us by our friends so how do we keep this a message of hope out there to help the next suffering alcoholic we Alcoholics Anonymous must continue to do the work through our committees such as CPC corrections Pi and treatment and accessibilities and use the platforms available to us today to publicize our principles and our work as an individual member of a I must continue to strive for humility in my actions as someone involved in general service I must continue to keep in the front of my mind that it is my duty to think about and act on what is best for as a whole the methods used to carry our message to the public may look different today than it did in 1946 but the spirit of traditional 11 remains the same on page 91 of the language of the heart I am reminded of the importance of our public relations policy when it says one serious public relations calamity could always turn thousands away from us to perish a matter of life and death indeed thank you next we have Eric C changing perceptions can technology help a reach a new generation ohh well hello I'm Eric I'm an alcoholic I'm from I'm from area 18 District 4 my Home group is rule 62 over in Middleton ID first of all I'd like to thank the professor committee and Bob he's been a big help it's a true honor to be part of this panel it's actually my first process and so it's wonderful to be here to look out I mean there's hundreds of you out there and it's beautiful to see my family out there so I'd like to say good morning today we're going to be diving into a pressing topic changing perceptions can technology help a reach a new generation Alcoholics Anonymous has been a cornerstone of recovery for decades but as society evolves so do ways we connect and seek help the question is whether technology think your apps online meetings and social media can bridge that gap and attract younger individuals who might view traditional AA meetings as outdated in this discussion

we will explore the potential benefits and challenges and some real world examples so did you know that Alcoholics Anonymous has helped millions recover from alcoholism since its founding

in 1935 yet with over 2 billion people 2 billion people online today how can a adapt to engage the younger generations Mike jive is by the end to spark some discussion on whether apps social media and digital tools can make a more accessible without losing its essence a is a fellowship of men and women who share their experience strength and hope with each other to solve their common problem and help others recover from alcoholism it is based on the 12 steps and 12 traditions emphasizing and an enemy group support and spiritual growth here's a quote from the a preamble the only requirement for membership is a desire to stop drinking some perception challenges that many view as a as being outdated with in person meetings that may not appeal to tech savvy millennials and Gen. Z's public surveys from Pew Research Center on mental health just going to read this boring thing really quick pews 2021 survey on mental health found that about 60% of Americans view addiction as a major problem but stigma remains a barrier with many reluctant to seek help due to societal judgment this supports the idea that traditional methods like in person meetings may deter younger generations so how can technology help with Sir oh shoot I missed it sorry the public survey showed that stigma around addiction persists and only 1 to 2% of those need help seek it through traditional means so how can technology help there's digital tools for outreach there's apps online meetings we are as we know from COVID we have already been using zoom for zoom meetings that have enabled virtual AA meetings and making them accessible with people that have mobility issues or in remote areas and we've heard a lot of that in in these panels over the last two days where zoom has been able to help get the message out to people in remote areas like Alaska and we just heard from Colin over in Maui in regards to people that are aging they can't get out and get to those meetings as they normally could there's also apps such as the meeting guide app which is the official a app that lists meetings and provides resources that people can go to when we think of social media we turn our heads to Instagram YouTube and other social medias a has PSA's which is public service announcements there's I believe 7 to date there's three if you haven't seen the three new ones that have been out for about a month That are actually really good and they are they're looking to do the 12 steps and 12 traditions in a like a cartoon format I know they just did the service one if you haven't seen that that's a good one too social media and education will use these campaigns that will help debunk myths like I was saying short videos explaining the 12 steps in modern terms how can we change perceptions technology can humanize a by sharing anonymous cessories success stories via podcasts or forums reaching a new generation that values authenticity and community online I had the driest mouth on the planet sorry it's my first time to Hawaii and it's really hot here um so some potential benefits and risk the benefits include broader reach and added enemy some of the risks that are involved is privacy concerns and the loss that that face to face connection that we get when we go to a meeting in person I know when I first got sober I reached out and was a little apprehensive about going face to face into a meeting um but I'm glad I took those first steps now I have all of you as my family and without that I would have no wedding so to summarize technology is not a replacement for A's core values at all but it's a bridge for new audiences I have a question that I want you to think about what tech innovations have you seen in a or any recovery programs and how can we ensure inclusivity and to end I just want to start we need to start discussing how we can evolve it a in this new digital age that is coming and it's and it's coming quick thank you all right next we have Chris H hybrid meetings blessing burden or both Aloha Pacific region my topic today is hybrid meetings blessings you can't touch that light yet

blessing burdens or both I can go through this whole presentation without telling you who I am she can't turn on that light my name is Chris helmers and I am an alcoholic my Friday date is July the

4th 1992 I have the honor and privilege to serve as the panel 76 delegate from Oregon area 58 the landscape being meetings has undergone A radical transformation in recent years to better understand how we got here let's take a quick look back and examine the evolution of communication within our fellowship the shift towards hybrid meetings and the delicate balance required to maintain the human element of recovery in the digital age it's clear to me that communication and a has never been static looking at how we have historically bridged the gap between the suffering alcoholic and the recovered alcoholic in our earliest days the word of mouth or the in person only you had to go to Akron or New York or Cleveland to hear our message of recovery and then we published a book we move to handwritten correspondence the telephone and yes shortwave radio ohh the modern era these were the markings of our pioneering days our adolescent days then decades later came the digital shift we progressed into dial-up modems chat rooms and online was born next came a global pandemic and we were thrust into the modern era the grid view virtual meeting that became the lifeline of our connection leading to the acceleration of our current hybrid reality and our combination of physical and digital elements I'm a dictionary guy the hybrid is defined as a thing made by combining two different elements in this context it's simply merging our traditional physical in person meeting and the online only meeting I believe these are vehicles for the same thing carrying our message it is through focusing on similarities and reducing the differences between us that we recover I find that while this type of meeting offers unprecedented accessibility it requires intentional effort to prevent the decline in the spiritual connection of our active participation we can carry this message to the homebound those in remote communities those with health risks and remain connected to those who may simply be traveling so with these challenges they get really severe when we face a technical glitch and you can't hear me anymore so we've seen the group we've seen growth in the number of existing AA members utilizing meetings in a hybrid format our fellowship is being placed within reach of many who suffer from alcoholism this ease of connection brings the potential for passive listening rather than active participation for simple observation is not the program of action that brings about recovery while this environment provides us with an opportunity to instantly provide our literature in a digital format across the room or across a region it frequently requires an investment in equipment needed not only sinned but to receive and destroy such materials we can sometimes fail to recognize that there can be a technical learning curve for participation in a hybrid meeting room mute unmute share screen raise hand links are in the chat all components of learning that I did not know in fact you've communication in a meeting is more than the spoken the words spoken it is the emotional and spiritual resonance that involves not only the what and how but the tone as well we all utilize nonverbal cues in our communication body language and eye contact often lost or muffled in a poorly managed hybrid setup the heart of recovery is active listening empathy and compassion these are the glue of the fellowship and must be maintained across the digital divide we have some critical challenges when it comes to hybrid meeting formats attend can be seen a trend can be seen in a hybrid model a shift if you will in members mindset when we attend online we must ask ourselves am I attending an AA meeting or am I just listening to the radio while I'm having lunch inclusion is for all who suffer from alcoholism here it is not enough to simply mute those online because they may distract those in the room we must also remember to mute ourselves in the room when it's needed as well we all must be seen and heard as one group this is not us or them it is only us for after all attendance at a few meetings is

very good indeed but it's bound to be a far cry from permanent sobriety and personal recovery depends upon a unity meetings are frequently frequent beginning point on a road to recovery we

must not demand full participation then turn off our cameras we must invest in quality equipment microphones cameras projectors and screens it's not a luxury it's a means of ensuring the message is carried clearly we must practice our contribution of self-support both financial and service to sustain our meetings in closing hybrid meetings are both a blessing and a challenge they offer us a wider reach but demand a higher level of vigilance to remain effective we must ensure that technology serves our primary purpose rather than distracting us from it for this alcoholic selfish in the extreme it's frequently been most effective when it is the least convenient our program requires work and self sacrifice we must prioritize visibility for everyone do what we can to ensure the in room camera allows virtual attendees to see who's speaking and experience some of the vibe of the room here we go 4 audio as quick as a way to alienate remote members consider using high quality omnidirectional microphones encourage active service from all have a digital reader for the meeting before the meeting and after the meeting maybe an online correspondence always prioritize spiritual connection over technical ease convenience and effectiveness are not the same things we seek to traverse the great divide between the head and the heart as we carry this message thank you we have Beth Saina for service or threat to our fellowship my name is Beth and I am an alcoholic my sobriety date is February 23rd 2010 my Home group is freeway fellowship in series California in district 34 area 07 my topic is AI and a tool for service or threat to our fellowship this is what I've researched and came up with starting with the pros pro sight tool for service we are in a new time a time where digital connection can mean the difference between relapse and recovery AI is great for informed answers to many questions concerning Alcoholics Anonymous AI tools can provide information on 12 steps traditions literature or locate nearby meetings acting as a 12 step service chat box like alki AI or generic AI tools provide instant on demand support for cravings can offer immediate non judgmental and evidence based coping strategies during moments of crisis bypassing the limitations of waiting for a human sponsor to answer the phone built lovingly around the 12 steps and 12 traditions offers hope clarity and connected connectedness to those lost in alcoholism let's talk a little about alkali AL yes I looked it up these are a few things I got from the website meet AI alki AOL we are people who normally would not mix but there exists among us a fellowship of friendliness and understanding which is indescribably wonderful big book page 17 LAILEL honors that spirit it never judges it meets you right where you are offering kind encouragement help interpretate interpreting a slogans guidance through step work suggestions from AA approved literature a digital form of showing up when you can't get to a meeting am I a alpha I alpha AL is an anonymous am formed sobriety chat bot built on aids 12 steps and 12 traditions rooted in Alcoholics Anonymous big book 12 by 12 and living sober available 24/7 for emotional check-ins and spiritual direction capable of offering prayers slogans literature and guidance on recovery topics for participants far from meetings give an interactive feeling these digital tools serve as a bridge to manage immediate needs providing human like interaction that helps reduce loneliness and strengthen sobriety for those far from or unable to attend in person for those too fearful or ashamed in for those two fearful or ashamed to attend in person meetings and anonymous AI chat bot can provide a starting point for seeking help rehab centers are using AI to build personalized proactive relapse prevention plans by announcing analyzing data from smartphones wearables and electronic health records these AI systems predict relapse risk by monitoring behavioral patterns sleep and location triggers allowing for real time interventions these technologies are bridging the gap in

care between personal in person therapy sessions offering 24/7 support and reducing the workload of overburdened clinicians AI is used as intended can make things easier it can be a

huge tool for the person in recovery now the cons of AI as a threat to the fellowship a lot of the people of AI is that it feels anonymous and confidential but if you have free ChatGPT account all that information is being stored somewhere to train their models AI data gathering tools pose a threat a direct threat to the principle of anonymity a cornerstone of a tradition AI tools can gather and store data and reidentify users in public breaking the promise of property privacy crucial for newcomers to seek help without fear using AI for step work steps 458 and 9 is risky as these models are not confidential unlike a sponsor the real problem ohh the real problem is that AI isn't designed to challenge you AI is generally designed to be helpful polite and to provide affirmation rather than critical personal or emotional challenges which into minish the human critical thinking and the ability to work through complex value based decisions AI is designed AI designed with helpfulness as a primary goal often avoids the friction that comes from critical opposing viewpoints unlike human interaction it often acts as a reflection of user input rather than a tool for challenging personal growth particularly in sensitive areas a lot of times we go to AI with things we don't feel like we can talk to people without that's the whole appeal but from the personal but from the perspective of a newly sober alcoholic relying on AI instead of an actual person and a higher power could be really harmful AI systems may simply reinforce existing beliefs rather than providing the necessary push to reexamine them recovery relies on emotional face to face interaction and empathy which I cannot truly replicate AI can provide false or in some cases harmful information or advice that contradicts 12 step principles there is a danger of relying on technology instead of building the human community that is vital for long term sobriety AI alki AAL is not a substitute for a real life sponsor a replacement for meetings service or the spiritual fellowship of AA I'm going to skip all that my opinion to AI in 2020 the world shut down and the online platform began they were there but not widely known as they are today that suit up and show up mentality is the bedrock of the program for a reason it's hard for a chat bot to look you in the eye and grab a cup of coffee with you after the meeting when things get rough when I need to hear some hard truths about myself I show up to meetings early and stay late I have developed a new friendship working with others and a maximum service to a I did not forget Terry but I'm sorry we're out of order Terry H playing catch up where does a go next with technology I'm just doing this thing I'm supposed to do you told me to do it OK Aloha ohana I just want to let you know that I have been well trained by Western Washington area 72 to speak slowly for the interpreters so I hope to not lose my cadence because you know nerves and all right.

I'm Terry I'm an alcoholic I'm DCM district 42 and my sobriety rebirth date is June 26th 2012 I get to tell you about the wonderful topic of playing catch up what's next for AA and technology and this needs to be um so raise your hand if you remember calico vision wow cool now keep your hand up if you built your own 286 well good for you not me so isn't it amazing how quickly technology changes and how quickly it becomes obsolete in Alcoholics Anonymous we sometimes run into that same challenge our processes built on substantial unanimity minority opinion and the group conscience can start to feel out of step with our rapidly changing check your world we cannot wait around to see what happens if a gets stuck or becomes obsolete a must adapt and that's where finding common ground matters most in a 1960 conference talk bill Wilson said and I quote we live in an era of change the 12 steps probably won't change the traditions not at all likely but our manner of communication our manner of organizing yourselves for function for service let us hope that this goes on changing for the better forever I think we ought to stay open minded on this

matter of change we referenced the past and its lessons for so long as those teachings work when they don't we readapt and we reshift that has been our history" bill did not want us to be

cemented in place So what does playing catch up actually look like for AA and technology it means that we don't keep doing everything that we've already done with rotation as principle we find new ways to meet at the table staying flexible welcoming new voices and new ideas all while protecting our traditions in technology we're not just talking about accessibility we're talking about inclusion whether you're in a remote community whether you're deaf blind or you just can't get to a meeting your voice matters digital tools can and do help carry the message to the immunocompromised the neurodivergent new parents the medically infirm the group conscience still thrives no matter the distance no matter the obstacles we are all equals just drunks in recovery as an AA member I need to make sure everyone is invited to the fellowship and that starts with me at my Home group welcoming the new person in the room thanks to the COVID shutdown video conferencing came out of the basement right into our living rooms changing the way we connected and we stayed sober through some really tough times online area assembly electronic voting Yep area 72 did just that at lightning speed now thanks to our tech and sound teams plus many dedicated service nerds all of our area 72 business has hybrid attendance office actions in Western Washington we all gather and we can be heard and vote then there are digital newsletters going digital reaches those who live far away and can't access certain platforms most of us carry these little computers wherever we go so we're doing it digitally as well area 72 launched our online newsletter on January 1st after years of discussion and minority opinions we had an outstanding ad hoc committee doing research and giving presentations plus a genius beta test site that was open to the whole area and what have we did it moment the area conscience felt that the newsletter online product would reach more Alcoholics by the score no longer are there did paper newsletters being printed and mailed and it was a huge mailing like some 1500 copies each month their expense of printing and mailing was expected to increase horrendously and historically there was only one editor doing all the work for the area so we reworded a motion establishing an editorial team to assist and serving all corners of area 72 that's what playing catch up looks like in a not one person leading the charge but all of us finding our way to the table including me after a year's worth of throwing what ifs into the universe and several heart to hearts with my honey my first service resume was written I was selected to serve with the area newsletter team as the Seattle districts regional editor I am humbled and honored to work with so many talented people and I'm grateful to learn more skills too please tell my 35 year old OK I have gained a whole new sense of connection and belonging in this program of life so please feel free go check out our digital newsletter you can sign up & in at news dot area 72A dot org and so what's next for AA and technology this girl cannot quantify that answer but I do know there are a lot of wonderfully intelligent and eager people out there that are far more qualified for this this guy is the limit when we work together in technology and find common ground for the greater good in Alcoholics Anonymous in closing I leave you with two gems from my service sponsor first bill did not want us to be submitted in place second do not forget to welcome the newcomer they are our great responsibility mahalo and thank you for allowing me to serve a prospect 2026 alright I believe that's there we go there's fast just give your name all right the floor is now open for sharing on the presentations there are 4 microphones on the floor please line up and you will have you will be selected one at a time I would like to remind everyone of the two-minute limit 4 minute limit for those requiring interpretation the clock starts after you introduce yourself please do not come to the microphone for a second time until everyone else in line has had a chance first please keep

your comments to the topic of this panel we invite Spanish speakers to come to the mic volunteer interpreters are available and be tamos allows his Alice has what is that his hispanohablantes

Iranian army coffee now I interpret this voluntarios disponibles that's spelled wrong right ohh audio team can we get the mics on OK let's go to the back your left my right no mikes is your mic my name's Candice I'm a very grateful alcoholic thank you so much to the presenters you all did a fantastic job thank you very much I got sober um when you still had to call long distance 30 miles away and I'm so one of the technologies that came about was texting and I'm that kind of freaked everybody out you can't text me I'm your sponsor you have to call me and um so technology is about meeting people where they're at right and so when we meet somebody where they're at that's important and I just wanted to tell a quick story about this weekend in our group WhatsApp chat somebody said I have a sponsee in Jackson WY who drove over to Bozeman Mt to help her friend today and she needed somebody to help her take a 12 step call to her daughter's friend and so through our WhatsApp chat and through lots of different text that woman got a 12 step call today and I'm just so grateful for technology to make that happen so thank you all are any of the other mics working no OK let's go here to my left Aloha my name is John I am and most certainly an alcoholic and from this area of Hawaii my Home group is TYG online 7:00 AM weekdays 88 AM on weekends but new technology I haven't heard anything yet about biotechnology it says in the big book that science may someday achieve a cure for alcoholism out of the blue came we Govi and all this stuff that's happening right now I've I am aware of quite a lot of articles about a bio biotechnology cure for the craving for alcohol and I am grateful to be an alcoholic under the lash of alcoholism I have been forced to walk a spiritual walk which has been of great benefit to me as a human being but what does Alcoholics Anonymous do if boom some company has a recovery shot cure for alcoholism Aloha OK good spots from here so welcome hi I'm Lauren I'm an alcoholic past delegate panel 71 area 5 Southern California so thank you all the panelists for your presentations today I just have some asking's as they say in the South anyway I don't know these are all eye statements I don't think it's necessarily about apps and I don't think it's about in person versus virtual and it's not about social media or video PSA's young people videos on YouTube Grapevine and a world worldwide services podcasts we're dragging ourselves into this century slowly but surely we're buried by recovery homes on the web and now hindered by losing our Google ad status we are considered self-help organization now and not a nonprofit that offers help for those who want to quit drinking how can we overcome this varying we cannot use a for Alcoholics Anonymous we have to use a world services in a search for anyone to find us are people looking for or typing a world services in their browsers no it's very hard for a lot of us to understand that there's no way around this and in this era in order to be referred by our friends doesn't seem to be enough I'm hoping that someone stumbles on us today and takes advantage of all the great resources and digital stuff that we have to offer maybe that PSA will tell their story if that browser has AI capability will we still be buried I want to quit drinking typed into a browser goes straight to a suicide hotline there we are what do we do now my name is Burt and I am an alcoholic I'm a member of the technology team in area 06 uh blessed to serve as the audiovisual technician I'm here with our area chair to throw out a quick plug for the national Alcoholics Anonymous technology workshop that's coming up in September 11th through 13th where we'll have an opportunity to spend a lot more time talking about this very important topic for this alcoholic I see technology as a power tool right power tools are wonderful things when properly used but when improperly used power tools can cause irreparable heart we cut things off and we do we do very bad things with them but on the other hand when properly used they can be

wonderful items so if you'd like to hear about the wonderful power tools like AI what other platforms are out there what are the professionals doing this is an excellent opportunity to spend a

couple of days discussing again that this very important topic it is a hybrid event I've got a number of Flyers if you'd like and right now we don't have the agenda set but it's there's an atw.org website where they'll be more information and registration coming up soon but again if we use these power tools properly we can address a lot of the things that that have been discussed through how do we reach out to the newcomer how are we reaching out to the new people as was mentioned earlier you go online and you type in I have a drinking problem Alcoholics Anonymous isn't going to be high on that list of things that you find so again just another shameless plug for the NATW workshop coming in at September 11th through 13th and wonderful concord CA if you haven't been to the Bay Area in in September October it's all like our windy and it's our Indian summer man it's the most awesome time to be there the weather is great thank you for letting me be a service hi penny P alcoholic spreading date October 9th 1977 I came into Alcoholics Anonymous here in Honolulu and moved to the East Coast when I had about 2 1/2 years of sobriety I waited more than a year and when I got to the East Coast I got involved with a group of people that were putting together some of the first online meetings um we were it was prior to the Internet we were on private platforms I was on Fido net and I got to connect with I traveled for my job so I had a luggable and I had a dumb terminal and I was able to connect with online a early in the in the mid 1980s and I talk about that talk about that with people and already in the mid 90s online a doesn't really but you know it was keeping me sober when I was on the road and wasn't able to connect with meetings and the places where I was traveling to prior to the pandemic I got involved in a friend of mine was living in China and was sponsoring some English speaking guys some expats in China they were having trouble finding English speaking meetings in the places where they lived and so mark reached out to me and they put together an online meeting in 2016 the global speakers group started up started out of Beijing China and it became my online Home group and so I was already online when on March 13th 2020 when we all went into our homes and closed our doors I knew how I was going to connect I was so amazed the next morning when I opened my Gmail and had copies of Flyers from around the world already of online meetings being available and so my online Home group is global speakers group out of Beijing China where in English speaking meeting four meetings a week thank you uh it does uh Tom alcoholic I've been online since 1987 I'm going to tech geek um I just wanted to let you guys know that there's a lot more to the world than just zoom this is a platform called discord this one group called friends of Alcoholics Anonymous has currently 71,110 members they have meetings 24 hours a day and even a speaker radio station and they don't get counted when I was when I got sick with my nerve dystrophy in 2000 I was in the hospital for a year my I was an IT director company gave me the computer hacked into the hospital phones I got on and started playing a video game called EverQuest and in that quiet game there was a Guild and they found that I was an alcoholic and while I was in the hospital when central office wasn't sending people to see me they weren't in LA I'm sorry they just weren't they were having meetings for me in the video game and they kept me going and since then I've been on Fido net with penny and that's where we first met I've been all over the place and AA online is so big you wouldn't even be able to fathom it I've been able to help other NGO's with their with their safety stuff and there's online stuff I wrote that zoom security guide at the beginning of the pandemic and I spent the whole pandemic trying to help stabilize zoom for free and for fun and because I love it and because we don't have to give up anything we just have to stop being prejudice against every possible way of carrying the a message we listen to Joe and Charlie but we somehow don't like zoom or online it doesn't make sense thank you all

Sean alcoholic I'm here from area 5 I'm a GSR for district 36 uh so I'll tell the story about with AI so I was at the log cabin in a morning meeting talking to this whole timer I was like 30-4 years they

didn't know much about ChatGPT and so he told me to put in this experience that he was having with the sponsee from the sponsees experience and so I told chachi BT that I have an angry at my sponsor what should I do and it immediately told me to dump my sponsor you know so then uh so then what I do is I go give it some more prompts tells me to dump my sponsor again and then I tell it that you know you're Molly coddling me and it changes its tone immediately and then what I do is I bring up the fact that like you change your tone what's going on and it tells me it says that silent part out loud it tells me that it's meeting me where I'm at you know and The thing is is that with these tools if we don't understand them we don't know like what underlying is like going on with them that they can be more harmful than good so I think it's just to just wanted to bring that story up to highlight that thank you I'm Sam I'm an alcoholic California northern coastal area 6 district 6 San Francisco yeah so I come from a very tech forward part of the world I think and when I think of whether or not technological tools being used to reach new generations the first question that came to mind.

I'll pose to all of you how many by a show of hands how many of you use the meeting guide app OK how many of you have used zoom to access a meeting OK how many of you have used the general service app plug for that because last night we heard yeah so like these are all new right these are all new and I still yeah still where I'm from I still hear murmurs of people saying that how do we deal with anonymity on zoom you know there are a lot of concerns with that right but I'm of the opinion that the risk or the benefit outweighs the possible risk right we've adopted these new methods to reach the recovering alcoholic it changed the world during COVID and we have to continue to do that like a must or it will die in my opinion that's all I got to say thanks and his big recovered alcoholic apparently served area 42 as the GSR trainer and on the district 6 alternate DCM and again thanks PRAASA for having us all here it's been an amazing event amazing panel again I'm going to speaking on the what does tradition 11 mean in 2026 and I would just like to say that I would hope that spiritual principles don't change with time but bill did say that the way we would carry the message would change and I believe that's what we were talking about that OK now I came in and A and my name is big and they started talking about anonymity and I was like well my name is big and I live in a small town so anonymity I just disregarded this you know disregarded it completely and just moved on about my business but you know I this programmer allows you to have an awakening and once having and that awakening I started having different responsibilities for the person that hasn't arrived yet like they were thinking about me before I got here they had that threshold you know they were somewhere in aligned with the traditions to have that threshold for me to cross and in the 12:00 and 12:00 it talks about this tradition being one of our most I'm going to paraphrase because I'm not standing here reading it but it's one of our prize um possessions moving forward and today is the future you know moving forward and I don't believe the principles change within time it's a self-sacrifice I didn't come here for self-sacrifice I came here to get sober but that awakening started looking that I needed to self-sacrifice for the people that weren't here yet so thank you unfortunately we are out of time for this panel for those who wanted to share but did not get the opportunity there is a what's on your mind session on Sunday morning 7:00 AM also please be sure to write your questions in the delegate ask it basket throughout the weekend so there are plenty of questions for the 11 AM Sunday meeting the askit basket will be available until 8:45 AM on Sunday please join me in thanking the presenters our reader and our timer.