How to use Zoom

Before a videoconference:

- You will need a computer, tablet, or smartphone with speaker or headphones. You will have the opportunity to check your audio immediately upon joining a meeting.
- You will receive notice for a videoconference or conference call from your committee analyst. The notification will include a link to "Join via computer" as well as phone numbers for a conference call option. It will also include the 9-digit (usually) Meeting ID.

To join the videoconference:

- At the start time of your meeting, click on the link in your invitation to join via computer. You may be instructed to download the Zoom application.
- You have an opportunity to test your audio at this point by clicking on "Test Computer Audio." Once you are satisfied that your audio works, click on "Join audio by computer."

Can't find the link:

- You may also join a meeting without clicking on the invitation link by going to join.zoom.us on any browser and entering the Meeting ID provided by your host.

Trouble hearing the meeting, join via telephone while remaining on the video conference:

- On your phone, dial the teleconferencing number provided in your invitation.
- Enter the Meeting ID number (also provided in your invitation) when prompted using your touch-tone (DTMF) keypad.
- If you have already joined the meeting via computer, you will have the option to enter your 2-digit participant ID to be associated with your computer.

Participant controls via the icons in the lower left corner of the Zoom screen, you can:

- Mute/Unmute your microphone (far left)
- Turn on/off camera ("Start/Stop Video")
- Invite other participants
- View Participant list – opens a pop-out screen that includes a "Raise Hand" icon that you may use to raise a virtual hand
- Change your screen name that is seen in the participant list and video window
- Share your screen
- Somewhere on your Zoom screen you will also see a choice to toggle between "speaker" and "gallery" view. "Speaker view" shows the active speaker. "Gallery view" tiles all of the meeting participants.

ZOOM MEETINGS: PROTECTING ANONYMITY & DEFAULT SETTINGS*

For Zoom users: With the rush to shift to online meetings, many of us did not take time to investigate what this meant to the spiritual foundation of our recovery – namely, anonymity. Now that online meetings are accessible, we want to pass on best practices for protecting anonymity. These have been curated from the membership and online resources.

The default Zoom settings run counter to AA's spiritual foundation of anonymity. The meetings are publicly accessible and full names and faces are often displayed. Additionally, by default all Zoom meetings are recorded to the cloud. **Turning that feature off is simple, fortunately.**

There are other settings in the Meeting subtab that can also be adjusted, such as disallowing remote control of devices, file transfer, data sharing with Zoom, and screen sharing.

Here are some suggested settings for your meeting to use. Please note that most, if not all, of ***the settings below are not the Zoom default***:

Go to: Settings > Recording and click ***off*** *the Local and Cloud recording features.*
In the Zoom Settings section, under the Meeting subtab:

- *Require Encryption for Third Party Endpoints*
- *Disable Auto saving chats*
- *Disable File transfer*
- *Disable Feedback to Zoom*
- *Disable Screen sharing*
- *Disable desktop/screen share for users*
- *Disable Remote control*
- *Allow Virtual background (this is the Zoom default and allows the user to use a virtual background instead of the inside of their apartment, for example)*

In the Zoom Settings section, under the Recording subtab:

- *Disable Local recording*
- *Disable Cloud recording*
- *Disable Automatic recording*

We will update this page with additional information as we learn it and encourage you to share tips and tricks with us that we can include. And stay tuned for information on Seventh Tradition contributions.

*Reprinted with permission from: https://aasfmarin.org/zoom-meetings-protecting-anonymity-default-settings?fbclid=IwAR3E5inHEFqa6hrWciXr0md1xm2-an5nFFop2vlkbijoF3t77L6C1NPvmdc

Landline Meetings:

TIME	DAY	GROUP	FORMAT	CONNECTION
9:00 AM	7 DAYS	SOBER VOICES	OPEN DISCUSSION	1-712-432-0075 - PASSCODE 654443#
7:00 PM	SUN	SOBER VOICES	BIG BOOK STUDY	1-712-432-0075 - PASSCODE 654443#
7:00 PM	MON	SOBER VOICES	OPEN DISCUSSION	1-712-432-0075 - PASSCODE 654443#
7:00 PM	TUE	SOBER VOICES	LITERATURE STUDY	1-712-432-0075 - PASSCODE 654443#
7:00 PM	WED	SOBER VOICES	BIG BOOK STUDY	1-712-432-0075 - PASSCODE 654443#
7:00 PM	THU	SOBER VOICES	STEP STUDY	1-712-432-0075 - PASSCODE 654443#
7:00 PM	FRI	SOBER VOICES	LITERATURE STUDY	1-712-432-0075 - PASSCODE 654443#
7:00 PM	SAT	SOBER VOICES	OPEN DISCUSSION	1-712-432-0075 - PASSCODE 654443#
5:20-6pm	TUE	TUESDAY GRAPEVINE	LITERATURE STUDY	https://us04web.zoom.us/j/819756900
9:00 PM	SAT	SOBER VOICES	LITERATURE STUDY	1-712-432-0075 - PASSCODE 654443#
7:00 PM	MON	HOW IT WORKS	CLOSED DISCUSSION	https://us04web.zoom.us/j/344190104

Meetings-to-Go is also available to do telephone meetings or facilitate access to online meetings. Please call Central Office at 702-598-1888. Ask for someone from Las Vegas AA Meetings-to-Go to contact you.

(Mostly) Local Online Meetings

Thanks to Paolo N., Katie L., Jenn B., Julie G., Natasha P., Brianne M., and Kimberly T. for putting together this list and keeping it updated. The *Silver Streak* will publish an updated list each week. ***All times Pacific.***

DAILY | 5:30AM WAKE UP | https://zoom.us/j/251719918

DAILY | 7am KCB Fresh Start 2 | https://us04web.zoom.us/j/249983532

DAILY | 8am Meeting Space 8am Homegroup | https://zoom.us/j/525794141

DAILY | 9am Cheers Group | https://us04web.zoom.us/j/204676856

DAILY | 9am AA in the AM (OPEN FORMAT) | https://us04web.zoom.us/j/669365004

DAILY | 11am Step Into Serenity (Step Study) | https://zoom.us/j/602837321

DAILY | 12pm Noon in the ZOOM Room | https://us04web.zoom.us/j/922902172

DAILY | 2:30pm KCB Third Legacy | https://us04web.zoom.us/j/3321869735

DAILY | 5pm Zoom 51ers (Open Discussion) | https://zoom.us/j/4581670709

DAILY | 6pm Faith Means Courage (from Colorado) | https://us04web.zoom.us/j/757581635

DAILY | 7pm WOMEN's Zoom | https://us04web.zoom.us/j/410592740

DAILY (**EXCEPT FRIDAY**) | 8:30pm "Quarantined at 8:30pm" Topic Meeting | https://us04web.zoom.us/j/699516064

DAILY | 10pm Deliver Us From Ego | https://zoom.us/j/576015340

DAILY | 12am Pandemic At The Disco | https://us04web.zoom.us/j/722570166

SUNDAYS | 8am Taking It To The Streets Sunday | https://zoom.us/j/452468383

SUNDAYS | 1:30pm Sassy Sister Online (WOMEN'S) | https://zoom.us/j/986963791

SUNDAYS | 8:15pm Newcomers Rock | https://zoom.us/j/397842874

MONDAY to FRIDAY | 10am Daily Reflection | https://us04web.zoom.us/j/910965736

MONDAY to FRIDAY | 10am Unmanageable Group (from Louisiana) | https://zoom.us/j/521222779

MONDAY to SATURDAY | 12:15pm Quality Air | https://zoom.us/j/612786223

MONDAYS & WEDNESDAYS | 5pm Open Discussion | https://zoom.us/j/663076340

MONDAY to FRIDAY | 5pm In The Big Book (WOMEN'S) | https://zoom.us/j/469489051

MONDAY - SATURDAY | 530pm We Ceased Fighting | https://us04web.zoom.us/j/6445021212

MONDAYS & WEDNESDAYS | 6:30pm 5th Dimension Online Young People | https://zoom.us/j/687118144

MONDAYS | 7pm Stay In The Solution (WOMEN'S) | https://zoom.us/j/344240981

MONDAYS | 7pm Stray Dogs (MEN'S Stag) | https://us04web.zoom.us/j/6728354763

MONDAYS & THURSDAYS | 7pm OSC Meeting | Meeting id: 364586084 Password: 806159

TUESDAYS & THURSDAYS | 3:30PM THE STEPS TO FREEDOM MEETING | https://zoom.us/j/332404705

TUESDAYS | 6pm Meeting Place LV Sobriety Sisters | https://zoom.us/j/662925676

TUESDAYS & THURSDAYS | 7pm Mixed Nuts | https://zoom.us/j/920807462

WEDNESDAYS | GVG Promise Seekers (WOMEN'S) | https://zoom.us/j/417370873

WEDNESDAYS | 7pm Night Big Book Study | Meeting ID: 992160907 Password: 872446

WEDNESDAYS & FRIDAYS | 5pm WEcovery | https://us04web.zoom.us/j/396407598

WEDNESDAYS & FRIDAYS | 7pm Life Changes (from Virginia) | https://zoom.us/j/554496632

THURSDAYS | 1pm 12 Steps Closer | https://us04web.zoom.us/j/422403170

THURSDAYS | Highlighters Big Book Study | https://zoom.us/j/964374679

FRIDAYS | 6pm We Stood At The Turning Point | https://us04web.zoom.us/j/117220269

FRIDAYS | 7pm Square Pegs Newcomers | https://zoom.us/j/309051476

FRIDAYS | 8:30pm Virtual Venice Beach | https://us04web.zoom.us/j/554893205

SATURDAYS | 2PM PERSPECTIVE by Keepin' It Real Recovery Club | https://zoom.us/j/603653405

SATURDAYS | 7pm BYOB 3rd Step (WOMEN'S) | https://us04web.zoom.us/j/234187763

SATURDAYS | 7pm - 8:30pm Just4Today Speakers | http://us04web.zoom.us/j/358308405

SATURDAYS | 7:15pm Soberlicious | https://zoom.us/j/6308194608

SATURDAYS, SUNDAYS, MONDAYS | 7pm Attitude of Gratitude (WOMEN'S) | https://zoom.us/j/569102397