How to Join Our Online AA Meetings
Including Instructions for Zoom

"How do I attend your online meeting?" We get this question a lot. So if you'd like to join us but you're wondering how to get started, you're not alone. No worries - it's easier than you might think. It's relatively simple to join a Zoom meeting (*Zoom is the platform our AA meetings are hosted on*).

Download this simple one-sheet of instructions covering the various options you have for getting set-up. And remember, you can always use dial-up by reviewing the section just above this one.

We'll see you in the rooms soon!

First thing is to download and install Zoom on your device:

- On a phone, go to your app store and search for, select and install "Zoom"
- On a PC, go to your app store and search for, select and install "Zoom," or just open a browser and go to http://zoom.us/download and install "**Zoom Client for Meetings**"

Having this completed, there are several ways to now connect to our meeting. It's always best to join 5-10 minutes before it starts at **12PM *Pacific time*** (*you'll want to be sure to convert this to find your corresponding time in your time zone*).

Review these simple options for how you can get set up in no time to start participating in our meetings.

1. **Using the Zoom App:**
   a. After you've installed Zoom, open it and click on **Join**
   b. In the next window, type your **first name** + **last initial** (example: *John D*) where it shows "**Screen Name**." It's optional, but we also like to add locale so we know where each other is from, being that most days we are an international meeting.
   c. In the field for "**Meeting ID**" type in our ID: **166 876 977**
   d. Click the **Join** button, being sure to choose "**Use Internet for Audio**" – this brings you right into the meeting after selecting your camera/audio settings
   e. The best experience is to have camera on, also helping us keep a secure room, however if you experience bandwidth issues or choppy audio, it's best left off.

2. **Using our website to join**:
   a. Go to **any-lengths.org** (good to bookmark it)
   b. When ready to join (5-10 minute prior), click on the "**Join Our 1 hr. Meeting**" button near the top of the homepage
   c. The Zoom app will automatically load and finish the process - generally you may be asked to "Use Internet for Audio" – always best to choose/accept it.
   d. That's it, you're in.

3. **Using the Zoom.us website**:

Thanks, and we look forward to meeting you!

a. Another way is to use the Zoom site itself. Just click the Join a Meeting link at the top and enter our meeting ID: **166 876 977** – the rest will be familiar

b. While there you may want to sign us for a free Zoom account. It allows you to have some of your own meetings, but very handy is that when you set up an account, anytime you join any Zoom-based meeting like ours, your name and settings will always be remembered from the last meeting, remaining consistent which just streamlines the process every time you join a meeting.

Thanks, and we look forward to meeting you!