

## Hope and Help AFG

WSO ID: #30735242

When     Sundays and Wednesdays 5pm – 6pm Eastern Time - New York  
(Starting Sunday March 22/Wednesday March 25)

Where     <https://zoom.us/j/510819055>

Who       • Hope and Help AFG

Sunday Night - Discussion on Topic (Hope, Gratitude, or Serenity using CAL)  
Wednesday Night - Legacy Meeting using "Reaching for Personal Freedom" (P-92)

Join Zoom Meeting  
<https://zoom.us/j/510819055>

Meeting ID: 510 819 055

This AI-Anon Meeting is registered with the WSO.  
Please see [www.ai-anon.org](http://www.ai-anon.org) for more information on AI-Anon Family Groups.

We usually open the room 15 minutes early to help anyone that is new to the format.  
Several of us usually stay on after for 15-30 minutes to answer any questions and help Newcomers.

Please make sure your Internet connection is stable.  
Computers or Laptops are preferable (ease of use) but smartphones and tablets also work.  
You do not have to join or buy Zoom, but if using a phone or tablet you may need to download the app.  
You will be muted upon entering.  
Please keep your microphone muted unless you are called on.

Use the Participant Box to indicate that you'd like to share.  
There is a chat box to type in if you prefer not to speak.  
The Chair will call on raised hands in the order they appear in the box.  
Everyone is welcome to this AI-Anon Meeting, family, friends and observers.  
The Chair and other trusted servants will assist you privately with any problems.

We use Conference Approved Literature, and follow the Steps, Traditions and Concepts of AI-Anon Family Groups. We have a license to use materials copyrighted by the WSO. The meeting content and participants are considered anonymous, nothing is recorded and no information is saved after the meeting room closes.

Please email [delegate58@AFGArea9.org](mailto:delegate58@AFGArea9.org) with any questions or problems.

**Meeting ID Changed 3/23/20 ... please note this update current as of 3/25/20**