

## 7 AM COFFEE TIME VIRTUAL MEETING

My name is DJ and I am an addict. I am here today to talk about a meeting that has met 7 days a week since March and did not exist before the Covid shut down.

Our meeting began on March 17th of this year with the efforts of Tania, an NA member of the Marin County Area Fellowship in Northern California. She had always wanted a daily early morning 7 am meeting and had attempted to create one in the past.

The Covid shutdown provided another opportunity to try this and Zoom provided a method for it to quickly flourish and thrive. The meeting began as a 7 day a week meeting with 4 people and quickly grew to maybe 20 to 25. Five members acted as Secretary/Host initially. By the beginning of May we had 7 hosts and by June we added Co-Hosts. The past couple of weeks our meeting attendance was between 100 and 130, depending on the day.

The Host leads the meeting and the Co-hosts help by sharing their screen with the readings and aiding in muting people to keep the meeting in a *climate of recovery*. Our format is one hour and we read *Who Is An Addict, How It Works* and the *Just For Today* reading. The meeting is then opened up for up to 4-minute shares. These are timed by the Co-Host and we share a screen with a courteous reminder at 3 minutes that there is a minute left. We end with the reading *We Do Recover* and preferably the Third Step reading from the Basic Text. We created a meeting format, service position requirements, duties, and commitments.

Over the last few weeks we have added a Greeter and a Serenity Keeper to each morning. The greeter acknowledges the people new to our meeting, focusing on new comers and helping to make them feel extra noticed and welcomed. The Serenity Keeper, because we have grown to a larger size, helps to keep everyone muted and just watch out if there is a matter that needs to be handled. We have NEVER, to date, been bombed. The meeting has always had a password with its login.

We have newcomers at our meeting, and when they find us they are enveloped. Members with decades of clean time and less share their phone numbers and connect by email and WhatsApp. Some of what is obvious is that they feel part of during that early time when they normally might not. What many of us have noticed, is that the newcomer really gets more attention than they would in an in-person meeting and they often report to us how grateful they are and how welcome they feel. While some older members comment that new comers should have to reach out more – we are still noticing newer members responding well to being welcomed and receiving numbers and contact information without having asked mostly in private chat.

At yesterday's Business Meeting, we elected to have Greeter or Host respond to requests from addicts who need proof of attendance. We each have been providing that when necessary if we are comfortable with that. We are developing a gmail account for people to request these and it will be added to our format.

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We began this meeting with self-support as part of our commitment. In the beginning, we simply put the link to NA World Services for donations. Because we began as part of the Marin Area and service structure, our zoom account comes from the Area. We elected a Treasurer and voted to donate 25% to the Area, 25% to the Region and 50% to NAWS.

It is becoming obvious that this is not really an Area meeting but a World Wide meeting and a home group to people from all over the world and the US, so we will be looking at next steps. They likely will look like we separate from this Area and get our own zoom account. We wanted to be responsible and act like a committed group and electing a GSR seems part of that. The majority of our members do not live in this area which could easily become an issue. Our current service structure is based on geography and our meeting, like so many others, does not function that way.

We have a very generous donation monthly. Many people from other parts of the world cannot use Venmo. The treasurer makes separate private agreements to use PayPal or what they can use. This is only as good as the trusted servant's skill set. So, we see both of these – donation and structure - as future issues to find a world wide solution for.

Personally, I am passionate about finding a way to support Narcotics Anonymous World Services. Fellowship Development, Literature Translation, providing literature to inmate and remote addicts with less means, seems like the most important thing in the world to fulfill our Primary Purpose. I have had the opportunity to see what NAWS provides world-wide and for H&I. My hope is the Virtual World of NA will be able to support NAWS in a way we haven't seen before, while having NAWS provide the Zoom account or whatever format we use for our Virtual Fellowship.

Our meeting starts at 7 am and promptly ends at 8 am PST/PDT. However, people join in as early as 6:15 am for coffee and visiting. It's a warm and welcoming and super friendly meeting.

We have a boatload of old timers from all over the world who have reconnected here and it's a resource for the earlier timers that they alternately feel part of, learn from, and struggle feeling comfortable with. They are coming, they are staying, and they are finding their way. The newer people are finding sponsors, and others are finding new sponsors because the exposure has opened up their entire recovery world in ways our former at-home meetings did not. We have not closed the Chat at this point. It can be annoying, of course, and I think people are more and more using Private Chat as this allows for these connections. Silver Linings.

Once a week the meeting shares go to 8:05 and we celebrate lengths of clean time by a terrible rendition of Happy Birthday. We are developing our celebration format now and will keep our rendition of Happy Birthday...