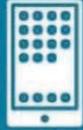


Alcoholics Anonymous  aa-intergroup.org/directory.php onlinegroupaa.org aaonlinemeeting.net	Narcotics Anonymous  virtual-na.org na.org/meetingsearch *for country, select "Web"
SMART Recovery smartrecovery.org/smart-recovery-toolbox/smart-recovery-online smartrecovery.org/private-convenient-online-recovery-support 	Other Resources addictioncampuses.com/alcohol/apps-for-recovery sobergrid.com/howitworks intherooms.com/home unityrecovery.zoom.us/my/allrecovery 

Online/Digital Recovery Support Resources

Since many meetings have had to close their doors for safety reasons during this "safer at home," shutdown, many recovering individuals have been left alone and unsure of where to turn. We thought we should list some options for online meetings. Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

Google Hangouts/Meet • Zoom • Free Conference Call/ For more information on other online platforms visit: G2.com

For more information on anonymity please see: Understanding Anonymity at www.aa.org/pages/en_US/options-for-meeting-online. For more information on passing the digital basket please see: www.aa.org/pages/en_US/options-for-meeting-online Winter 2017 Box 459 p. 3 "Passing the Digital Basket". Many online meetings are setting up ways to continue to give digitally. With AA meetings shut down internationally Our World Services Office and local Central Offices are going to need your support more than ever.

[Other 12-step Online Meetings can be found here:](#)

Gamblers Anonymous:

www.gamblersanonymous.org/ga/locations

Al-Anon

www.al-anon.org/al-anon-meetings/

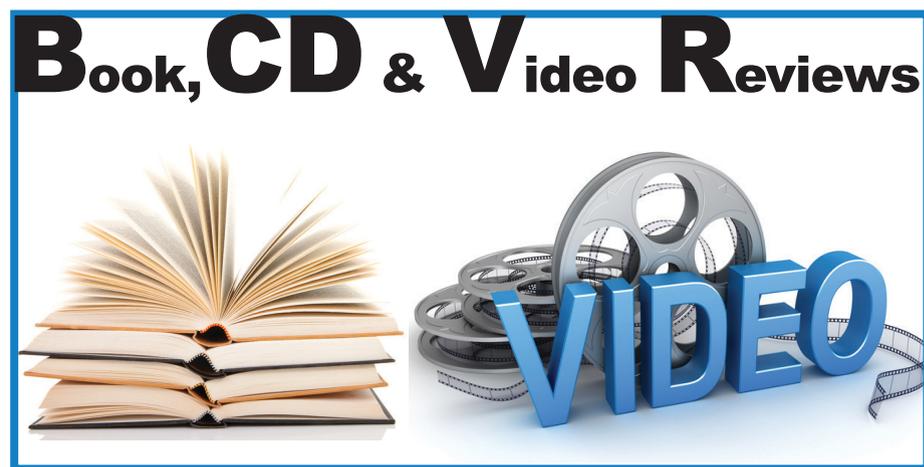
Support your local central office during this time.

Alcoholics Anonymous
San Fernando Valley Central Office

Telephone: 818-988-3001

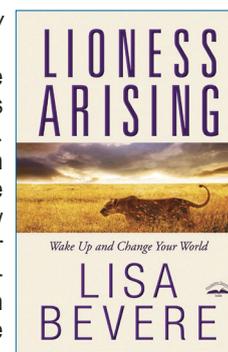
Mon.-Fri. - 9:AM - 6:PM Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED



LIONESS ARISING, *Wake up and Change Your world* Written by Lisa Bevere. Published by Messenger International.

Lisa's book is a God-inspired word to women. This is not a book for the faint hearted. This is a call to shake off oppression, get rid of whatever has held you in bondage, receive God's grace, and do what He tells you to do. Lisa paints a compelling picture of the impact the fully awakened Christian woman can have in her spheres of influence, to her individual life, to the church, to the world. When you read this book you will be stirred up and ready to push through the boundaries in your life and take hold of God's purpose for you. As a co-laborer for Christ, Lisa reminds us that the feminine form embodies love, hope, joy and tenderness, without sacrificing courage, strength and confidence. This book reminds us that God sees our dreams before we even see them ourselves.

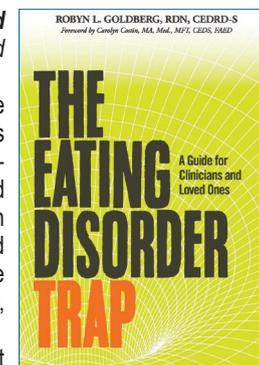


All over the earth, we are witnessing an emerging generation of bold, beautiful women of God. Not only this, but the pride of the lionesses whose strength and confidence are being restored through the power of the Holy Spirit, and the healing sanctuary of the church. Not a power-hungry woman, but a loving, nurturing woman who knows her worth, and walks accordingly in the earth today. In this book Lisa draws our attention to the natural fierce, protective aspects of a woman and demonstrates the power of women to battle for their destiny, and the destiny of the ones they love. Let Lisa teach you how to operate in the power of God's grace to pursue the 'prey' of disappointment and broken dreams, and 'embrace strength, develop courage and effect change in the world'.

Lisa Bevere is an international speaker, best-selling author and co-host of "the Messenger" TV program, which broadcast in more than 200 countries. In her unique style, she unpacks God's Word, revealing truth most people have never encountered before. Five Roaring Stars. Available at Amazon.com

THE EATING DISORDER TRAP. A Guide for Clinicians and Loved Ones. Written by Robyn L. Goldberg, RDN, CEDRD-S. Published by Booklogix.

I love books that are written on gathered data and facts, but more importantly, I love books that are based on personal experience. It seems that when books like "The Eating Disorder Trap" are written from first-hand experience they speak to the reader's heart. Robyn gives us a road map to help someone with an eating disorder. This book is filled with expert knowledge and information about eating disorders that we need to learn not just for our loved ones but for personal knowledge because knowledge is power. She helps us to understand, and by understanding, we can speak to our loved ones in a way that they can hear our words.



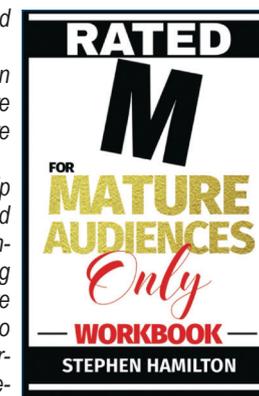
Each chapter gives you easy-to-understand information, not just from specialists but from those caught in "The Eating Disorder Trap", again more personal experience.

Three of my favorite chapters, in Part III, 8, 9, and 10, are about good carbs, balancing protein, how fat can be our friend, and how we need all these in balance to complete our mental and physical health. The last chapter is entitled "The Road to Recovery: Compassion", a perfect way to end this book with hope and a recovery plan. I can't say enough good things about this book. I love it. I will use it, buy it for friends and refer it to others. I give this book 5 delicious stars. Pick it up today. Available at www.Amazon.com.

RATED M FOR MATURE AUDIENCES ONLY, Workbook Devised and Written by Bishop Stephen Hamilton.

This workbook is symbiotic in nature, in reflecting the spiritual union with that of Bishop Hamilton's book, for Mature Audiences Only. These are uncertain times, which can bring about doubt and worry, to those that are unsure of where they now stand within the body of Christ.

Bishop Hamilton first wrote a God-inspired book, that was to help give us all assurance of who we truly are as a child of God. When coupled with this workbook's overview, which concisely corroborates Bishop Hamilton's book, supports the reflection of our lives and the privilege of being part of God's kingdom. I for one, deeply appreciate the opportunity to have both of these remarkable books, they complement one another, helping to provide a spiritual path. This is a must read for us all, who want to understand what is required of us as being God's children, and how to implement His will correctly in our daily lives. There is a true correlation between what we as a body of believers do now, prior to being with our Father, His Son, and the Holy Spirit for all of eternity. I give this workbook 5 Stars. Available at www.Amazon.com.



Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.