

Day	Until 8 March	8 March - 5 April	5 April - 27 Sept	27 Sept - 25 Oct	25 Oct - 1 Nov	1 Nov - 13 Mar 2016	Details
Monday Skype	7.30am - 8.45am	7.30am - 8.45am	5.30am - 6.45am	6.30am - 7.45am	7.30am - 8.45am	7.30am - 8.45am	ACA 'UK Skype Meeting' : Search for 'acameeting' on Skype (NB. even though it is based in Germany, it is the correct Skype account for the UK meeting.) Send a contact/friend request in the week prior to your first meeting so that close to the meeting time they can 'friend you'. Message 'join' at the meeting time to attend. People tend not to use webcam feeds. Shares are brief. They close shares with 'I pass.' Info: skypemeeting@adultchildrenofalcoholics.co.uk
	8.00pm-9.00pm all year						'Monday Online Meeting of ACA/DF' : Search Skype for 'ACA-DF-NZ' and send a contact/friend request in the week prior to your first meeting so that close to the meeting time they can 'friend you'. 5-15mins prior to the meeting, message 'join' to attend. Info: text 020-4021-5409.
Wednesday Video chat	1pm - 2pm	12 noon - 1pm	11am - 12 noon	12 noon - 1pm	12 noon - 1pm	1pm - 2pm	ACA 'Steps & Traits' Topic Meeting : For PC/Mac computers with Flash installed and some Android devices (but does not work on ipad/iphone). Go to www.intherooms.com to sign up (you have to give a sober birthday – your ACA anniversary day is fine if you aren't also in AA, NA, or OA etc.) Set up a profile. At the meeting time the meeting will be shown as live on the homepage. Click the meeting link to join. The literature for the meeting is in the blue top bar. Click on it if you are asked to read it by the chair. The meeting topic is in red and the url to click for the reading is in green above the blue literature bar. Attendees are down at the bottom of the screen. To ask to share: click on "Turn Cam On" button and then "Allow" and make sure your webcam is showing your face, and then click "Request To Share" to be queued for sharing in the right hand panel. You do not have to share. Info: recoveryonline@yahoo.com
Thursday Chat room (typing- based)	3.30pm -5pm	2.30pm - 4pm	1.30pm -3pm	2.30pm - 4pm	2.30pm - 4pm	3.30pm - 5pm	ACA 'Online Step Study' : Go to www.stepchat.com ahead of time, click the 'Get a Password' link, and complete the registration process. You will need to do the week's reading and writing beforehand. Find study instructions at www.stepchat.com/aca-study . To enter the ACoA chat room (Rm 7), select a connection option. Java or Flash are supported on most devices. The first 5 minutes of each meeting is spent reviewing the meeting format and guidelines. The next year-long series, beginning at Step 1, starts on NZ's April 23 rd . During the meeting, to ask to share, type an exclamation point (!) It's like raising your hand. Wait to be called on. When sharing, it is suggested you type short lines followed by ". . ." to indicate that you aren't finished & type DONE when finished. Many people do not observe this though. To paste in pre-written study work, the latest version of Java is necessary. Info: livinglife4ward@yahoo.com
Friday Skype	6am - 7am	5am - 6am	4am - 5am	5am - 6am	5am - 6am	6am - 7am	'ACA Granada' : Search for 'acagranada' on Skype and send a friend request in the week prior to your first meeting. Because it is a closed meeting, you will be messaged back and asked to explain why you want to join. Reply and they should add you to their contacts list and then you can attend by messaging 'join' at the meeting time. People tend not to use webcam feeds. They often close shares with 'I pass.' NB. This meeting uses Tony A's 12 Steps rather than the official ACA ones and ends with the ACA Serenity Prayer. It focuses on Tony A's book <i>The Laundry List</i> . Info: corbettmoore@gmail.com
Sunday Video chat	1pm - 2pm	12 noon - 1pm	11am - 12 noon	12 noon - 1pm	12 noon - 1pm	1pm - 2pm	ACA 'Steps & Traits' Topic Meeting : For PC/Mac computers with Flash and some Android devices (but does not work on ipad/iphone). See instructions for Wednesday meeting.

ACA WSO internet meetings webpage. The times on this list are correct even if they differ from the WSO website's internet meetings page which contains many errors. In terms of other meetings on the WSO webpage but not on this list: the Formosan meeting is in the middle of the night all year for NZers; the two Sav Online meetings are in Lithuanian; the Italy-based meeting is in Italian; the English skype meeting occurs, in fact, on a Monday NZ time and the contact is wrong on the WSO page; the Russian meeting contacts do not reply to emails so those meetings can't be accessed; the Paltalk meeting requires a download Norton considers unsafe and removes.

Skype meetings. Some people use a separate account from their main account for their recovery meetings. The meeting's host account can take a while to add you as a contact when you request it. Often they add you to their contacts list just before the meeting. Mute your mic in Skype meetings when others are sharing and unmute it to welcome or thank them or read a piece of literature when asked.

Stepchat meetings. Go to <http://stepchat.com/acoa.htm> for a list of other typing based chat room ACA meetings during the week not registered with the ACA WSO. You might also want to try <http://acoa.activeboard.com>

Your online profile. You do not have to use your proper name or a photo of yourself on your profile. You can use a cartoon or photo of an object instead of yourself.

Live webcam feeds. You don't have to have your camera on for Skype if you don't want. For the meetings at www.intherooms.com a webcam is necessary to share but not to attend & you cannot be heard until moved into the centre panel to share.

Confidentiality. You may want to consider using headphones and a mic if others in your environment might be able to overhear someone's sharing.

Friend requests & Instant Messages (IM/SMS). Some people send a 'friend' request to every newcomer who signs up for an online account (eg, www.intherooms.com) and some people 'lurk' permanently online in chat rooms (eg, stepchat). This can be disconcerting. It is fine to politely ignore them. Skype meetings are organised through a host account set up for the meeting so you don't have to add anyone to your contacts list except the meeting's host account unless you want friendships. Your Skype contacts can call/message you. In 'intherooms' meetings people can IM you unless you switch messaging off. In 'stepchat' people can message you.

Strong Recovery. Not all online meetings have strong levels of recovery where strength and hope are shared as much as experience (ESH). Not all meetings will feel safe if they are not run by emotionally sober people. Trust your gut reaction. You can leave a meeting at any point without explanation. 'Stick with the winners.'

7th Tradition. Some meetings suggest you make a 7th tradition donation if you wish via the www.adultchildren.org shopping cart. Others have a Paypal link to donate.

ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES (ACA/DF)



World Internet Meetings List For New Zealanders

Meetings held in English during the NZ daytime
that are registered with the ACA/DF World Service Office

(last updated 26 January 2015)

www.adultchildren.org
www.adultchildrenofalcoholics.co.uk