

Accessing Internet Resources

**for members of
alcoholics anonymous**

**Compiled by the
Access Committee*
of
San Francisco/Marin
Intercounty Fellowship Board**

September 2011

AA Central Office
1821 Sacramento St.
San Francisco, CA 94109
415-674-1821
www.aasf.org

**The Access Committee mission is to explore, develop and offer resources to make the AA message and participation in the program available to everyone who reaches out for it.*

Disclaimer: This document was created by the Access Committee as a service. It is not intended to represent the opinion of AA as a whole or constitute an endorsement of any of the resources provided. Some of the information and website resources presented are not endorsed by and are not affiliated with AA World Services, Inc. or any service entity of A.A.W.S., Inc.

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*You may use any internet browser to access these resources.
However, Google Chrome seems to result in the least amount of complications.*

Access Resources

(Ctrl + click to follow the link)

AASF.org Web Site

Increase font size

Go to www.aasf.org web site

Go to bottom of home page

ADA and Visually impaired: You can change to [Large Text](#) or return the web page back to [Standard Text](#).

FAQ – Disability Related Access Information

Go to www.aasf.org web site

Go to left column “Disability related access FAQ”

<http://www.aasf.org/accessibility.cfm>

OR

Go to www.aasf.org web site

Top of page

Drop down menu

Click on *Contact Us*

Then *Accessibility*

Accessibility Suggestions

Go to www.aasf.org web site

Top of page

Drop down menu

Click on *Services*

Then *Accessibility Suggestions*

Using Adobe Acrobat Read Out Loud Feature

Open PDF document in Adobe Reader program.

On Menu Bar

Go to *View*

then *Read Out Loud*

then *Activate Read Out Loud*

(start again a 2nd time)

Go to *View*

then *Read Out Loud*

then *Read to End of Document*

Adjust volume as needed.

Meeting Schedule
Telephone Assistance and Online

(Ctrl + click to follow the link)

Teleservice Volunteers can assist you in finding a meeting. Please call:

San Francisco	(415) 674-1821
Marin	(415) 499-0400
Spanish	(415) 554-8811

OR

Go to www.aasf.org

Click on *San Francisco Meetings* or *Marin Meetings*

“Next 20 XXX meetings” at top of page

Can click on a particular day

Use sort features to find meetings

Click on search button

Select preferred meetings – click on check box beside meetings

Click on *View My Meetings*

Click on *Create PDF* under sort features

Right Click - *Save as*

Give the document a name.

Save to desk top in PDF format.

Save to Print out

or use Acrobat Reader *Read Out Loud* feature (See page 4)

Left hand column

- ✓ Download XXX schedule PDF – Makes a PDF of Schedule Book (not readable by read out loud)

Right click

Print to print out Schedule Book

- ✓ PDA and Smartphones – interface for mobile devices

AA Literature
Pamphlets, newsletters, guidelines, miscellaneous
(Ctrl + click to follow the link)

Go to www.aa.org

Bottom of page

AA literature

Drop down menu

Click on desired item

Select "Click here for PDF version"

Then choose "Save as" on your web browser

Save pamphlet to your desktop.

Open Pamphlet from desktop.

Use Adobe Reader read out loud feature (see page 4)

AA Speaker Audio Recordings Online
(Ctrl + click to follow the link)

<http://www.archive.org/details>

[Twelve Steps of Alcoholics Anonymous with Big Book George](#)

Streams directly to your desktop

<http://www.silkworth.net/freestuff.html>

Streams directly to your desktop

<http://www.elmoware.com/>

Streams directly to your desktop

<http://www.recoverybroadcastnetwork.net/rbn.html>

Streams directly to your desktop

Click on "Recovery Podcasts"

Click on "Addiction Recovery Podcasts"

Pick a speaker

<http://xa-speakers.org/pafiledb.php?action=category&id=1>

Can download talks for free and open in media player of your choice

Download times vary

Digital Recovery Streaming AA - 24/7

You must copy and paste link below inside Windows Media Player

Windows Media Player

Open Windows Media Player

Ctrl + U

Copy and paste this address in URL Box

<http://toasterdave.net:420/>

Click OK

AA Speaker Audio/Video Recordings ASL interpreted Online (Ctrl + click to follow the link)

Go to www.soberfingers.com

Click on *speakers* in upper right hand corner

Click on play arrow in of speaker choice

Click on expand to full screen in lower right hand corner of video

Press ESC to exit

Video Only (ASL) – No voice

Deaf Recovery-Bobby's Story Part 1

<http://www.youtube.com/watch?v=Dx6YSUCPxmU>

Deaf Recovery-Bobby's Story Part 2

<http://www.youtube.com/watch?v=IAJxSXElfr8&feature=related>

AA Twelve Steps in American Sign Language

<http://www.youtube.com/watch?v=-ysYVfNKGg&feature=related>

AA Twelve Traditions in American Sign Language

<http://www.youtube.com/watch?v=fB2uZYsBcmQ&feature=related>

AA Promises in American Sign Language

<http://www.youtube.com/watch?v=GDaQggQUIN4&feature=related>

**Requesting an American Sign Language Interpreter for
an AA meeting in San Francisco or Marin**
(Ctrl + click to follow the link)

Go to

<http://www.aasf.org>

choose a meeting and then click on

<http://www.aasf.org/aslrequestform.cfm>

and complete request form online

There is a link from the home page of AASF.org on left column
Interpreter ICON "ASL Request Form"

OR

Call 415-674-1821 (voice) via CRS and request an ASL interpreter

OR

Submit request in person at:

Central Office

1821 Sacramento St.

San Francisco, CA 94109

Please submit your request 5 days before you want an ASL interpreter
at the meeting or event.

An individual may make an ongoing meeting request (weekly) for an ASL
interpreter.

Please forward all request to the Central Office Manager.

Assistive Listening Devices (ALD)
(Ctrl + click to follow the link)

Contact:

Central Office
1821 Sacramento St.
San Francisco, CA 94109
415-674-1821

The NADY units are at Central Office and can be borrowed by any AA group. An individual AA member or the Secretary of the meeting picks up and returns the units to Central Office.

How to borrow the Assistive Listening Device (ALD) system

- Reserve the dates you want to use the system. Call SF/Marin Central Office (415) 674-1821.
- Pick up the system, check to see that it is intact and sign a lending agreement.
- Return it intact on the agreed upon date.

An assistive listening device (ALD) is used to provide hearing ability for people in a variety of situations. A common usage is to aid people who are hard of hearing. The ALD may be used to help people hear televisions and other audio devices and also to help people hear speech at a lecture.

The assistive listening device is a system where the audio source is broadcast wirelessly over an FM frequency. The speaker is using a small FM transmitter and a microphone. The person who is listening may use a small FM Receiver to tune into the signal and listen with headphones or ear buds at their preferred volume.

Please note that ALDs are also used for Translation purposes at various public events.

Grapevine
Audio/Digital/Print
(Ctrl + click to follow the link)

<http://www.aagrapevine.org/>

There is an "Audio GV" at the bottom of the home page

There is an Audio Version (online) \$19.97/year – 12 issues

There is a Digital Version (online) \$19.97/year – 12 issues

There is a Print Version \$26.97/year – 12 issues

Subscribe to **GRAPEVINE Online: \$31.97/year – 12 issues**
All three above and more!

Your online subscription includes:

- Never before published Members' stories
- Weekly themed stories
- Story (Digital) Archive \$26.97 value
- AudioGrapevine \$19.97 value
- The current issue of Grapevine online \$19.97 value
- The current issue of La Viña online \$9.97 value

Questions concerning subscription orders and related material orders

English: (800) 631-6025 US

Español: (800) 640-8781

Français: (818) 487-2093

Customer Service Grapevine:

PO Box 16867

North Hollywood, CA 91615-6867

Customer Service La Viña:

PO Box 15635

North Hollywood, CA 91615-5635

Big Book and 12 X 12 Online in PDF
(Ctrl + click to follow the link)

www.aa.org

Bottom of page

AA literature

Drop down menu

Pick which book and click on the picture

Then go to:

“Click here to read the “XXXX”

Step 1 : Install plug in if necessary

Step 2 : View the book online

Please note that the Big Book and 12 X 12 PDF versions online cannot be Read Out Loud by Adobe Reader. The Adobe “Read Out Loud” feature does not work with these online versions.

There is no audio capability.

For audio versions of the Big Book and 12 X 12 go to page 13.

Big Book and 12 X 12 Online (Audio) (Ctrl + click to follow the link)

Ideal for those who find reading difficult, an Audio Version of the Big Book in mp3 format. These are posted as an aid to the blind, those who have difficulty reading or who are remote from meetings either in prison or in hard to reach places.

Wait time depends on which browser you are using. You may want to download the files to your computer to access them easily or to load them onto your MP3 player in the future.

Big Book - FREE streaming online audio (first 164 pages)

<http://www.ulyssesgroup.org/books/audioBigBook.aspx>

<http://ukjohnd.com/audio/>

12 X 12 - FREE streaming online audio

<http://www.ulyssesgroup.org/books/Audio12Steps.aspx>

<http://www.ulyssesgroup.org/books/Audio12Traditions.aspx>

Saving an Audio file to your computer

Click link above

Pick a file

Right Click "Save target as"

Name the file

Pick location to save to

Click SAVE

Wait – download time varies

Go to location where MP3 file is saved

Open MP3 file you saved

There is also a CD version of the Big Book (first 164 pages) available for sale from Central Office.

Meetings with Childcare

Please check the [aasf.org](http://www.aasf.org) schedule book for the most up to date listings.

Go to www.aasf.org web site
Pick San Francisco or Marin Meetings
Search by designation "Childcare"

110 Magnolia Ave at Alexander Ave
Redwood Presby. Church
Childcare, Discussion

SAN FRANCISCO

Mon 12:30 PM
The Parent Trap
1757 Waller St at Shrader St
Childcare, Discussion

Wed 4:30 PM
The Parent Trap 2
1757 Waller St at Shrader St
Childcare, Speaker/Discussion

Thu 2:15 PM
Second Chance
1757 Waller St at Shrader St
Book Study, Childcare,

Thu 7:30 PM
Novato
Sisters In Sobriety
8141 Redwood Blvd - North
Days Inn Novato
Childcare, Speaker/Discussion,
Women Main Entrance, Upstairs

Thu 8:30 PM
Mill Valley
Thursday Night Speaker
17 Buena Vista Ave at W Blithedale Ave
Mt. Carmel School
Childcare, Chip Meeting, Speaker

MARIN

Sun 12:00 PM
Mill Valley
Tiburon Haven
118 E Strawberry Dr
@ Tiburon Blvd Strawberry Rec
Center Loft
Childcare, Speaker

Tue 7:00 PM
Mill Valley
Beginners Meeting
410 Sycamore Ave
at Camino Alto
Methodist Church
Beginners, Childcare,
Speaker/Discussion,
Wheelchair Access

Wed 7:00 PM
Larkspur
Larkspur Beginners

Fri 7:00 PM
Larkspur
Larkspur Beginners
110 Magnolia Ave at Alexander Ave
Redwood Presby. Church
Beginners, Childcare, Discussion

Sat 10:00 AM
Mill Valley
Morning After
315 Montford Ave at Holly Ave
Community Center
Big Book, Childcare, Discussion

Internet online meetings

(Ctrl + click to follow the link)

<http://www.aaonline.org>

Click on "Guest/member chat"

Type in Display name (make it up) Ex: "AAelmo"

Log in as guest should be checked

Click on "log in"

Left hand column click on a room.

You then will be in a meeting

Watch the display and you will be welcomed.

Meeting Protocol

AAONLINE Meetings use what is called Standard Online Protocol

Protocol:

Type ! if you wish to share--this is equivalent to raising your hand at a meeting. We ask members not to raise their hand until the meeting leader had finished their opening share. That way no one will be missed.

Type ? if you have a question--if will be answered with an Instant Message or a Whisper.

Type ga when you're finished sharing. "GA" means Go Ahead.

Please wait until you're called on--ga UserName--by the meeting leader before sharing.

Meetings run very smoothly when we follow this simple--once we understand it--protocol.

After being called on by the leader, type in the box at bottom of screen.

Hit <Enter> to Send / Publish to the group

Share one-at-a-time without crosstalk or interruptions

Computer Web Conference Video AA meetings in American Sign Language for Deaf Members

(Ctrl + click to follow the link)



**Deaf or HoH?
Know Sign Language?
Have a problem with
Alcohol?**

Want signed AA 12-step meetings?

<http://www.nefsis.com/doda>

Sunday	AA Meeting	1:00 PM
Sunday	AA - Women's Mtg	3:00 PM
Monday	AA Meeting	2:00 PM
Tuesday	AA Meeting	2:00 PM
Wednesday	AA Meeting	2:00 PM
Wednesday	AA Meeting	5:00 PM
Thursday	AA Meeting	4:00 PM
Friday	AA Meeting	2:00 PM
Saturday	AA Meeting	1:00 PM

All meeting times are Pacific Standard Time (PST) – California

These are Deaf to Deaf meetings in ASL – No interpreters

What you need

- a personal computer or laptop
- Web Camera
- High Speed Internet Connection
- Windows 2000, XP, Vista or 7
- Go to <http://www.nefsis.com/doda>
- Download FREE Nefsis Conferencing Software
- Do not sign in – Just click on “Join”

A FREE Public computer station with web camera is available at:

National Council on Alcoholism - Bay Area

944 Market St. - 3rd floor

San Francisco, CA 94102

(415)296-9900

<http://www.ncadaba.com>

Mon., Tues. & Thurs 9:00 AM to 5:00 PM

Wednesday 9:00 AM to 8:00

Large Print Materials

- Increase font size when creating documents and fliers
- Use the enlarge feature on a copy machine

These titles can be purchased from

AA World Service

P.O. Box 459
Grand Central Station
New York, NY 10163

Alcoholics Anonymous (B-16)

Soft-cover, 7" x 10¼", in type size recommended as suitable for the visually handicapped.

Twelve Steps and Twelve Traditions (B-14)

Soft-cover, 7" x 10¼", in type size recommended as suitable for the visually handicapped.

Living Sober (B-25)

Came to Believe (B-26)

As Bill Sees It (B-27)

"This is A.A." (P-56)

"Frequently Asked Questions About A.A." (P-57) 22

"A.A. for the Older Alcoholic—Never Too Late" (P-22)

Addresses the older alcoholic, with eight stories of men and women who came to A.A. after the age of 60.

"How it Works" (P-10)

An excerpt in large type from Chapter 5 of the Big Book.

The A.A. Service Manual/Twelve Concepts for World Service (BM-33)

Both in a single booklet. The Manual opens with a history of A.A. services; explains the Conference structure and its year-round importance; includes the Conference Charter and General Service Board Bylaws. The Concepts—principles of service that have emerged from A.A.'s service accomplishments and mistakes since its beginning—are set forth by Bill W.

Daily Reflections (B-19)

A reading for each day of the year.

Lending Library AA Talks on CD

Contact:

Central Office
1821 Sacramento St.
San Francisco, CA 94109
415-674-1821

Come to Central Office and choose from a variety of CD titles.
There is a borrowing fee.
When the title is returned, the fee is returned to the borrower.

Materials in Audio Cassette/CD From World Service

**These titles can be purchased from
AA World Service**

P.O. Box 459
Grand Central Station
New York, NY 10163

Alcoholics Anonymous (MB-1)

A reading of the first 11 chapters and the first two stories.
A series of seven tapes in a book-like binder.

Alcoholics Anonymous (MB-1A)

Complete Fourth Edition on 14 cassette tapes.

Alcoholics Anonymous (M-81)

Audio version of the Big Book on 16 CDs in case. Includes
Fourth Edition stories

Twelve Steps and Twelve Traditions on CDs (M-83)

The Twelve and Twelve on six CDs, containing all the material found in the book
version of the Twelve and Twelve. Comes with table of contents booklet.

Twelve Steps and Twelve Traditions (M-83B)

Same as M-83, but with booklet in Braille and with Braille tabs on CD sleeves.

Twelve Steps and Twelve Traditions (MB-2)

Five cassette tapes in a book-like binder.

A.A. Comes of Age on CD (M-84)

Bill W. tells how A.A. started, how the Steps and Traditions evolved, and how the A.A. Fellowship grew and spread overseas.

Bill Discusses the Twelve Traditions on CD (M-89)

Soundtrack of video VS-20

Three Legacies, By Bill on CD (M-87)

Co-founder's talk on Recovery, Unity and Service.

Voices of our Co-Founders on CD (M-88)

Five excerpts from different talks given by Dr. Bob and Bill W. 28 mins.

Living Sober (MB-7)

Four cassette tapes on methods A.A. members have used to stay sober. CD (M-85)

Pioneers of A.A. (MB-4)

Three audio cassette tapes of the Pioneers' Stories in AA, Third Edition. CD (M-90)

"A Brief Guide to A.A." on CD (M-91)

Recording of several Conference-approved pamphlets, such as

A Brief Guide to A.A.; Is A.A. for Me?; This is A.A.; plus the A.A. Preamble;

Twelve Steps and Twelve Traditions; and recovery stories taken from

Young People and A.A. and the Third Edition of the Big Book. 90 min.

Materials in Braille From World Service

These titles can be purchased from

AA World Service

P.O. Box 459

Grand Central Station

New York, NY 10163

Alcoholics Anonymous (M-34)

Fourth Edition of the Big Book, A.A.'s basic text.

Twelve Steps and Twelve Traditions (M-35)

Bill W.'s 24 essays on the Steps and the Traditions.

Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members (M-50)

A.A.s reflect on favorite quotations from A.A. literature.

A reading for each day of the year.

"This is A.A." (M-63)

Introductory pamphlet describing people in A.A. and what they have learned about alcoholism.

"Is A.A. For You?" (M-64)

Symptoms of alcoholism are summed up in 12 questions most A.A.s had to answer to identify themselves as alcoholics.

"Frequently Asked Questions About A.A." (M-65)

Answers the questions most frequently asked about A.A. by alcoholics seeking help, as well as by their families.

Materials in Video/DVD – American Sign Language

These titles can be purchased from

AA World Service

P.O. Box 459
Grand Central Station
New York, NY 10163

American Sign Language (Captioned and Voiced)

Alcoholics Anonymous (VS-1)/ DVD (DV-11)

Five volume ½” VHS video for the deaf and hearing-impaired.
Contains the first 11 chapters, “Dr. Bob’s Nightmare,” the Forwards,
“The Doctor’s Opinion,” and the Appendices.
Packaged in attractive blue slipcase.

Note: This version is in Signed English

Twelve Steps and Twelve Traditions (VS-3)/ DVD

Five volume ½” VHS video (in slipcase) for the deaf and hearing-impaired.

Note: This version is in American Sign Language

These DVDs (below) are available to borrow from the lending library at Central Office.

Central Office
1821 Sacramento St.
San Francisco, CA 94109
415-674-1821

A series of five DVDs of AA members sharing their stories. The stories are in American Sign Language (ASL)

These DVDs were created in cooperation with AA Little Rock, AR and the Arkansas Department of Rehabilitation. They can be distributed free of charge.

Materials in Video/DVD

These titles can be purchased from

AA World Service

P.O. Box 459
Grand Central Station
New York, NY 10163

Closed-captioned videos

Hope: Alcoholics Anonymous (DV-09)

DVD, English only. Explains the principles of A.A.: what A.A. is and isn't, primary purpose, sponsorship, home group, the Steps and Traditions and basic recovery tools. 15 mins.

A.A. Videos for Young People (DV-10)

A collection of four videos, by A.A. members in their teens and early twenties, discussing their experiences in A.A.

Your A.A. General Service Office, The Grapevine and The General Service Structure (VS-24)

1/2" VHS. 22 mins. DVD (DV-07)

Videos (Not Closed-Captioned)

Bill's Own Story (VS-21)

1/2" VHS. (For use within A.A. only). Co-founder Bill W. tells of his drinking and recovery. 60 mins. DVD (DV-04)

Bill Discusses the Twelve Traditions (VS-20)

1/2" VHS. (For use within A.A. only). Bill W. tells how the principles safeguarding A.A. unity developed. 60 mins. DVD (DV-05)

AA – Telephone Meetings
(Ctrl + click to follow the link)

<http://sites.google.com/site/aatelephonemeetings/home>

Sober Voices Group

Call in number - 712-432-0075
pass code 654443#

Please Note: The “Call in” number is not toll free. If your long distance service charges by the minute, you will be charged accordingly.

Sunday's - BB Study	10pm EST
Monday's - Beginners	10pm EST
Tuesday's - Vision for You	10pm EST
Wednesday's - BB Study	10pm EST
Thursday's - 12x12	10pm EST
Friday's - Promises	10pm EST
Saturday's - Daily Reflections	10pm EST

Everyday - AA Literature Study 12pm Noon EST

Friday & Saturday Midnight Meetings 12 am Midnight EST

Someone is usually on the line 5 minutes before the meeting and throughout the hour. We meet in a conference call setting, listen to the service instructions when you call in.

Wheelchair Accessible Meeting Locations

(Ctrl + click to follow the link)

Go to www.aasf.org web site

Pick San Francisco or Marin Meetings

Search by designation "Wheelchair Access"

Click on "search" button

Sunshine Club

The Sunshine Club visits members unable to leave home or hospital.
For information about this or any service group.

Central Office

1821 Sacramento St.

San Francisco, CA 94109

415-674-1821

Internet Recovery Radio Station 24/7

Open a browser window on your computer

Go to <http://12stepradio.com/>

Click on the microphone at the top of the page

Adjust your speaker volume

Special Needs/Accessibilities Workbook From AA World Service

The complete list of Literature for Special Needs/Accessibility Committees can be found on page 20 of the Special Needs/Accessibilities Workbook

<http://www.aa.org/catalog.cfm?origpage=348&product=118>