

Nar-Anon Skype Meeting
During COVID-19 outbreak

Guidelines to ensure anonymity
March 13, 2020

This Skype meeting is being hosted by Athens Path to Recovery to provide continuous meetings for those who need to practice social distancing throughout the COVID-19 outbreak. This meeting is not intended to become a permanent Skype meeting but is instead an option available for those unable to attend meetings. As this is not a permanent meeting, your 7th Tradition contributions should be made through your home group.

The meeting will take place on Mondays at 6:30 p.m.

Send me your Skype number via email at chefpeg@gmail.com or via text at 706-207-3061 and I will add you to the meeting. Once I have added you to the meeting, you will be added to every Monday night Skype meeting. If you decide not to attend, simply do not answer the Skype call or you can ask me to remove you.

Please minimize background noise during the Skype meeting. It is a good idea to mute your microphone when you are not speaking. Mute the microphone by clicking the picture of the microphone at the bottom center of the Skype screen.

Based on Tradition 11, these guidelines are to help ensure anonymity:

- Your Skype profile should not have your full name or use a pseudonym. You set up your profile in the Settings.
- Your Skype picture should not be a picture of you. This is also set up on your profile.
- The Skype video should be turned off. This is in the bottom center of the Skype screen. Click the picture of the video camera until a slash appears on the video camera.
- The meeting cannot be recorded.