

MYNAH BIRD

Hawai'i Area 17 Newsletter

Read online here:



NOVEMBER 2023

COMMITTEE MEETING

VIRTUAL MEETING SECURITY SUGGESTIONS

This issue is dedicated to carrying the message though the 'love it or hate it' online / "virtual" meeting platform. **While not an endorsement, many use ZOOM to help carry the message.**

While listing your meetings on important sites such as <https://aa-intergroup.org/meetings/> or others, it is also open for those who seek to disrupt (or bombers) our meetings. They spread the word on Tik Tok and we need to be prepared for increased activity, especially during holiday school breaks!

Note: "Bombing" is a slang term that describes a meeting being invaded by disruptive people who are taking advantage of lax or default Zoom security settings and flooding the meetings with obscene and annoying rhetoric. These folks are quite savvy and continually look for NEW ways to be annoying. #1 RULE: DON'T TAKE IT PERSONALLY AND BREATHE!

For your consideration, we present research on suggestions from other AA groups around the US.

DID YOU SAY SERVICE?

New Service Positions? In this new world of online meetings ... more help is needed!

Add Security Assistance to your list of Online Service Positions! Others might be: Greeter, Newcomer Liaison, Visitor Shout Out, Milestone Recognition, etc. What are some of the online service positions YOUR online group finds helpful?

Willing service members are then made Co-hosts ... and can provide a welcome assist when it comes to Bombers. Simple training can make for a smooth-running online meeting and division of responsibilities. **It is NOT recommended for co-hosts to use mobile devices.**

IN THIS ISSUE:

Zoom Security

Big Book Thumper?

Often used quotes and where to find them!

New Dates for upcoming meetings

A.A. Acronym fun ...



THE ZOOM CONFIGURATION GUIDE:

- Choose your account/personal settings on the left
- Follow along with the guide
- Find the matching settings
- Change that item to the suggested setting– if it is different.



In the MEETING sub tab in account settings, change the following:

SCHEDULE MEETING subsection

1. –enable/TURN ON — HOST VIDEO AND PARTICIPANTS VIDEO
2. –disable/TURN OFF– the JOIN BEFORE HOST setting
3. –disable/TURN OFF– USE PERSONAL MEETING ID (PMI) when scheduling a meeting
4. –disable/TURN OFF– USE PERSONAL MEETING ID (PMI) when starting an instant meeting
5. –enable/TURN ON– MUTE PARTICIPANTS ON ENTRY



In the MEETING - BASIC subsection in account settings, change the following:

1. –enable/TURN ON– REQUIRE ENCRYPTION FOR THIRD PARTY ENDPOINTS
2. –disable/TURN OFF– FILE TRANSFER so that there can be NO WAY for pictures, videos or anything else to be uploaded ever to your meeting, either in chat or via screen sharing
3. –disable/TURN OFF– FEEDBACK TO ZOOM
4. –enable/TURN ON– the CO-HOST feature
5. –disable/TURN OFF– SCREEN SHARING
6. –enable/TURN ON– DISABLE DESKTOP SCREEN SHARE FOR USERS
7. –disable/TURN OFF– ANNOTATION, WHITEBOARD and (all three)
8. –disable/TURN OFF– ALLOW REMOVED PARTICIPANTS TO REJOIN



IN MEETING – ADVANCED subsection

1. –disable/TURN OFF– VIRTUAL BACKGROUND
2. –DO NOT DISABLE/TURN ON AND LEAVE ON– the WAITING ROOM feature



RECORDING subsection

1. –disable/TURN OFF– LOCAL RECORDING
2. –disable/TURN OFF– CLOUD RECORDING
3. –disable/TURN OFF– AUTOMATIC RECORDING



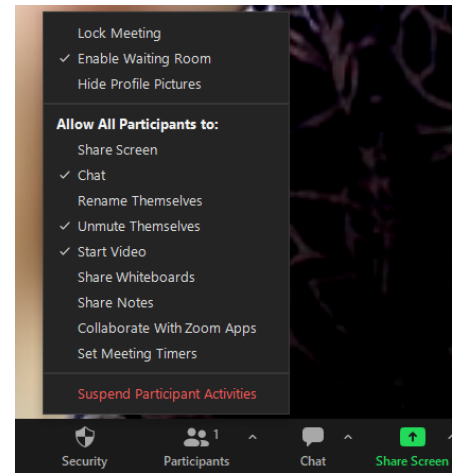
TELEPHONE subsection

1. –disable/TURN OFF– 3rd PARTY AUDIO
2. –enable/TURN ON– MASK PHONE NUMBER IN PARTICIPANT LIST



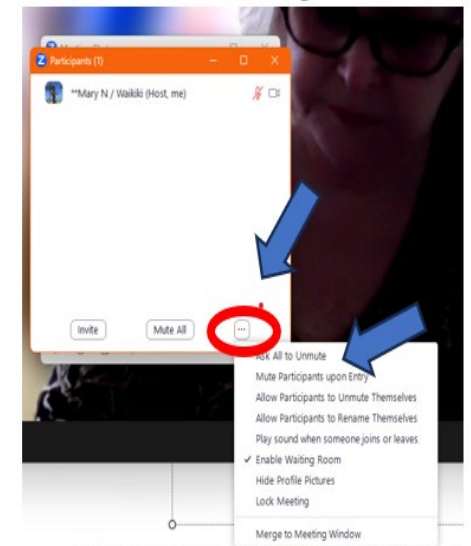
While in the meeting itself ... check the SECURITY BUTTON
Check Mark indicates it is ON.

1. LOCK MEETING: sometimes OFF / sometimes ON
 - a. If you do not want any additional participants, it would be checked. Most leave this OFF/not checked
2. ENABLE WAITING ROOM: ALWAYS ON
3. SHARE SCREEN: ALWAYS OFF
4. CHAT: HOST ONLY
5. RENAME THEMSELVES: ALWAYS OFF
6. It's VERY IMPORTANT that only the host and/or co-hosts control the muting or unmuting of people while a meeting is in session. You might choose to have set to allow to unmute at start and end of meetings only.
7. DO NOT LET PEOPLE RENAME themselves



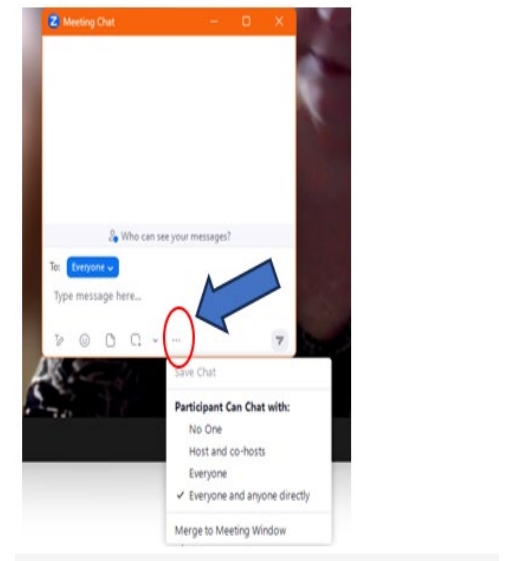
MORE:

Don't want to share log-in information? Use a **HOST KEY** A host key enables a meeting's host responsibilities to be shared without the original host having to log in. If you are someone who has set up a bunch of online meetings and is stuck having to log in and host each one, you have a way to let someone else open and host the meeting! [HOW TO SET UP AND USE A HOST KEY](#) (LINK)



Easy way to find participants, Mute/Unmute and Chat Permissions:

1. Click on Participants and use search
2. Use the Mute All option in Participants Tab and the ellipsis (...) three dots to ask all to unmute
3. To open chat for participants to message
 - a. Click on Chat, and look for the ellipsis (...) three dots



Removing participants can be tricky. 1/ Be very sure you **have** the correct person. 2/ use participants button, 3/put in waiting room or remove 4/ be prepared to report the via the email on file

BIG BOOK REFERENCES "BE A THUMPER?"

No accident that the book Alcoholics Anonymous is set up the way it is ... it is our Big Book, our textbook of showing us the problem, the solution, and where to find it the 4th Edition ... **and often quoted sentences with the page numbers:**

- xxiv Maladjusted to life ... (Drs Opinion) xxvi
- xxvi Differentiate true from false ... (Drs Opinion) xxviii
- xxvii Essential psychic change ... (Drs Opinion) xxix
- 14 Faith without works was dead ... (Bill's Story)
- 19 Most of us sense a real tolerance of other people's shortcomings...
(There is a Solution)
- 20 Our very lives ... depend on our constant thought of others and how we may help meet their needs. (There is a Solution)
- 20 ...we have recovered from a hopeless condition of mind and body ...
(There is a solution)
- 23 ...the main problem .. centers in his mind ... (There is a solution)
- 25 The great fact is just this ... deep and effective spiritual experiences* ...
revolutionized our whole attitude towards life (There is a Solution) ***First
mention of Appendix II**
- 28 ..."a design for living" (There is a Solution)
- 28 We have no desire to convince anyone that there is only one way by
which faith can be acquired ... (There is a Solution) **(entire chapter devoted to
telling me why I can't take that first drink...)**
- 35 Failed to enlarge his spiritual life ... (More about Alcoholism)
- 42 Then they outlined the spiritual answer ... Discovery that spiritual
principles ... (More about Alcoholism)
- 43 "43 on 43" last Paragraph ... no effective mental defense ... (More about
Alcoholism)
- 45 Well, that's exactly what this book is about ... It's main object is to
enable you to find a power greater than yourself which will solve your problem
(We Agnostics)
- 47 Do not let any prejudice you may have ... Ask yourself honestly what
they mean to you ... (We Agnostics)

Pin these dates:

Assemblies

Who attends:

GSRs, DCMs, Area Standing
Committee Chairs, Area Officers &
Intergroup Chairs

Committee Meetings

Who attends:

DCMs, Area Standing Committee
Chairs, Area Officers & Intergroup
Chairs

2024

Inventory Assembly

January 20 & 21, 2024
District #7 Hilo /Hamakua, Big
Island

February Committee Meeting

February 24, 2024
District #9, Central North Shore,
Oahu

Inform The Delegate Assembly

April 6-7, 2024
District #2 Honolulu, Oahu

May Committee Meeting

May 18, 2024
District #5, Maui No Ka Oi

August Budget Assembly

September 7-8, 2024
District #4, Windward, Oahu

Optional October Committee

TBD

Meeting District #6, Kauai

November Election Assembly

TBD

District #1, Diamond Head, Oahu

BIG BOOK REFERENCES "BE A THUMPER?"

- 47 Do I know believe ... or am I willing to believe ... (We Agnostics)
- 49 Beg you to lay aside prejudice, even against organized religion ... (We Agnostics)
- 52 The basic solution of these bedevilmments ... (We Agnostics)
- 52 by a simple reliance upon the Spirit of the Universe ... (We Agnostics)
- 53 Had to fearlessly face the proposition that either ... (We Agnostics)
- 55 Actually we are fooling ourselves, for deep down ... (We Agnostics)
- 57 Some of us grow into it more slowly ... (We Agnostics)
- 58 How it Works
- 59 12 Steps ... (How it Works)
- 63 3rd Step Payer ... (How it Works)
- 67 4th Step Prayer "this is a sick man" ... (How it Works)
- 70 Read again and again ... (How it Works)
- 73 But they had not learned enough ... (Into Action)
- 76 7th Step Prayer ... (Into Action)
- 83 The spiritual life is not a theory ... (Into Action)
- 83-84 The 9th Step Promises ... (Into Action)
- 84 Love and Tolerance of others is our code ... (Into Action)
- 85 We are not fighting it ... (Into Action)
- 86 Constructively review our day ... and on Awakening ... (Into Action)
- 88 Humbly saying to ourselves ... (Into Action)
- 89 "Practical experience shows that nothing will so much insure immunity from drink as intensive work with other alcoholics. It works when other activities fail" ... (Working with Others)
- 89 Carry this message ... (Working with Others)
- 97 Helping others is the foundation stone ... (Working with Others)
- 98 The only condition ... (Working with Others)
- 100 Path of spiritual progress ... (Working with Others)
- 103 After all, our problems were of our own making ... (Working with Others)

BIG BOOK REFERENCES "BE A THUMPER?"

- 112 First three words ... (To Wives)
- 150 "Our real purpose is to fit ourselves to be of maximum service to God and the people about us" ... (Working with Others)
- 151 Face the hideous Four Horseman ... Terror, Bewilderment, Frustration, Despair (A Vision for You)
- 155 Painfully aware of being somehow abnormal ... (A Vision for You)
- 164 A Vision for You
- 417 Acceptance ... (Doctor, Alcoholic Addict ... now know as Acceptance was the Answer (407)
- 563 12 Traditions / long form
- Appendix II He can only be defeated ...
Willingness, honesty and open mindedness...
There is a principle which is ...
- 98 Prayer of St Francis (in the 12 and 12)

YOU HAVE A VOICE!

Give us your thoughts on:

- FUTURE TOPICS?
- WANT TO SUBMIT AN ARTICLE?
- IDEAS FOR FUN SECTIONS?
- DO YOU HAVE A FAVORITE ONLINE MEETING?
- HOW ABOUT A SENTENCE THAT YOU HEARD IN A MEETING THAT YOU FOUND PROFOUND IN YOUR JOURNEY? ("Heard in a meeting")



Please let us hear ideas that you would like to explore in future issues of the Mynah Bird!

Write to: mynahbird@area17.org



REMINDER:
 Send out the MYNAH BIRD's
 QR code (see pg. 1)
 for each issue to your home
 groups.

This month's Acronym Fun ... with the letters G & H!

- GOD = Good Orderly Direction = God's On Duty = Gift Of Desperation = Grow Or Die = Great Out Doors = Group Of Drunks = Get Out Devil... = Go On Dreaming...
- GIFT = God Is Forever There... GIFTS = Getting It From The Steps...
- GOYA = Get Off Your Ass...
- GROWTH = God Reveals Other Ways To Heal
- GUT = God's Undeniable Truths...
- HALT = Honestly, Actively, Lovingly Tolerant...
- HALT = Hope, Acceptance, Love and Tolerance... HALT = Hungry, Angry, Lonely, Tired
- HALT = Horny, Arrogant, Lazy and Tragic: if you're any one of these, get to a meeting!...
- HALTS = Hungry, Angry, Lonely, Tired and Stupid...
- HALTS FEAR = Hope, Acceptance, Love and Tolerance Stops Forgetting That Everything's All Right...
- HEART = Healing Enjoying and Recovering Together... HEART = Healing Enjoying And Recovering Together
- HEARTS = Helping Each Alcoholic Reach Their Sobriety
- HEAL = Helping Every Alcoholic Live
- HEAR = Hope Experience Acceptance Recovery
- HELP = His Ever-Loving Presence = Hope Encouragement Love Patience
- HELP = His/Her Ever-Loving Presence... HELP = Hope, Encouragement, Love and Patience...
- HOLD = Helping Others Live Daily
- HOPE = Hearing Other Peoples/Persons Experience = Hold On Possibilities Exist = Happy Our Program Exists = Hold On Pain Ends
- HOPE = Happy Our Program Exists...
- HOPE = Hearing Other Peoples' Experience...
- HOPE = Help Open Peoples Eyes
- HOPE = Hang on! Peace Ends!
- HOPE = Hang On! Peace Exists...
- HOW = Honesty, Open-Mindedness, Willingness; that's how we do it...
- HOW = Honest, Open-Minded and Willing...
- How To Take Someone Through The Steps
- HUGS = Hope Unity Gratitude Serenity
- HUMBLE = Honest Unassuming Mindful Believing Loving Encouraging

Our FAVORITE Acronym:
ALOHA ...
A Lot Of Happy Alcoholics!