

January 2021

One Step Newsletter

The official newsletter of One Step Software

AA Meetings: In Person vs Online

With COVID, attending meetings online has become the only option. Online meetings have always been around but haven't been as popular as they have been since March 2020. But is attending meetings in person the same as attending online? Below are the pros and cons of online meetings.

The benefits of online meetings

- Meet those in recovery from all over the world
- More flexibility in times of meetings
- Don't have to worry about figuring out transportation to the meeting

The disadvantages of online meetings

- Harder to make friends
- Harder to find a sponsor
- Missing the human interaction that happens in person
- Harder to show attendance (no meeting records to sign)

We asked several people to see what their experiences have been attending online meetings.

"I hadn't attended meetings online until COVID. I like that I can sign on from home on the couch. I use In the Rooms and the app notifies me when a meeting is live."

"It's great to see people from all over."

"I wish there were more meetings happening"

"It is hard to feel engaged online. I miss the in-person stuff – I feel more connected to people when I am sitting next to them"

"I miss seeing the same people at meetings. With online meetings I feel like there are always different people in the room."

"Attending online is better than nothing and is our reality right now. But if I could attend meetings in person, I would."

"I don't have a car so attending online is much easier for me. I usually have to find a ride to the meeting."

"COVID has made me feel even more isolated. The last thing I needed was to have in person meetings cancelled."

What do you think? Do you find value from attending meetings online?

Recent News and Updates

[Anthony Hopkins gives thanks for 45 years of sobriety in uplifting twitter video](#)

By: Jack Guy, CNN

[Peer recovery programs are an integral part of addiction treatment, recovery](#)

By: Eric McIntire, STAT

[The homeless drug addict who became a history professor](#)

By: Sarah McDermott, BBC

[A man started a knitting group to help people like himself recovery from drug addiction](#)

By: Alaa Elassar, CNN

[Primary Care Providers Can Help Steer People to Opioid Addiction Treatment](#)

By: Beth Connolly & Vanessa Baaklini, The Pew Charitable Trusts

[Online group therapy serves as addiction recovery lifeline during pandemic](#)

By: Tim Blotz, FOX 9

[Treatment center uses chickens to help kids cope with COVID-19 stress](#)

By: Elizabeth McCarron, FOX 29

[As alcohol sales and abuse rise, addiction treatment centers urge you to try a new trend](#)

By: Munashe Kwangwari, WLKY

[Addiction recovery center takes over old college campus as overdose deaths skyrocket](#)

By: Tori Gessner, WAVE 3 News

[Local family drug courts prove effective in family reunification](#)

By: Alison Graham, The Roanoke Times

Recognizing Service – Shout Outs



2020 was a tough year! There is no question about that. Throughout it we saw countless examples of people coming together to surmount obstacles and help one another through hard times. At One Step, we are continually impressed by the outstanding work and acts of service done by the individuals and organizations in the recovery community. In 2021, we will be doing something new with our Newsletter. We will be recognizing acts of service and impactful work done by those in the community. I hope you are excited because we certainly are!

We will be on the lookout for individuals and organizations to highlight in the February 2021 issue of the One Step Newsletter. If you know someone who deserves a virtual round of applause for some great work, reach out to oliver@onestepsoftware.com and tell us about the great stuff they have done!

Keep up the good work!

Upcoming Events

Evolution - Evolution of Addiction Treatment:

- **March 2 - 5, 2021**

West Coast Symposium on Addictive Disorders (WCSAD) – La Quinta, CA

- **June 3 - 6, 2021**

31st Annual Nation Recovery Month

- **September, 2021**

Recovery Happens California Rally – Sacramento, CA

- **September 1, 2021**

Cape Cod Symposium on Addictive Disorders (CCSAD) – Hyannis, MA

- **September 9 - 12, 2021**