

Would You Like to Receive a Daily Topic Email from These Resources?

**Twenty-Four Hours a Day
A.A. Thought for the Day
Daily Reflections
Big Book Quote
Just for Today
As Bill Sees It
Plus more!**

Join the Transitions Daily Online A.A. Group!

Emails are distributed to over 22,000 members daily!

To join, go to www.DailyAAEmails.com and click on the daily email link on any page. The emails of group members remains anonymous, with no sale or disclosure of membership to other members or added to other distributions of any kind.

Our website also lists many recovery resources including recovery podcasts, recovery and meditation apps, online meetings and a link to our Private Facebook group for discussion.

We distribute daily to our Private Facebook group, email, and in a daily podcast titled “Transitions Daily.” The podcast is recorded by A.A. members from around the world!

We also host a 9 pm Open Online A.A. Meeting every evening. Go to ZoomAAMeetings.com to attend. No Password - You must log in to your free Zoom account for verification.

Feel free to share www.DailyAAEmails.com in meetings, with friends, sponsors, and especially sponsees in recovery!