

# 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!**

**Use the QR Code to Join!**

**Join the Transitions Daily Online A.A. Group!  
Emails are distributed to over 22,000 members daily!**

**To join, use the QR code or [www.DailyAAEmails.com](http://www.DailyAAEmails.com).**

Group members' emails are kept anonymous and  
never shared or sold to third parties.

**TransitionsDaily.org** also lists an abundance of **recovery resources**, including  
**recovery podcasts, recovery and meditation apps, online meetings,**  
and a **Private Facebook group for discussion.**

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

**We also host the 4<sup>th</sup> Dimensioners, a Nightly Open Online  
A.A. Meeting every evening at 9 pm Eastern.**

Go to **[ZoomAAMeetings.com](http://ZoomAAMeetings.com)** to attend.

**No Password** - You must log in to your free  
Zoom account for verification.

**Feel free to share [www.DailyAAEmails.com](http://www.DailyAAEmails.com)  
in meetings, with friends, sponsors,  
and especially sponsees in recovery!**