

# 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 QR Code to Join!**

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

**To join, use QR code or [www.DailyAAEmails.com](http://www.DailyAAEmails.com) and click on the daily email link on any page. The emails of group members remain 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](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!**