

GSO #: 431673 District: 11 Name: 7 at 7 (Zoom)

Date Founded: Unofficially, started March of 2020, registered with GSO Fall of 2022.

Early founding members and other members who remain include: Larry Taylor, Lisa Stapp, Nancy Byrne, Steve Blankenship, Lee Mansfield, Elizabeth Sheffield, Sam Kopp, Robin Brennen, Ron Howe, Colleen Thompson, Gayle Stewart, Robin Bray, Loren Mahnken, Alicia Baker, Andrew Bennett, April Blake, Becky Diesslin, Dekoda Cruz, Joe Chace, Sarah Monteith, Sean Grimes, Steven Crawford, Jess Ballard, Joe on the Go, Pat Inman, Verryl Bodiford, Deborah Gandolph, Martin Blanco, Tricia Reilly, Amy Christensen, Brenda Dunn, Jennifer Greenhaw, Mari Wentz, Barbara Johnson, Taylor White, Kyle Juarez, Dave Thompson, Theresa Ooms, Marguerite Lehr and others whose names we have forgotten but who contributed to our meeting in many ways...

The meetings began as a substitute for the 7 am meetings at the Alano Club when the Covid-19 Pandemic shut down all in-person gatherings on March 20th of 2020. Each of those Alano Club meetings was duplicated, name and all on Zoom, Monday through Friday at 7 am and Saturdays at 8 a.m. Each meeting had a different ID and the password for all was "Redding." The Zoom account was owned by Storm K, who allowed many other groups to use it to conduct their meetings online as well. Weekly ads were posted on Facebook AA private pages to attract participants and to advertise speakers each week particularly on the Sober Saturday meeting.

Sam Kopp, Elizabeth Sheffield, and Lee Mansfield were secretaries in the early months of 2020, as were Robin Brennen, Lisa Stapp and Nancy Byrne. Other notable secretaries include Gayle Stewart, Pat Inman, Marting Blanco, Tricia Reilly, Jennifer Greenhaw, and Deborah Gandolph to name a few in the years that followed.

Deborah G is one of the first few people who started her sober journey on zoom, she joined AA during the pandemic shutdown in 2020 when there were no face-to-face meetings, only online. She likes to say she is a "Zoom baby!"

One of the recent challenges we've faced was zoom "bombers:" disruptive, obscene and/or racist individuals who log on and try to hijack a meeting by running pornographic video and offensive sound effects. We had a couple incidents and then found and implemented security measures to avert further attacks. The third time we were a little better prepared and were able to eject the offenders more quickly. We run our meeting using both a host and co-hosts who check each participant who joins via a waiting room before they are admitted into the meeting and who monitor the meeting continuously after that for suspicious behavior and are prepared to eject hackers or bombers quickly.

Larry T was the secretary of the Saturday Sober Zoom group until March of 2022, when the shelter-in-place restrictions were lifted, and the Alano Club opened its doors again for live AA meetings. Loren M set up all the necessary technology to do a hybrid Zoom/Live meeting and conducted two or three meetings that way before it became evident that it wasn't really working well. People in the room couldn't hear what the online speakers were saying, and the people online couldn't hear people in the room, so the decision was made to discontinue the "hybrid" part and separate the two meetings.

Meanwhile, Zoom meetings officially continued while the live meetings started back up, and on the Intergroup website, both were now listed, with the same name but with the distinction of “live” or “zoom.” It was at that time that the Saturday zoom meeting moved to 10 am for a while, and later to noon for a little bit.

Sometime in the Spring or Summer of 2021, Sunday was added and Saturday moved back to 7 am, and from that time, the meetings ran all seven days of the week at 7 am. A few members were chatting after one of the meetings when Larry T proposed the idea to organize and register with GSO. The idea caught on, so we had our first unofficial business meeting on the spot, delegated to Lisa S to obtain and fill out the paperwork and send it off. Within a couple weeks we had a GSO number and had elected officers and were officially “7 at 7”! We made our first “split” early in 2023 and sent contributions to all four service entities. We have established a prudent reserve and a GSR fund. We have a monthly business meeting, a secretary/GSR, a treasurer and co-treasurer, an Intergroup representative and a literature chair, and each meeting has its own daily secretary.

It has been a learning process. Our treasurer has developed several methods to handle 7th tradition donations: electronically, through apps such as Venmo and Zelle, or by mail. We have a “member” list for newcomers with phone numbers listing available sponsors. We provide verification of attendance for people who must report to the court or other agencies. Our meetings have a great mix of long-term sobriety, newcomers and out-of-town members, as well as a wide variety of speakers, some local, some from different parts of the state, nation-wide, and once we had Karen Angus, a friend of Bill’s from Scotland!

7 at 7 is a shining example of what a successful AA group looks like!