



A.A. and Safety

Alcoholics Anonymous is a microcosm of the larger society within which we live. Problems found in the world can also make their way into A.A. Pajamas and Coffee strives to foster a safe environment, one where alcoholics can focus on maintaining sobriety and the group can fulfill its primary purpose — to carry the A.A. message to the alcoholic who still suffers. There is no government within A.A. and no central authority to control or direct its members. Each A.A. group has but one ultimate authority, a loving God as it expresses itself through its own group conscience. As expressed in Tradition Two and Tradition Nine, it is through an informed group conscience that individual members and A.A. groups find solutions to group matters as they relate to safety.

Safety and A.A. in the Digital Age

Virtual platforms and social media have become a significant resource for connecting current A.A. members and potential members in ways the Fellowship never thought possible. The A.A. Traditions that apply to in-person A.A. settings, also apply to A.A. phone, online and social media settings. Many groups discuss the relationship between safety and anonymity and incorporate guidelines in their opening announcements. To help keep meetings free from cyberbullying or harassment, some virtual groups have created specific service positions. Virtual A.A. groups that have experienced harassment from Internet “trolls” have adjusted the group’s security settings, created safety procedures and/or sought professional technical support.

Pajamas and Coffee Safety Protocols

Pajamas and Coffee has created a Security Committee that has members present at every meeting. They are listed as the Host and Co-Host(s) in the participant list. You can reach out to them at any time via the meeting's chat feature. While we strive to foster a healthy balance of spontaneity and structure, we have experienced situations that can threaten group unity and challenge the safety of the group and its members. One such situation is a disruptive person whose behavior inhibits the group's ability to carry out its primary purpose. Persons exhibiting such disruptive behavior will be removed from that specific meeting to preserve the common welfare of the group and to maintain A.A. unity, recognizing that no A.A. group can bar any individual from equal membership in Alcoholics Anonymous. While we strive to resolve most disruptions quickly, please alert us if there is something happening that makes you feel unsafe that you think we may be unaware of. As the number of attendees at our meeting has grown, we have put in place the following protocols to help keep our meetings safe, while fostering an inclusive environment that is accessible to as many people as possible.

1. When you 1st enter our meeting, we require your camera to be on and for your face to appear on video so we can verify you are an actual person. You do not need to leave it on for the entire meeting. If you are removed because we didn't see you, please be patient with us and try to join the meeting again. If you are unable to have your video on, we encourage you to come back when you can.
2. We have placed the following restrictions on the chat feature. Before the meeting and for about the 1st 15 minutes, you can chat the entire meeting but person to person chat is disabled. At about 15 minutes into the meeting, the chat is disabled but you can still chat the Host/Co-Host(s) if you have any questions or have something that needs brought to our attention. At the conclusion of the meeting, the chat is fully opened to all participants.

Again, if there is any situation that is not resolved quickly or something is happening that you think we're not aware of, you can chat a member of our Security Committee at any time before, during or after the meeting.

For more information, please read the pamphlet [Safety and A.A.: Our Common Welfare](#)