

**Title: RRP Episode 75: Navigating Online and Real-World Recovery — Alex G's Journey to Authentic Connection**

**Presenters:**

Julie and Peter

**Length:**

1 hour, 3 minutes

**Key Points with Timestamps:**

- **[00:00:18]** Julie introduces Alex G. and shares how their paths crossed at the Lunch Bunch and Extended Family AA Online community.
- **[00:04:10]** Alex opens up about his early struggles with identity, substance use, and the challenges of navigating recovery while seeking authentic connections.
- **[00:10:45]** The role of virtual meetings and how Lunch Bunch became a lifeline during isolating periods.
- **[00:19:20]** Alex's perspective on balancing online support with in-person meetings and why both are essential for a sustainable recovery.
- **[00:31:50]** Building meaningful friendships through service commitments and why "showing up" matters.
- **[00:44:15]** The importance of finding community spaces where people can be their authentic selves.
- **[00:55:30]** Alex shares advice for newcomers who feel disconnected: "Keep showing up, whether it's online or in person. Your people are out there."
- **[01:00:12]** Closing reflections from Julie and Peter on the power of hybrid recovery models and the need for accessible, inclusive spaces.

**Summary:**

In Episode 75 of the Real Recovery Podcast, Julie and Peter sit down with Alex G., a passionate advocate for recovery communities that foster real connection—both online and in person. Alex shares his journey of navigating early recovery through virtual meetings, overcoming isolation, and the transformative power of service work. This heartfelt conversation dives into how hybrid recovery models are reshaping the landscape, offering people diverse pathways to find their authentic selves in recovery.

**Quote:**

"Keep showing up, whether it's online or in person. Your people are out there." — Alex G.

**Links:**

- **Listening Link:** <https://mdcr1.com/75>

- **Blog Link:** <https://mdcr1.com/75b>
- **Lunch Bunch and Extended Family AA Online:** <https://sites.google.com/view/lbefaa>
- **Real Recovery Podcast Website:** <https://www.realrecoverypodcast.com>

**Hashtags and Mentions:**

#RealRecoveryPodcast #RecoveryJourney #HybridRecovery #AuthenticConnection #PeerSupport  
#OnlineRecovery #CommunityMatters @ExtendedFamilyAA @LunchBunchAA