

DISTRICT 28 COVID-19 UPDATES

Updated: 3/24/20 @ 3:00 pm

Nearly all of District 28 Al-Anon meetings are no longer meeting in-person for the foreseeable future due to COVID-19. A good number of our meetings have moved online. Below, you can see who is no longer meeting in-person, learn how to connect with the meetings that are now accessible online or via the phone, and how to connect with Al-Anon beyond our local area.

CONFIRMED IN-PERSON MEETING CANCELLATIONS

The following groups have announced that they are no longer meeting in person for the moment. Several have postponed their meetings through at least March, many through at least mid-April, and others until further notice.

SUNDAY | 7:00 - 8:00 pm | Beacon of Hope AFG
SUNDAY | 7:00 - 8:00 pm | Lagrangeville Courage to Change AFG
MONDAY | 5:45 - 7:00 pm | Adult Children Step Meeting
MONDAY | 7:30 - 8:30 pm | Community Al-Anon Group
MONDAY | 7:30 - 8:30 pm | Monday Night Stepped-Up Group
MONDAY | 7:30 - 8:30 pm | Round Robin Alateen
MONDAY | 7:30 - 8:30 pm | Monday Night Discussion Group
TUESDAY | 7:00 - 8:00 pm | Stepping Out Al-Anon
TUESDAY | 7:30 - 8:30 pm | Millbrook Tuesday Night Al-Anon
TUESDAY | 7:30 - 8:30 pm | Millbrook Tuesday Night Alateen
TUESDAY | 7:30 - 8:30 pm | Wappingers Peace and Serenity Group
WEDNESDAY | 7:30 - 8:15 am | Rise and Shine AFG
WEDNESDAY | 12:30 - 1:30 pm | Wednesday Afternoon Al-Anon
WEDNESDAY | 7:15 - 8:15 pm | Beacon-Fishkill Regular Al-Anon Group
THURSDAY | 8:00 - 9:00 pm | Northern Dutchess Al-Anon Group
THURSDAY | 8:00 - 9:00 pm | Hopewell Friendship Group
THURSDAY | 8:00 - 9:00 pm | Hopewell Alateen
FRIDAY | 7:30 - 8:30 pm | Poughkeepsie Friday Night Al-Anon
FRIDAY | 7:30 - 8:30 pm | Wappingers Growth in Al-Anon
FRIDAY | 8:00 - 9:00 pm | Pawling Friday Night Al-Anon
SATURDAY | 7:30 - 8:30 pm | Saturday Night Live Group

UNCERTAIN IF IN-PERSON MEETINGS ARE STILL HAPPENING

MONDAY | 7:30 - 9:00 pm | Monday Night Al-Anon Adventure Group

ONLINE DISTRICT 28 MEETINGS

The following groups have set-up online and/or phone meetings for people to join. The majority of groups are using Zoom. You can go to www.zoom.com to set up a free account by clicking on the 'Sign-Up, It's Free' button in the upper right corner. If you are unable to join by video, you can usually also call in using the numbers provided below or by finding a local number for your meeting by going to:

<https://us04web.zoom.us/j/502258777>

Note: you do NOT need to pay for Zoom, unless you are trying to set up an hour-long meeting in which case one member from your group will need a paid account which is \$14.99/month -- most groups are using their treasury to reimburse the member who sets up the meetings.

Some groups are also setting up a Paypal account to collect contributions while they are online in order to support the 7th tradition. Many who are doing this are putting in one payment at the beginning to cover a month's worth of what they would put into their meeting. This is not required -- just sharing the experience, strength, and hope of some groups during this time.

SUNDAY | 7:00 - 8:00 pm | Beacon of Hope AFG

- Established a recurring online Zoom meeting.
- To access by computer/laptop/iPad/etc.: <https://zoom.us/j/502258777>
- After you navigate to the website you will need to enter this password: 115033
- If needed, meeting ID: 502 258 777

SUNDAY | 7:00 - 8:00 pm | Lagrangeville Courage to Change AFG

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://zoom.us/j/959951641>
- To access by phone: +1 929-205-6099
- Meeting ID: 959 951 641

MONDAY | 7:30 - 8:30 pm | Monday Night Stepped-Up Group

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://us04web.zoom.us/j/9250997689>
- To access by phone: +1 646-558-8656
- Meeting ID: 925 099 7689

MONDAY | 7:30 - 8:30 pm | Monday Night Discussion Group

- Established a recurring Zoom meeting that will meet by computer and/or phone on Monday, Wednesday, and Friday nights.
- To access by computer/laptop/iPad/etc.: <https://us04web.zoom.us/j/249530007>
- To access by phone: +1 646-558-8656
- Meeting ID: 249 530 007
- Passcode: 818513

TUESDAY | 7:00 - 8:00 pm | Stepping Out AI-Anon

- Established a Webex meeting for 3/24 that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.:
<https://stephsawyer418.my.webex.com/stephsawyer418.my/j.php?MTID=m6a7e8f46122f493bd936f39b3e116a6f>
- To access by phone: +1 650-215-5226
- Meeting Number/Access Code: 956 569 016
- Meeting Password: q3r3Qs64

TUESDAY | 7:30 - 8:30 pm | Wappingers Peace and Serenity Group

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://zoom.us/j/571279334>
- To access by phone: +1 929-205-6099
- Meeting ID: 571 279 334

WEDNESDAY | 7:30 - 8:15 am | Rise and Shine AFG

- Invites all who would normally attend this meeting or who are looking for an AI-Anon meeting to join them M-W-F at 7:30 pm. See information for Red Hook's Monday Night Discussion Group above.

WEDNESDAY | 12:30 - 1:30 pm | Wednesday Afternoon AI-Anon

- Established a recurring phone meeting that will meet by phone on Monday, Wednesday, and Friday afternoon from 12:30 - 1:30 pm.
- To access by phone call: +1 425-436-6365
- Access Code: 423131

THURSDAY | 8:00 - 9:00 pm | Northern Dutchess AI-Anon Group

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://us04web.zoom.us/j/208202363>
- To access by phone: +1 646-558-8656
- Meeting ID: 208 202 363

THURSDAY | 8:00 - 9:00 pm | Hopewell Friendship Group

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://us04web.zoom.us/j/2363058095>
- To access by phone: +1 646-558-8656
- Meeting ID: 236 305 8095

SATURDAY | 7:30 - 8:30 pm | Saturday Night Live Group

- Is continuing to meet in-person, but also established a recurring Zoom meeting that can be accessed by computer and/or phone. This group will also be holding a Zoom meeting on Thursday nights at 7pm in addition to their normal meeting time on Saturday.
- To access by computer/laptop/iPad/etc.: <https://zoom.us/j/953366166>
- To access by phone: +1 929-205-6099
- Meeting ID: 953 366 166
- Password: 413765

ADDITIONAL WAYS TO STAY CONNECTED TO AL-ANON

There are a number of ways to stay connected to Al-Anon while practicing social distancing, including:

- Reach out to group members via your group's phone list to connect 1-on-1;
- Increase your contact with your sponsor via phone or video calls;
- Access Al-Anon online and phone bridge meetings which are available almost anytime, anywhere:
 - Al-Anon Online Meeting List: <https://al-anon.org/al-anon-meetings/electronic-meetings/>
 - Al-Anon Phone Meetings List:
https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings
- Check out the Al-Anon Member Blog for a chance to share and read the shares of others on a variety of topics:
 - <https://al-anon.org/for-members/members-resources/member-blog/>