DISTRICT 28 COVID-19 UPDATES
Updated: 6/8/20 @ 8:30 pm

Nearly all of District 28 Al-Anon meetings are no longer meeting in-person for the foreseeable future due to COVID-19. Many of our meetings are now online. Below, you can 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.

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/u/fdyPGOQjvj

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://us04web.zoom.us/j/502258777
- Meeting ID: 502 258 777
- Passcode: 115033

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
- Passcode: Alanon

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
- Passcode: 930618

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 Al-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 ID: 956 569 016
- 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
- Passcode: 841984

TUESDAY | 7:30 - 8:30 pm | Millbrook Tuesday Night Al-Anon

- 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/665582751
- To access by phone: +1 646-558-8656
- Meeting ID: 665 582 751

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

- Invites all who would normally attend this meeting or who are looking for an Al-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 Al-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 | 7:30 - 8:30 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
- Passcode: 318492

THURSDAY | 8:00 - 9:00 pm | Northern Dutchess Al-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
- Passcode: 928660

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

- 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.
- 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
- Passcode: 185884

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/

LITERATURE FOR THE NEWCOMER ONLINE

The World Service Conference (WSC) and World Service Office (WSO) created an email to welcome newcomers to online meetings. This welcome email can now be shared with newcomers to any electronic meeting – whether it be temporary or permanent. We encourage you to share/display this URL with any newcomers to your meetings. The link will prompt the recipient to enter their personal email address for them to receive the welcome email: al-anon.org/welcome