

## DISTRICT 28 COVID-19 UPDATES

Updated: 9/28/20 @ 10:00 pm

Nearly all of District 28 Al-Anon meetings are meeting online at the moment. Below, you can learn how to connect with District 28 meetings that are accessible either online, on the phone, or in-person.

### IN-PERSON DISTRICT 28 MEETINGS

#### **FRIDAY | 7:30 – 8:30 pm | Poughkeepsie Friday Night Al-Anon | In-Person as of 8/7/20**

St. John's Lutheran Church 55 Wilbur Blvd., Poughkeepsie, NY 12603

### 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](http://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/Venmo 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 and, Wednesday 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

### **MONDAY | 7:30 - 9:00 pm | Monday Night Adventures in AI-Anon Group (ACOA Focus)**

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://us02web.zoom.us/j/83956316960?pwd=QTdt djRQN3ZsRWIRTk JBSWJKNHU0Zz09>
- To access by phone: +1 929-205-6099
- Meeting ID: 839 5631 6960
- Passcode: 696140

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

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://us02web.zoom.us/j/82952541896>
- To access by phone: +1 646-876-9923
- Meeting ID: 894 5254 1896
- Password: 024878

### **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 AI-Anon**

- Established a new recurring Zoom meeting that can be accessed by computer and/or phone.
- To access by computer/laptop/iPad/etc.: <https://zoom.us/j/81838944576>
- To access by phone: 1 646 876 9923
- Meeting ID: 818 3894 4576
- Passcode: MAFG

### **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 | 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 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
- 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](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](https://al-anon.org/welcome)