

DISTRICT 28 ONLINE OR IN-PERSON MEETINGS

Updated: 1/12/22

Below, you can learn how to connect with District 28 meetings that are accessible either online, on the phone, or in-person. Please note, this information is subject to change depending on the state of the pandemic and because many groups are currently discussing their return to in-person meetings. Please check back for updates!

IN-PERSON DISTRICT 28 MEETINGS

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

Trinity United Methodist Church, 6 S. Cross Rd., Lagrangeville, NY 12540

- Please note that this is a hybrid meeting so you can also join it using the Zoom link below.

MONDAY | 7:30 – 8:30 pm | Community Al-Anon Group | In-Person as of 6/14/21

New Hackensack Reformed Church - Ed. Bldg. (#13), 1580 NY 376, Wappingers Falls, NY 1259

TUESDAY | 6:30 – 7:30 pm | Wappingers Peace and Serenity Group | In-Person as of 11/10/20

Mount Alvernia Retreat Center, 158 Delavergne Ave., Wappingers Falls, NY 12590

- This meeting will now be held outdoors (weather permitting) or in the gymnasium.
- Please note that a separate online Zoom meeting will continue to meet at 7:30 pm.

TUESDAY | 7:00 – 8:30 pm | Stepping Out Al-Anon | In-Person as of 6/8/21

St. John's Lutheran Church (Room 212), 55 Wilbur Blvd., Poughkeepsie, NY 12603

- Meeting format is Beginners (7:00 - 7:30 pm) and Step (7:30 - 8:30 pm).

WEDNESDAY | 12:30 - 1:30 pm | Wednesday Afternoon Al-Anon (Poughkeepsie, NY)

Starting January 19 2022 has moved to St. John's Church 55 Wilbur Blvd. Poughkeepsie 12603

Meeting room 207 Masks are required.

THURSDAY | 8:00 – 9:00 pm | Hopewell Friendship Group | In-Person as of 7/15/21

Hopewell Reformed Church (Upstairs Comm. Rm. D), 143 Beekman Rd., Hopewell Junction, NY 12533

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

FRIDAY | 7:30 – 8:30 pm | Growth in Al-Anon | In-Person as of 11/13/20

Monastery of St. Clare, 70 Nelson Ave., Wappingers Falls, NY 12590

FRIDAY | 7:30 – 8:30 pm | Pawling Friday Night Al-Anon | change to zoom / see zoom schedule below

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/7dyPGOQjvi>

Note: To host an hour-long meeting 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 (Beacon, NY)

- 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 (Lagrangeville, NY)

- 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 | 5:30 - 6:45 pm | Adult Children Step Meeting (Wappingers Falls, NY)

- Established a recurring Zoom meeting that can be accessed by computer.
- Meeting ID: 663 755 6253
- Passcode: 167350.

MONDAY | 7:30 - 8:30 pm | Monday Night Stepped-Up Group (Rhinebeck, NY)

- 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 (Red Hook, NY)

- Established a recurring Zoom meeting that will meet by computer and/or phone on Mon 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 Al-Anon Group (Lagrangeville, NY)

- 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/82182791192?pwd=MS8wQWc1UTFFS2NmVWdBNdIVTzQwdz09>
- To access by phone: +1 929-205-6099
- Meeting ID: 821 8279 1192
- Passcode: 395599

TUESDAY | 7:30 - 8:30 pm | Wappingers Peace and Serenity Group (Wappingers Falls, NY)

- 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 (Millbrook, NY)

- 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 (Red Hook, NY)

- Not holding an online Zoom meeting on Wednesday mornings.
- Invites all who would normally attend this meeting or who are looking for an Al-Anon meeting to join them Monday nights at 7:30 pm. See info for Red Hook's Monday Night Discussion Group above.

WEDNESDAY | 12:30 - 1:30 pm | Wednesday Afternoon Al-Anon (Poughkeepsie, NY)

Notice: STARTING JANUARY 19 MEETING IS GOING TO MEET INSIDE LOCATION HAS CHANGED TO St. JOHN'S CHURCH 55 WILBUR BLVD. IN ROOM 207 AT 12:30 TO 1:30 p.m. Masks are required.

- 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 Al-Anon Group (Rhinebeck, NY)

- 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

Friday | 7:30 – 8:00 pm | Pawling Al-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/7166169352?pwd=NUVqWE0wT0pyOWtnajIzajNsdmZTZz09>
- To access by phone: +1 646-558-8656
- Meeting ID: 716 616 9352
- Passcode: pPH6Yp
- One tap mobile +1 9294362866,,7166169352#,,, *780437# US(New York)
- Find your local number <https://us02web.zoom.us/u/kXM1QUwt0>

SATURDAY | 7:30 - 8:30 pm | Saturday Night Live Group (Hyde Park, NY)

- Established a recurring Zoom meeting that can be accessed by computer and/or phone.
- Meeting ID: 89178998242 (new ID and password)
- Passcode: 054328

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:
 - <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