

Changes to District 7 Al-anon meetings as of April 2, 2020 Due to the Corona virus some groups have suspended traditional meetings and implemented alternate meeting formats.

Regular Meeting Schedule:	Alternate	Date of last update - Change/contact:
GRAND FORKS MONDAY 7 PM Friendship Al-Anon Family Group University Lutheran Church 2122 University Ave - Basement Level	Zoom	April 9 - This meeting has decided to do tele-meetings through Zoom for the time being. Contact us if you are interested in joining our group as an Al-Anon member! Newcomers are welcome! Contact friendship.alanon.nd@gmail.com
MONDAY 7 PM Hope Al-Anon Family Group Sharon Lutheran Church - 1720 S 20 St	Zoom	March 23 - from (Grand Forks) Hope Al-Anon, (Monday at 8 pm, Sharon Lutheran Church) This is the meeting that I attend also and we are going to attempt a Zoom meeting March 23. Contact ellenofwales@gmail.com
TUESDAY 7 PM Primary Purpose Al-Anon Family Group Sharon Lutheran Church - 1720 S 20 St	Zoom	March 31 - Zoom meeting. Contact / information 701-540-8820
FRIDAY 6:30 PM TGIF Al-Anon Family Group Sharon Lutheran Church - 1720 S 20 St	Zoom	April 9 - Email for Zoom meeting information Contact nd.tgif@gmail.com
3rd THURSDAY each month - 7 PM OPEN AL-ANON MEETING St. Mark's Lutheran Church - 715 24 Ave S	Zoom	March 30 - St. Mark's is doing our part in trying to keep people safe from the spread of the COVID-19 Virus. Social distancing means that our worships, activities and events through May 11th, have been canceled. 701-772-4807 stmarkselca@msn.com April 15 Contact host April 16 TGIF - nd.tgif@gmail.com May 21 Amity & Happiness - 701-739-2452 June 18 Primary Purpose - 701-540-8820
GRAFTON MONDAY / WEDNESDAY 7 PM TUESDAY 12 Noon Open Meeting Third FRIDAY of month 8 PM Amity Al-Anon Family Group, 98 E Fifth Street		
PARK RIVER FRIDAY 8 PM SUNDAY 7 PM New Horizons Al-Anon Family Group Lorac Hall - Third St off Bridge Ave		
THOMPSON MONDAY 7 PM Happiness Al-Anon Family Group St. Jude's Catholic Church (HC) (N Door) 305 Broadway		April 2 - Thompson Happiness is currently suspending the face to face meetings, during this pandemic. Contact - 701-739-2452
LANGDON THURSDAY 12 noon Langdon Hope Al-Anon Family Group United Lutheran Church, 1216 9 Ave - Library, East door	Zoom	April 3 - Langdon Hope had our first Zoom meeting on Thursday. Contact / information for joining 701-270-2254.

North Dakota Al-anon website - meetings <http://www.ndalanon.com/meeting-list.html>
 Al-Anon Electronic Meetings <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Zoom (This is informational only, and not an endorsement of any mobile device, platform or any mobile apps offered in the app stores.) <https://zoom.us/>

If I am not part of the solution, could I be part of the problem? Let it begin with me - I'm staying home.