

Changes to District 7 Al-anon meetings as of April 1, 2020 Due to the Corona virus some groups have suspended traditional meetings and implemented alternate meeting formats.

Regular Meeting Schedule:	Date of last update - Change/contact:
GRAND FORKS MONDAY 7 PM Friendship Al-Anon Family Group University Lutheran Church 2122 University Ave - Basement Level	March 21 - We have decided to start tele-meetings through Zoom starting Monday, March 23. Contact Erika S. at 701.426.8592 or email ebertsch02@yahoo.com for questions!
MONDAY 7 PM Hope Al-Anon Family Group Sharon Lutheran Church - 1720 S 20 St	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 this evening, March 23, 2020. Ellen B ellenofwales@gmail.com
TUESDAY 7 PM Primary Purpose Al-Anon Family Group Sharon Lutheran Church - 1720 S 20 St	March 31 - Zoom meeting. Time: This is a recurring meeting Information - Contact Mollie - 701-540-8820
FRIDAY 6:30 PM TGIF Al-Anon Family Group Sharon Lutheran Church - 1720 S 20 St	April 1 - We are doing are zoom-based meetings. We have opened a new email address for contact linked to our meeting (that is temporarily suspending face-to-face meetings). Contact us for support or to attend our virtual meetings, the link or call back. Diane D. and Heather T. nd.tgif@gmail.com
3rd THURSDAY each month - 7 PM OPEN AL-ANON MEETING St. Mark's Lutheran Church - 715 24 Ave S	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 cancelled.
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) (North Door) 305 Broadway	April 2 - Thompson Happiness is currently suspending face to face meetings during this pandemic - Sue W.
LANGDON THURSDAY 12 PM (noon) LangdonSHopeSAI-AnonSFamilysGroup United Lutheran Church, 1216 9 Ave - Library, East door	April 3 - Langdon Hope Al-anon has decided to do tele-meetings with Zoom until further notice. Contact info for joining is Patty 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/>

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