

ZOOM MEETING LIST

MONDAY'S

Step Into Serenity - Old Bethpage

Time: 7:15–09:15 p.m. EDT

Join Zoom Meeting: <https://zoom.us/j/105898670>

Password: 927600

Safe Harbor

Time: 7:30 p.m. EDT

<https://us04web.zoom.us/j/7821590756?pwd=Qkp2MVBPR001RmFRUHdCMkY3NnBwZz09>

Meeting ID: 782 159 0756

Password: 091468

Miracles on Mondays - Bellport

Time: 7:30 – 9:00 p.m. EDT

Meeting ID: 2815662900

Password: Bellport

Naranon Rocky Mountain (CO)

Time: 9 p.m. EDT

Zoom Meeting ID: <https://zoom.us/j/395160780>

Meeting ID: 395160780

Password: serenity

TUESDAY'S

No Longer Alone. Syracuse/Auburn

Time: 6:00 p.m. EDT

Meeting ID: 212 121 826

Password: 791903

New Beginnings / (NYC – Manhattan Meeting)

Time: 6:00– 8:00 p.m. EDT

Join Zoom Meeting: <https://zoom.us/j/6990211959?pwd=Qkp4YkVVVC9JZmFycDNCWWNGSkIzZz09>

Meeting ID: 6990211959

Password: 239W49

Topic: The Suffolk Connection - Smithtown

Time: 7:30 pm EDT

<https://us02web.zoom.us/j/83229154033?pwd=RzNoNlJMYVVV4cnY3Qm5kVVBKZ3pqdz09>

Meeting ID: 832 2915 4033

Password: 0011789

Magic Chairs (Manhasset)
Time: 7:30-9:00 p.m. EDT
Join Zoom Meeting: <https://zoom.us/j/91230134676>
Meeting ID: 912 3013 4676

Just for Today / Yonkers
Time: 8:00 - 9:15 p.m. EDT
Join Zoom Meeting
<https://zoom.us/j/2048494075>
Meeting ID: 204 849 4075

Naranon Rocky Mountain (CO.)
Time: 9:00 p.m. EDT
Zoom Meeting ID: <https://zoom.us/j/395160780>
Password: serenity
Tuesday Topic: SESH

WEDNESDAY'S

Hopeful Hearts Syracuse/Auburn
Time: 7:00 p.m. EDT
Meeting ID: 212 121 826
Password: 791903

FH Freedom Group/Queens
Time: 7:20 p.m. EDT
Join Zoom Meeting
<https://us04web.zoom.us/j/72559609146?pwd=Zi85ejZmRUUpPVTN5TXF6UVdaZjZhdz09>
Meeting ID: 725 5960 9146
Password: 072709

Naranon Rocky Mountain (CO.)
Time: 9:00 p.m. EDT
Zoom Meeting ID: <https://zoom.us/j/395160780>
Password: serenity
Wednesday's Topic: Traditions

THURSDAY'S

You're Not Alone Family Group
Time: 6:30 p.m. EDT
Join Zoom Meeting: <https://zoom.us/j/504579821>
Meeting ID: 504 579 821
Password: courage

Real People Too – Sayville

Time: 7:30 p.m. EDT

Join Zoom Meeting: <https://zoom.us/j/6312054762>

Meeting ID: 6312054762

Miracles on Mauier - Brooklyn

Time: 7:30 p.m. EDT

Meeting ID: 634234710

Password: 098403

One tap mobile: +16465588656,, 89131010687# (New York)

HIH Thursday Night Meeting

Time: 7:30 p.m. EDT

Join Zoom Meeting

<https://zoom.us/j/741539309?pwd=NmcrODNpUFNSa0sycTlaVINqZkdXZz09>

Meeting ID: 741 539 309

Password: 440916

Join by Skype for Business

<https://zoom.us/skype/741539309>

Naranon Rocky Mountain (CO.)

Time: 9:00 p.m. EDT

Zoom Meeting ID: <https://zoom.us/j/395160780>

Meeting ID: 395160780

Password: serenity

Thursday Topic: Step Meeting

FRIDAY'S

Soul Searchers. Syracuse/Auburn

Time: 7:00 p.m. EDT

Meeting ID: 212 121 826

Password: 791903

Naranon Rocky Mountain (CO.)

Time: 9:00 p.m. EDT

Zoom Meeting ID: <https://zoom.us/j/395160780>

Password: serenity

SATURDAY'S

Courage to Change

Time: 9:30 a.m. EDT

Join Zoom Meeting: <https://zoom.us/j/950933574>

Meeting ID: 950933574

Password: 317710

Saturday Night Survivors/Yonkers

Time: 7:00-8:15 p.m.

Join Zoom Meeting: <https://zoom.us/j/5346552971>

Meeting ID: 534 655 2971

Password: 081844

Naranon Rocky Mountain (CO.)

Time: 9:00 p.m. EDT

Zoom Meeting ID: <https://zoom.us/j/395160780>

Password: serenity

Saturday Topic: Speaker

SUNDAY'S

Naranon Rocky Mountain (CO.)

Time: 9:00 p.m. EDT

Zoom Meeting ID: <https://zoom.us/j/395160780>

Password: serenity

HELPFUL TIPS:

1	Put your phone on silent so it does not cause any disruptions
2	Mute your mic unless we are all reading out loud together or if you are speaking. If you do not mute yourself, every sound in your home gets picked up and this could cause a distraction. Depending on what viewing mode you are using, the main screen focuses on the person speaking. So if you are not muted but noise is coming from your end, the screen will show you, as opposed to the person who is sharing.
3	As with a regular meeting there is one Chairperson who will open up. Depending on the size of the meeting there may be a timekeeper to make sure that everyone gets a fair opportunity to share.
4	If you have your video on, you can raise your hand to signal you would like to share. You can also message the Chairperson directly on zoom (Zoom has a chat feature). If you are using Audio only you can just introduce yourself and share when its silent.
5	Regarding the format - it will be very similar if not exact to the regular in person meeting. Since hosting meetings online is still a new thing for us, we can work together and discuss what format to use moving forward.
6	Not a rule, but just a helpful tip: If you are using Zoom on a computer, when muted, you can hold the space bar down and it will temporarily unmute you as long as it's being held.