

Al-Anon and Alateen meetings generally offer members the opportunity to share their experience, strength, and hope on a topic selected by the chairperson or the group. Some meetings may invite guest speakers; others may focus on a specific aspect of the Al-Anon/Alateen program, such as one of the 12 Steps or Al-Anon Conference Approved Literature. The meetings listed below are held every week on the day and time indicated. All Al-Anon meetings are for anyone who has been affected by someone's drinking.

SUNDAY

- NOON **ALBANY** – New to Serenity AFG, Addiction Care Center, 90 McCarty Ave., Education Building - B, C
- 4:00 PM **CLIFTON PARK** – Let It Begin With Me AFG, St. Edward the Confessor Church, 569 Clifton Park Center Rd - O, ☪
- 6:00 PM **ALBANY** - From Survival To Recovery AFG, Unity Church, 21 King Ave. Corner of Bradford & King (enter on Bradford) - A, O, ☪
- 6:30PM **GLOVERSVILLE** - Free To Be Me-Club 24, 218 Kingsboro Ave. - A, O
- 7:00 PM **NASSAU** - St. Mary's Church Hall, 1st Floor, Rte. 20 – O, ☪
- 7:00 PM **ALBANY** – Sunday Night Parents AFG, Pine Grove Methodist Church, 1580 Central Ave. – O, P

MONDAY

- NOON **SCHENECTADY** – Sch'dy AFG, Club House, 430 Cedar St – C
- 6:00 PM **ALBANY** – Courage to Change AFG, Christ Our Light Catholic Church, 1 Maria Dr., Classroom 3, Literature meeting - O, ☪
- 7:00 PM **CATSKILL** – Catskill Monday Night AFG, Wesleyan Church, 3 Bogardus Ave (downstairs) – O
- 7:30 PM **GALWAY** - Galway Methodist Church, Rte. 147, 4 Corners - C
- 7:00 PM **NISKAYUNA** - Niskayuna AFG, Eastern Pkwy United Methodist Church, upstairs, (rear Parking Lot), 943 Palmer Ave - O

TUESDAY

- NOON **COBLESKILL** - Cobleskill AFG, United Methodist Church, 107 Chapel St. - O
- NOON **CATSKILL** - Tuesday Noon Catskill AFG, First Baptist Church, 20 W Main St, West Main St. & Grandview Circle - C
- NOON **AMSTERDAM** - St. Ann's Church, 37 Division St. - C
- NOON **ALBANY** - Reflections on our Legacies AFG, McKownville United Methodist Church, 1565 Western Ave. (on the Crossgates side next to Dunkin Donuts and across from McDonalds); 11th Step Meditation Meeting 1st,3rd wk; Tradition/Concept 2nd,4th wk; C
- 12:05 PM **ALBANY** – Tuesday Noontime AFG, St. Mary's Roman Catholic Church, 10 Lodge St., Church Hall Basement, enter from rear door on Chapel St. (any unlocked door) – C, S

TUESDAY (cont'd)

- 5:30 PM **HUDSON** – Hudson AFG, First Reformed Church, 52 Green St., side entrance past Rest Rooms, go right, room at end of hall. - O
- 7:00 PM **GREENVILLE** - Greenville AFG Tuesday Night AFG, Christ Episcopal Church, 11228 State Route 32, (Meeting House) – O
- 7:00 PM **QUEENSBURY** - United Methodist Church, 460 Aviation Rd. - O, NH (not held on Holidays or school snow days), ☪
- 7:00 PM **ALBANY** – A Power Greater Than Ourselves, Pine Grove Method. Church, 1580 Central Ave., Women's mtg; Step mtg - O
- 7:00 PM **ROTTERDAM** – Serenity Seekers AFG, Trinity Reformed Church (downstairs), 705 Curry Rd. – O
- 7:30 PM **SARATOGA SPRINGS** - United Methodist, 175 5th Ave. C, ☪
- 7:30 PM **TROY** - Third Presbyterian Church - Albia neighborhood, 113 Winter St., Upstairs- O, ☪

WEDNESDAY

- NOON **CAIRO** - Cairo AFG, Resurrection Lutheran Church, 186 Main Street, Route 23B and 32 - O, ☪
- 6:00 PM **HALFMOON** - Wednesday Night Keep it Simple AFG, VFW Post 1498, 1605 State RT 9 - O
- 6:00 PM **ALBANY** - Experience Strength And Hope Adult Children AFG, First Congregational Church, 405 Quail St., Third Floor - A, O
- 6:00 PM **WINDHAM** – Maplecrest/Windham Meeting AFG, St. Theresa's Church 5188 State Route 23 (Rm 56) – O, ☪
- 7:00 PM **VALATIE** - Just For Today AFG. - St. Luke's Lutheran Church - 1010 Kinderhook St., Rte. 9 - O, ☪
- 7:30 PM **COPAKE**-Search for Serenity AFG, Copake United Methodist Church House, 1668 Church St. – C, ☪
- 7:30 PM **GREENWICH** - Centenary United Methodist Church, 22 Church St Greenwich – O
- 7:30 PM **VOORHEESVILLE** - Voorheesville AFG, First United Methodist Church, 68 Maple Ave., Rte. 85A - O

THURSDAY

- 10:15 AM **CLIFTON PARK** – Jonesville United Methodist, 963 Main St, Clifton Park - O, ☪
- NOON **ALBANY** – Small Steps AFG, McKownville United Methodist Church, 1565 Western Ave. (on the Crossgates side next to Dunkin Donuts and across from McDonalds) - C, S
- NOON **AMSTERDAM** – St. Anne's Church, 37 Division Street – C
- 7:00 PM **ROTTERDAM** – Serenity Seekers AFG, Trinity Reformed Church (downstairs), 705 Curry Rd. – O
- 7:00 PM **NEW BALTIMORE** – New Baltimore AFG, New Baltimore Reformed Church, 52 Church St. Rt. 144 - O, ☪
- 7:00 PM **DELMAR** – Bethlehem Steps for Strength, Hope, Healing AFG, Delmar Reformed Church, 386 Delaware Ave - O
- 7:30 PM **WYNANTSKILL** - Hopeful AFG, St. Jude's Elementary School, 42 Dana Avenue, room varies - O, ☪
- 7:30 PM **WATERVLIET** – Watervliet/Latham Thursday Night AFG, Trinity Church, Annex, 1336 1st Ave. - C, S, S4/5

THURSDAY (cont'd)

- 7:30 PM **SCHOHARIE** – Schoharie AFG, Schoharie Reformed Church, Heritage House Green Building, 258 Main St Main St. – O, ☪
- 7:30 PM **HUDSON FALLS** - First Presbyterian Church, Parish House, River St. - C, ☪

FRIDAY

- 10:15 AM **GLENS FALLS** - First Baptist Church 100 Maple St – Closed on Snow Days and Holidays - C, ☪
- 12:15 PM **SARATOGA SPRINGS** – The 12:15 – 1:15 Lunch Bunch AFG, St. Clement's Church, Lake Ave. – O; NO meeting when St. Clement's school is closed
- 1:30 PM **HUDSON** – Hudson AFG, First Reformed Church, 52 Green St., side entrance past Rest Rooms, go right, room at end of hall. - O
- 6:30 PM **SCOTIA** - Our Redeemer Lutheran Church, Corner of Glen Ave. & South Reynolds St. - O, ☪
- 7:00 PM **COLONIE** – Friday Night Alive AFG, Community Reformed Church of Colonie, 701 Sand Creek Rd, Corner of Watervliet - Shaker and Sand Creek Rds. – O, ☪
- 7:30 PM **HALFMOON** – Friday Nite Alive AFG, St. Luke's on the Hill, 40 Mc Bride Rd. – O, ☪
- 8:00 PM **EAST GREENBUSH** - Greenbush Reformed Church, Christian Education Bldg., Hayes Rd. & Rtes. 9 and 20 (upstairs) – O
- 8:00 PM **SCHENECTADY** - Ellis Friday Night AFG, Ellis Hospital, 1101 Nott St, B-3 Conference Room, on the 3rd Floor, going left from the B-wing elevators- B, O, ☪
- 8:30 PM **JOHNSTOWN** - Reformed Church, North Perry St. - C

SATURDAY

- 10:00 AM **ALBANY** – We Are Not Alone AFG, Bethany Reformed Church, Educ. Bldg Fellow. Ctr. Basement, 760 New Scotland Ave. - A, O
- 4:00 PM **SARATOGA SPRINGS** – Healing Steps AFG, Healing Springs, 125 High Rock Ave., 105A – B, O, ☪
- 7:00 PM **LATHAM** – 2nd Saturday Speaker AFG, Calvary United Methodist Church, 15 Ridge Pl., Meets ONLY on the 2nd Saturday of each month, and meeting is 90 minutes long – O, [☪ with advance notice].

NOTE: PLEASE SEE LAST PAGE FOR EXPLANATION OF MEETING ABBREVIATIONS

FIRST THINGS FIRST***EASY DOES IT
HOW IMPORTANT IS IT*****KEEP IT SIMPLE
PROGRESS NOT PERFECTION*****THINK
ONE DAY AT A TIME***** JUST FOR TODAY
LISTEN AND LEARN*****KEEP COMING BACK**

[Revised 4-15-19]

