

*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, ☪
- 6:30 PM **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, Christ Lutheran Church, 1500 Western Ave. (acr. fm Stuyvesant Plaza); 11<sup>th</sup> Step Meditation Meeting 1<sup>st</sup>, 3<sup>rd</sup> wk; Tradition/Concept 2<sup>nd</sup>, 4<sup>th</sup> 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 5<sup>th</sup> 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
- 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 **WYNANTS KILL** - Hopeful AFG, St. Jude's Elementary School, 42 Dana Avenue, room varies - O, ☪

### THURSDAY (cont'd)

- 7:30 PM **WATERVLIET** – Watervliet/Latham Thursday Night AFG, Trinity Church, Annex, 1336 1<sup>st</sup> Ave. - C, S4/5
- 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
- 11:30 AM **ALBANY** – Missing Links AFG, Trinity United Methodist Church, 235 Lark St, Lark St & Lancaster St., Lark St. entrance - A, B, O
- 4:00 PM **SARATOGA SPRINGS** – Healing Steps AFG, Healing Springs, 125 High Rock Ave., 105A – B, O, ☪
- 7:00 PM **LATHAM** – 2<sup>nd</sup> Saturday Speaker AFG, Calvary United Methodist Church, 15 Ridge Pl., Meets 90 minutes – O. [☪ with advance notice], meets 2<sup>nd</sup> Saturday evening of every month

**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**

[Revised 12-19-18]

# WELCOME TO AL-ANON AND ALATEEN!

## Beginner's Meetings

You are welcome at all meetings. However, if you are new to the Al-Anon program, we encourage you to attend Beginner's Meetings. These meetings provide an opportunity for you to ask questions and learn how the Al-Anon program can help you. Similar to other Al-Anon meetings, Beginner's Meetings are held every week on the day and time listed. It is recommended that you try six to eight meetings before deciding if the Al-Anon program is for you. It is also recommended that you attend various meetings to find the one at which you are most comfortable. Each meeting has its own unique character and strengths.

The following is a list of Beginner's Meetings in the Capital District area:

NOON	<b>SUNDAY</b>	<b>ALBANY</b> – New to Serenity AFG, Addiction Care Center, 90 McCarty Ave., Education Bldg. - B, C
8:00 PM	<b>FRIDAY</b>	<b>SCHENECTADY</b> - 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, ♿
11:30 AM	<b>SATURDAY</b>	<b>ALBANY</b> – Missing Links AFG, Trinity United Methodist Church, 235 Lark St, Lark & Lancaster Sts., Lark St. entrance - A, B, O
4:00 PM	<b>SATURDAY</b>	<b>SARATOGA SPRINGS</b> – Healing Steps AFG, Healing Springs, 125 High Rock Ave., 105A – B, O, ♿

### WHAT IF NOBODY'S HOME?

The members of Al-Anon try hard to make sure that someone is at each meeting to open the door, set up the room, chair the meeting and make newcomers, and old friends alike, feel welcome. However, we aren't perfect. Sometimes attendance drops off at a particular meeting or some unforeseen circumstance prevents people from attending. If you come to a meeting and the door is locked, or no one else is in attendance, please accept our apologies, and **PLEASE LET US KNOW!** Call 518-292-0577 and tell the answering service what happened. Ask to be put in touch with someone who can tell

you if that meeting is still operating or can help you find another meeting. Someone will call you back.

**Al-Anon Declaration**  
**Let it begin with me.**  
**When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.**

### MEETING ABBREVIATIONS

- A** Al-Anon for Adult Children of Alcoholics, a mtg for adults who grew up in homes where alcohol caused difficulties.
- B** Beginners group for people new to Al-Anon.
- C** Closed to press/students on course assignments/other observers. Anyone who has a friend/relative with a drinking problem is welcome.
- LGBT** Gay and Lesbian mtg
- M** Men's mtg
- Mtg** Meeting
- NH** Mtg not held on holidays – building is closed.
- O** Mtg is open to anyone.
- P** Parents mtg
- S** Step mtg, where the topic focuses on 1 or more of the 12 steps. (No. after S shows what week of month is step mtg.)
- T** Alateen mtg for teens who are friends
- ♿** Handicapped Accessible

### Phone Numbers of Al-Anon Friends

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**TO REVISE THIS SCHEDULE, PLEASE EMAIL:**  
**info@al-anon-8ny.org**

# AL-ANON and ALATEEN FAMILY GROUP MEETINGS

Districts 7, 8, 22, & 24  
Listed by day and time

You don't have to drink to suffer from alcoholism. Al-Anon is for friends and relatives of alcoholics.

**Revised 12-19-2018**

### Contact Numbers

- In the Capital District..... 518-292-0577
- In Saratoga, Washington and Warren Counties .... 518-744-9231
- Cap. Dist. Alateen Info: ...alateen@al-anon-8ny.org
- Throughout the U.S..... 1-888-4AL-ANON
- In Canada ..... 1-800-443-4525

### Websites

- In the Capital District.....www.al-anon-8ny.org
- In the New York North Area ..... [www.nynafg.com](http://www.nynafg.com)
- Throughout the U.S.....www.al-anon.alateen.org

### Capital District AFG

**Information: info@al-anon-8ny.org**  
**dr@al-anon-8ny.org**

**To order literature: ldc@al-anon-8ny.org**

The most current information is available on the website for the Capital District: [www.al-anon-8ny.org](http://www.al-anon-8ny.org). A version of this schedule may be downloaded and printed from the website.

### Serenity Prayer

God grant me the Serenity  
to Accept the things I cannot change,  
Courage to change the things I can,  
and Wisdom to know the difference.