

Group Name	Regular meeting location	Day and time	Join Link	Meeting ID	Comments
The easiest way to join a Zoom meeting is to click on the link, download the application, and join with computer audio and video. You can also call and join by phone. Dial +1 312 626 6799. When prompted, enter the meeting ID number. There is also a Zoom App for smart phones that is user-friendly					
New Hope AFG	Lutheran Church of Hope, WDM	Sunday 5:00pm	https://zoom.us/j/545942862	545-942-862	(If leading the meeting, use host key 660468)(No separate Alateen meeting. Alateens can join the Al-Anon meeting)
Hope Al-Anon	Newton	Sundays, 6:00pm	Meetings suspended until further notice.		
Back to Basics AFG	Wakonda Christian Church	Monday 9:30	https://zoom.us/j/281780108	281-780-108	(If leading the meeting, use host key 660468)
Monday Brown Bag	Faith Lutheran	Mondays, 12:00pm	https://zoom.us/j/815860304	815-860-304	(If leading the meeting, use host key 660468)
Steps to Serenity	Faith Lutheran Church, Clive	Monday 5:30pm	https://zoom.us/j/837079671	837-079-671	(If leading the meeting, use host key 660468)
Keep it Simple	Service Center, 939 Office Park Rd, WDM	Monday, 7:00 pm	https://zoom.us/j/155362032	155-362-032	(If leading the meeting, use host key 660468)
Monday Night Parents	Powell - Iowa Lutheran	Mondays, 7:00 p.m.	https://zoom.us/j/340767885	340 767 885	Contact Lyndsey N if you have questions
Ankeny Monday Nite AFG	Ankeny First United Methodist Church (AFUMC)	Mondays, 7:00pm	https://zoom.us/j/653547049	653 547 049	Terri H is the host/contact.
Monday Night AFG	Central Presbyterian Church	Monday 8:00 PM	https://zoom.us/j/434672093	434-672-093	(If leading the meeting, use host key 660468)

Tuesday Morning Step Study	New Hope Methodist Church	Tuesdays, 9:30 am	https://zoom.us/j/528670669	528-670-669	(If leading the meeting, use host key 660468)
Seasons of Hope	Plymouth Congregational	Tuesday 12:00 PM	https://zoom.us/j/415898554	415-898-554	(If leading the meeting, use host key 660468)
Courage to Be Me -- Alateen	Lutheran Church of the Cross, Altoona	Tuesdays, 7:00pm	https://zoom.us/j/426267950	426 267 950	Contact Lyndsey N if you have questions
Tuesday Night Step Study	Lutheran Church of the Cross, Altoona	Tuesdays, 7:00pm	https://zoom.us/j/432111357	432-111-357	If leading the meeting, use host key 660468)
Tuesday Night WDM AFG	@ St. Mark's Lutheran Church	Tuesdays, 8:00pm	Due to COVID-19 the building is closed until further notice. Meetings suspended.		
Wednesday Noon Step Study	@ Service Center in WDM	Wednesdays, 12:00pm	https://zoom.us/j/119312834	119-312-834	(If leading the meeting, use host key 660468)
Wednesday Night Step Study	Service Center	Wednesday 7:00 p.m.	https://zoom.us/j/951260607	951-260-607	(If leading the meeting, use host key 660468)
Al-Anon Adult Children	Unity Church	Wednesdays at 7:00pm	Meetings suspended until further notice.		
Fresh Start Al-Anon	Covenant Church, WDM	Thursdays, 10:00am	https://zoom.us/j/250363238	250-363-238	If leading the meeting, use host key 660468)
Finding Hope and Serenity	Ankeny	Thursdays, 6:30pm	https://iastate.zoom.us/j/894211158	894 211 158	Jessica B is the host/contact
Thursday Night SS	Lutheran Church of the Good Shepherd	Thursdays, 7 p.m.	https://zoom.us/j/300014434	300 014 434	Contact Lyndsey N if you have questions
Together Group (Alateen)	Lutheran Church of the Good Shepherd	Thursdays, 7 p.m.	https://zoom.us/j/803269769	803-269-769	If leading the meeting, use host key 660468)
Courage to Change Al-Anon	Mercy Franklin	Fridays, 7:00pm	Mercy Franklin is suspending ALL meetings (AA & Al-Anon) until further notice. They will contact us if and when they decide it is safe to resume.		

Friday Night White House	White House Des Moines Iowa	Friday 8pm	https://zoom.us/j/732576807	732-576-807	If leading the meeting, use host key 660468)
Frisky Friday	St. Paul's Episcopal Church, High Street	Fridays, 8 p.m.	https://zoom.us/j/686614389	686 614 389	Contact Lyndsey N if you have questions
Saturday Serenity AFG	Lutheran Church of Hope, Grimes	Saturdays 10:00 am	https://zoom.us/j/206934393	206-934-393	(If leading the meeting, use host key 660468)
Saturday Night Step Study	Park Ave Christian Church	Saturdays, 8:00 p.m.	https://zoom.us/j/459780401	459 780 401	Contact Lyndsey N if you have questions
Winterset Alanon Group	Winterset Christian Church	Saturday Night 8:00 PM	https://zoom.us/j/307805965	307-805-965	(If leading the meeting, use host key 660468)