

**SUNDAY**

**8:00 AM HOUR OF POWER VIRTUAL** (Daily Reflections) OL  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
Phone #1(929)205-6099  
Meeting ID 810 6263 3610, Passcode: serenity20  
Last Sunday of month - Celebration meeting format

**9:30 AM SOBER SISTERS VIRTUAL (Women Only)**  
C/L/D

Meditation Meeting  
Email sistersrockland@gmail.com for zoom login

**10:00 AM LIVE & LET LIVE LGBT+ HYBRID** CD/LS  
<https://zoom.us/j/2897067512>  
Phone 1(929) 205-6099  
Meeting ID 2897067512, Passcode 876543

**11:00 AM NEW HORIZONS VIRTUAL** OST/T  
<https://zoom.us/j/84465048212>  
Phone 1(929) 205-6099  
Meeting ID 84465048212, Passcode 849597

**NOON HOUR OF POWER VIRTUAL** OST  
<https://us02web.zoom.us/j/81711794244?pwd=dnRBSzRaT3o2OUJtak56a0wrL0RYdz09>  
Phone # 1(929) 205-6099  
Meeting ID 817 1179 4244, Passcode: serenity20  
Last Sunday of month - Tradition meeting format

**4:00 PM ROCKLAND FREETHINKERS VIRTUAL** SC/OD  
Email [rocklandfreethinkers@gmail.com](mailto:rocklandfreethinkers@gmail.com)

**5:00 PM GRAPEVINE GROUP VIRTUAL** OSP  
<https://zoom.us/j/512260138>  
Phone # 1 (929) 205-6099  
Meeting ID 512 260 138, Password 361590

**6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
Phone #1(929) 205-6099  
Meeting ID 847 1616 9843, Passcode: serenity20  
Last Sunday of month - Celebration meeting format

**7:00 PM PROMISES TO GO (PIERMONT) VIRTUAL** CD  
<https://us02web.zoom.us/j/85452384108?pwd=dnNVZlhwME5udnl0eVhPZVEwVmdRZz09>  
Phone +1 646 558 8656  
Meeting ID: 854 5238 4108, Password: 350886

**8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** CBB  
<https://zoom.us/j/549528574>  
Phone # 1(646) 876-9923  
Meeting ID: 549 528 574, Password: 301320



**VIRTUAL MEETING LIST**

**ALCOHOLICS ANONYMOUS OF  
ROCKLAND COUNTY  
P.O. BOX 706  
WEST NYACK, NEW YORK 10994**

**(845) 352- 1112**

**24 HOUR ANSWERING SERVICE**

[www.AA.org](http://www.AA.org)

**www.rocklandnyaa.org**

**MEETING CODES**

<b>C</b>	<b>Closed</b>	<b>CD</b>	<b>Closed Discussion</b>
<b>B</b>	<b>Beginners</b>	<b>BB</b>	<b>Big Book Meeting</b>
<b>ST</b>	<b>Step Meeting</b>	<b>T</b>	<b>Traditions Meeting</b>
<b>P</b>	<b>Promises Meeting</b>	<b>L</b>	<b>Literature Meeting</b>
<b>OD</b>	<b>Open Discussion</b>	<b>OBS</b>	<b>Open Beginners Speaker</b>
<b>O</b>	<b>Open Speaker</b>	<b>WC</b>	<b>Access for Handicapped</b>
<b>YP</b>	<b>Young People</b>	<b>SC</b>	<b>Secular</b>

**O and OD meetings may be attended by anyone.**

All other meetings are restricted to alcoholics only and are intended for alcoholics and those who think they have a problem with alcohol.

NOTES: If dialing in, press \* 9 to raise hand to share.  
For online meetings, click or enter the link into your browser

**\*Check Website for Committee Meeting Status\***

**\*The Rockland County Intergroup** meets on the first Tuesday of the month. Check website for location or links.

**\*The Rockland County General Service Committee** meets virtually on the third Wednesday of the month at 7:30 PM.

**\*The Rockland AA Intergroup Institutions Committee** meets on the first Tuesday of each month at 7:30 PM, check website for location or links.

**\*The Rockland County Public Information Committee** meets the first Monday of each month at 8:00 PM. Check website for location or links.

**\*The Rockland County Bookers Exchange** meets the first Tuesday of March, June, September, and December at 7:00 PM. Check website to confirm.

**MONDAY**

**7:30 AM SUNRISE GROUP HYBRID** CST  
<https://us04web.zoom.us/j/788083896>  
Phone # 1(646) 558-8656  
Meeting ID: 788 083 896, PW 7867473

**8:00 AM HOUR OF POWER VIRTUAL** OL  
(Open Daily Reflections)  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
Phone #1(929)205-6099  
Meeting ID 810 6263 3610, Passcode: serenity20

**6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
Phone #1(929) 205-6099  
Mtg ID 847 1616 9843, Passcode: serenity20

**6:00 PM CONGERS BY THE BOOK WOMEN'S HYBRID** CD  
<https://zoom.us/j/885479050>  
Phone # 1(929) 436-2866  
Meeting ID 885 479 050, Password: 760120  
**(Women Only)**

**7:00 PM WEST NYACK GROUP HYBRID** CB  
<https://us02web.zoom.us/j/89014327680?pwd=NW5sa3BMZWUOV091eHUvK3lFSzjyZz0>  
Phone # 1 (929) 205-6099  
Meeting ID: 890 1432 7680, pw 715634

**7:30 PM FOOTPRINTS GROUP VIRTUAL** OSP  
<https://us04web.zoom.us/j/849935443?pwd=VVIMWVlqQ0cybkFXejA3YUgrbXVUZz09>  
Phone # 1(929) 436-2866  
Meeting ID 849-935-443, Password: 810275

**7:30 PM ROCKLAND FREETHINKERS VIRTUAL** OSC  
Contact [rocklandfreethinkers@gmail.com](mailto:rocklandfreethinkers@gmail.com)

**8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** CD  
<https://zoom.us/j/549528574>  
Phone # 1(646) 876-9923  
Meeting ID: 549 528 574, Password: 301320

**TUESDAY**

**7:30 AM SUNRISE GROUP HYBRID** CD/B  
( Living Sober Newcomers)  
<https://us04web.zoom.us/j/788083896>  
Phone # 1(646) 558-8656,  
Meeting ID: 788 083 896, PW 7867473

**8:00 AM HOUR OF POWER VIRTUAL** (Daily Reflections) OL  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
Phone #1(929)205-6099  
Meeting ID 810 6263 3610, Passcode: serenity20

**NOON HOUR OF POWER VIRTUAL** OST  
<https://us02web.zoom.us/j/81711794244?pwd=dnRBSzRaT3o2OUJtak56a0wrL0RYdz09>  
Phone # 1(929) 205-6099  
Meeting ID 817 1179 4244, Passcode: serenity20

**5:15 PM GRAPEVINE GROUP VIRTUAL** CD  
<https://zoom.us/j/485056411>  
Phone # 1 (929) 205-6099,  
Meeting ID 485 056 411, PW 312610

**6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
Phone: # 1(929) 205-6099,  
Meeting ID 847 1616 9843, Passcode: serenity20

**6:30 PM GRAPEVINE GROUP VIRTUAL** CST  
<https://zoom.us/j/485056411>  
Phone # 1 (929) 205-6099  
Meeting ID 485 056 411, Password 312 610

**7:15 PM SUFFERN GROUP VIRTUAL** (opens at 7 pm) CST  
<https://us04web.zoom.us/j/168569973?pwd=dER1U2NqU3AwNEV0ZmdPVU5KTdWdz09>  
Phone # 1 (646) 558 8656  
Meeting ID 168 569 973, Password 260949

**7:15 PM NEW HORIZONS VIRTUAL** (starts 3/9/21) OB/D  
<https://zoom.us/j/84465048212>  
Phone 1(929) 205-6099  
Meeting ID 84465048212, Passcode 849597

**8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** CST  
<https://zoom.us/j/549528574>  
Phone # 1(646) 876-9923  
Meeting ID: 549 528 574, Password: 301320

**8:00 PM HOUR OF POWER VIRTUAL** OD  
<https://us02web.zoom.us/j/86853175968?pwd=Q1pUakRFTzhRW5NNTJdC3JlTUU4UT09>  
Phone # 1(929) 205-6099  
Meeting ID 868 531 75968, Passcode: serenity20

**January 20, 2025**

**WEDNESDAY**

- 7:30 AM SUNRISE GROUP HYBRID** OSP  
<https://us04web.zoom.us/j/788083896>  
 Phone # 1(646) 558-8656  
 Meeting ID: 788 083 896, Password 7867473
- 8:00 AM HOUR OF POWER VIRTUAL** OL  
 (Daily Reflections)  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
 Phone #1(929)205-6099  
 Meeting ID 810 6263 3610, Passcode: serenity20
- NOON HOUR OF POWER VIRTUAL** OST  
<https://us02web.zoom.us/j/81711794244?pwd=dnRBSzRaT3o2OUJtak56a0wrL0RYdz09>  
 Phone # 1(929) 205-6099  
 Meeting ID 817 1179 4244, Passcode: serenity20
- 6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
 Phone: Dial +1(929) 205-6099,  
 Meeting ID 847 1616 9843, Passcode: serenity20
- 6:30 PM CONGERS BY THE BOOK HYRID** OB  
<https://zoom.us/j/845080729>  
 Phone # 1 (929) 436-2866  
 Meeting ID 845-080-729, Password 998756
- 6:30 PM JUST FOR TODAY VIRTUAL** OD  
<https://us02web.zoom.us/j/3450360709>  
 Phone # (929) 205-6099,  
 Meeting ID 345 036 0709
- 8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** CB  
<https://zoom.us/j/549528574>  
 Phone # 1(646) 876-9923  
 Meeting ID: 549 528 574, Password 301320
- 9:00 PM 11<sup>th</sup> STEP MEDITATION/DISCUSSION VIRTUAL** OST/D  
<https://us04web.zoom.us/j/2316225487>  
 Phone +1 415 762 9988  
 Meeting ID: 231 622 5487 Password 164
- 9:00 PM PALISADES HYBRID** CD  
<https://us04web.zoom.us/j/789062646>  
 Phone: +16468769923,,789062646#  
 Meeting ID: 789 062 646

**THURSDAY**

- 7:30 AM SUNRISE GROUP HYBRID** CBB  
<https://us04web.zoom.us/j/788083896>  
 Phone # 1(646) 558-8656  
 Meeting ID: 788 083 896, Password 7867473
- 8:00 AM HOUR OF POWER VIRTUAL** OL  
 (Daily Reflections)  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
 Phone #1(929)205-6099  
 Meeting ID 810 6263 3610, Passcode: serenity20
- NOON HOUR OF POWER VIRTUAL** OST  
<https://us02web.zoom.us/j/81711794244?pwd=dnRBSzRaT3o2OUJtak56a0wrL0RYdz09>  
 Phone # 1(929) 205-6099  
 Meeting ID 817 1179 4244, Passcode: serenity20
- 6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
 Phone: Dial +1(929) 205-6099,  
 Meeting ID 847 1616 9843, Passcode: serenity20
- 7:00 PM ANY LENGTHS VIRTUAL** CST  
<https://us04web.zoom.us/j/605008025>  
 Phone # (646) 558-8656,  
 Meeting ID 605 008 025, password 025147
- 7:30 PM PIERMONT UNITY** CD  
<https://us04web.zoom.us/j/89694468349>  
 Meeting ID 896 9446 8349, Phone 1-929-205-6099
- 8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** OSP  
<https://zoom.us/j/549528574>  
 Phone # 1(646) 876-9923, ID: 549 528 574, Pw: 301320

**FRIDAY**

- 7:30 AM SUNRISE GROUP HYBRID** CDR  
 (Daily Reflections)  
<https://us04web.zoom.us/j/788083896>  
 Phone # 1(646) 558-8656  
 Meeting ID: 788 083 896, Password 7867473
- 8:00 AM HOUR OF POWER VIRTUAL** OL  
 (Daily Reflections)  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
 Phone #1(929)205-6099  
 Meeting ID 810 6263 3610, Passcode: serenity20
- NOON HOUR OF POWER VIRTUAL** OST  
<https://us02web.zoom.us/j/81711794244?pwd=dnRBSzRaT3o2OUJtak56a0wrL0RYdz09>  
 Phone # 1(929) 205-6099  
 Meeting ID 817 1179 4244, Passcode: serenity20
- 6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
 Phone: Dial +1(929) 205-6099,  
 Meeting ID 847 1616 9843, Passcode: serenity20
- 7:00 PM SOBER SISTERS VIRTUAL (Women Only)** CD  
 Meditation Meeting  
 Email sistersrockland@gmail.com for zoom login
- 8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** CD  
<https://zoom.us/j/549528574>  
 Phone # 1(646) 876-9923  
 Meeting ID: 549 528 574, Password: 301320

**SATURDAY**

- 8:00 AM HOUR OF POWER VIRTUAL** OL  
 (Daily Reflections)  
<https://us02web.zoom.us/j/81062633610?pwd=ZlJkRVV0djF3cHpVL3Z4TlJWTVpEZz09>  
 Phone #1(929)205-6099  
 Meeting ID 810 6263 3610, Passcode: serenity20
- 9:00 AM CAVE DWELLERS VIRTUAL** CB  
<https://us02web.zoom.us/j/88594692573?pwd=MjYyRVWhEOFFFBmp3RURlcTRTV202UT09>  
 Phone #646-489-3309  
 Meeting ID: 885 9469 2573, Password: 113059  
 Fourth Saturday of month Hybrid, Open Speakers
- 10:00 AM UNITY (PIERMONT) VIRTUAL** OSP/D  
<https://us06web.zoom.us/j/87299771232?pwd=YWVCK3NRakJzODF2d1YzdW0rZXgzdz09>  
 Phone #646-558-8656  
 Meeting ID: 872 9977 1232, Password: 372359  
 Last Saturday Anniversary Celebration
- NOON HOUR OF POWER VIRTUAL** OST  
<https://us02web.zoom.us/j/81711794244?pwd=dnRBSzRaT3o2OUJtak56a0wrL0RYdz09>  
 Phone # 1(929) 205-6099  
 Meeting ID 817 1179 4244, Passcode: serenity20
- 6:00 PM HOUR OF POWER VIRTUAL** OB  
<https://us02web.zoom.us/j/84716169843?pwd=ZzF1L0FGYS9Lci95VUwvOEJZblozUT09>  
 Phone: Dial +1(929) 205-6099,  
 Meeting ID 847 1616 9843, Passcode: serenity20
- 6:30 PM GRAPEVINE GROUP VIRTUAL** OB  
<https://zoom.us/j/395544016>  
 Phone # 1 (929) 205-6099  
 Meeting ID 395 544 016, PW 616055
- 7:00 PM WEST NYACK GROUP HYBRID** OSP/D  
<https://us02web.zoom.us/j/84728291340?pwd=Ti9kZ2tYTHhBYXpYdWFzaTZCZENsdz09>  
 Phone +1(929) 205-6099  
 Meeting ID: 847 2829 1340, pw 715634
- 7:45 PM GRAPEVINE GROUP VIRTUAL** CD  
<https://zoom.us/j/395544016>  
 Phone # 1 (929) 205-6099  
 Meeting ID 395 544 016, PW 616055
- 8:00 PM THRUWAY MEN'S GROUP VIRTUAL (Men Only)** CL  
<https://zoom.us/j/549528574>  
 Phone # 1(646) 876-9923  
 Meeting ID: 549 528 574, Password: 301320