

LCANA Virtual



Notes:

- Regionally Sponsored daily 12-1pm meeting link is at the bottom of this page, and *more important notes* for some *suggested Home Group zoom meeting settings!*
- *4/7/20: All the info below has been verified!!* Home groups please monitor your own password info shown, and, if you make changes, email us thru CONTACT US to let us know.

Sunday

No Matter What: Topic Discussion

- *1-2:30pm Sundays; and "We ask that members have basic text in hand so as to read the readings."*
- <https://us04web.zoom.us/j/256693604>
- *Password: 032809*

Willow Street: Topic Discussion

- *5-6pm Sundays*
- <https://us04web.zoom.us/j/2757063080>
- *Password: 775874*

Grounded: Open Meeting (addicts/non addicts)

- *8-9pm Sundays*
- <https://us04web.zoom.us/j/5443600933>
- *Password: 144469*

Monday

Keepin' It Real Group: Topic Discussion

- *6-7:30pm Mondays*
- <https://us04web.zoom.us/j/7838987244>
- *Password: 477706*

Early Bird: Topic Discussion

- *7-8pm Mondays*
- <https://us04web.zoom.us/j/9943716236>
- *Password: 041216*

Tuesday

Road to Recovery Through the 12 & 12: Topic Discussion

- *7-8pm Tuesdays*
- <https://us04web.zoom.us/j/392809313>
- *Password: xxxxxxxxxx Get from Home Group!*

Wednesday

We Are Each Other's Eyes and Ears: Topic Discussion

- *7:45pm-9pm Wednesdays*
- <https://zoom.us/j/334639697>
- *No Password Required as of 4/7/20 at 4am*

Thursday

Come As You Are: 11th Step Meeting

- *7pm-8pm Thursdays*
- <https://zoom.us/j/614069513>

- *No Password Required as of 4/7/20 4am*

Friday

Eastside: 1st week-Traditions, 2nd-Steps, 3rd-Open Disc., 4th Speaker

- *7pm-8:30pm Fridays*
- <https://us04web.zoom.us/j/677667015>
- *No Password Required as of 4/7/20 4am*

Survivors:

- *7:30pm-8:30pm Fridays*

1st Friday - NA Approved Literature

2nd Friday - Topic

3rd Friday - Step/Speaker

4th Friday - Just for Today

5th Friday - Chairperson Choice

- <https://zoom.us/j/7173131730>
- *No Password Required as of 4/7/20 4am*

Freedom to Choose: Topic Discussion

- *8-9pm Fridays*
- <https://zoom.us/j/9763894910>
- **Need Password-HG Please send it to: lancasterpana@gmail.com (include meeting ID if you change it)**

Saturday

Eastside: Topic Discussion

- *Saturdays 12:30pm-1:30pm*
- <https://us04web.zoom.us/j/148423471>
- *No Password Required as of 4/7/20 4am*

The Journey Continues: Topic, Discussion, Speaker

- *2-2:40, then re-click link to rejoin*
- <https://zoom.us/j/7402448237>
- *Need Password-HG Please send it to: lancasterpana@gmail.com (include meeting ID if you change it)*

The H.E.R. Group: Topic Meeting

- *Saturdays 11am-12pm*
- <https://us04web.zoom.us/j/180788835>
- *No Password Required as of 4/7/20 4am*

Area Service Meeting

LCANA Monthly Service Meeting and Sub Committee Meeting

1. Had it April 5th zoom Meeting at 2pm.

- <https://us04web.zoom.us/j/980397571>
- *No Password Required as of 4/6/20 4am*
- Sub-Committee Chairs are asked to set up their own Virtual Sub Committee Meetings as appropriate.

Regional Web Committee Sponsored Meetings

Mid Atlantic Region of NA Website Committee sponsors zoom meeting: 12-1pm daily which will continue until further notice!

- 12pm-1pm daily- IP/discussion
- <https://zoom.us/j/806452549>
- *No Password Required as of 4/6/20 4am*
- *CANCELLED 7pm-8pm daily-after 4/7/20 7-8pm.*

Important Notes

- The links in the colored text above (hyper text) are the "**Join zoom Meeting**" links, they **automatically launch** your zoom app!
- If you need to type in the **meeting ID** that is the **numbers after https://zoom.us/j/xxxxxxxxxx**
- If you need the **virtual readings** (Who's an Addict, How it Works, etc.) and presentation, please **submit a "Contact Us"** to request.

- **Host/Chair of H.G. Meetings** may want to seriously consider "Muting All Participants" during your meeting, and just "Unmute" 1 person at a time in case of disruptive participants!!!
- **Submit Contact Us Email** if your HG needs more info on preventing problems that can occur in an NA Virtual Meeting using the zoom platform.
 1. ***Quick Suggested Guidelines*** (prevents creeps from putting stuff on your screen during the meeting!!): In Settings- say yes to the following settings when you set up your meeting-or go back and change them asap:
 - Disable Screen Desktop Share for Users-yes
 - Disable Screen Share in a Meeting and only allow sharing of Selected Applications-yes.
 - Also don't allow-Participants to do anything with the Whiteboard, and don't allow Annotation.