DC Metro Area SAA Intergroup

Coronavirus Impact

This document features:

1. In-Person Meetings health guidelines for conducting in-person meetings
2. Virtual Meetings notification process and tips on conducting virtual meetings
3. Virtual Meeting List and connection information (pages 2, 3, 4, 5, 6)
4. Tips for connecting via FreeConferenceCall.com (page 7)
5. Safety guidelines for using ZOOM (pages 8 and 9)

In-Person Meetings - Health Guidelines

If your meeting is held in-person, here are some suggestions/thoughts/ideas on how to be safe while still engaging the fellowship:

- Do not attend if you have any symptoms
- Wear a mask
- Avoid touching your face, nose, and mouth.
- Cover your mouth when sneezing/coughing, not with your hands but with tissue or elbow.
- Avoid hand-shakes or hugs
- Avoid passing anything around the room, instead have 'how it works", "12 steps", and "12 promises" read fully by one volunteer each.
- For the 7th tradition of collecting money to support the fellowship, leave the basket in one place and have folks get up and leave money there or donate via PayPal
- Once money is placed in the basket, don't touch it (except for treasurer).
- During the closing prayer, remember to keep the recommended distance apart

Virtual Meetings –Notification Process and Meeting Format Tips

Due to the Coronavirus Pandemic, most locations that host in-person meetings have closed their doors. Refer to the virtual meeting list on the next page, note the meeting that you wish to attend and the virtual meeting connection information for that meeting. If your meeting is not listed and your meeting space is closed, send an email to DCmetroSAA@gmail.com with meeting day, time and location, indicate that it is closed and request connection information if you need it or provide connection information if you have something setup for your group.

More updates will be posted as the Intergroup receives cancellations, closings, etc.

If you need a meeting format to conduct your virtual meeting, go to the "Meeting Locator" tab and note the links to sample meeting format in both pdf and MSword.

Recommended options for 7th Tradition Passing of Basket during your virtual meeting:

1. Individuals may make contributions electronically via PayPal to Intergroup. Include this message in the PayPal note: "General Donation"
2. If donating electronically to Intergroup on behalf of your meeting, you must include your Meeting ID in the PayPal note. Locate your "Intergroup Donation Meeting ID" in the table below. Donations with a meeting ID will be reported back to your meeting's Intergroup Rep as your group's donation to Intergroup.
3. Other options as decided by your group.

For Intergroup Donations via PayPal https://www.paypal.me/dcmetrosaa

- Do NOT use *"Paying for a good or a service"* option

Reference items 1 – 3 above for the appropriate note to place in the PayPal note when you make your contribution.

Thank you and stay healthy and safe!

Last updated: 11/3/2022 15:05:00 If viewing in a browser, **do a refresh** to ensure you have the latest version.

If a meeting does not appear in this list, reach out to the meeting point of contact on our website for that meeting to see if it is open for in-person. If it is not open, refer to page 1 for the notification process.

Note: Connection Info which starts with "Dial-In:" indicates a meeting via **FreeConferenceCall.com**. Due to high call volume during this pandemic, busy signals can occur; check the tips at the end of this list for improved connections.

Day	Time	Type	Intergroup Donation Meeting ID	Virtual Meeting Connection Info	ZOOM Meeting ID/Passcode	In-Person?
Sun	11:00 AM	Mixed	Sun 11 AM Mixed Virtual Meeting	ZOOM Meeting: https://us04web.zoom.us/j/6500132083	ID: 6500132083, Passcode: 032920	
Sun	7:00 PM	Mixed	Sun 7 PM Kensington MD03	ZOOM Meeting: https://us05web.zoom.us/j/9147744926?pwd=MlZqSlorZWxLbEM2aWZlVjFaQUFpQT09	ID: 9147744926, Passcode: 0zPUTc	
Sun	7:00 PM	LGBT	Sun 7 PM LGBTQ Virtual Meeting	ZOOM Meeting: https://us04web.zoom.us/j/2750105119	ID: 2750105119, Passcode: 654321	
Sun	7:30 PM	Mixed	Sun 7:30 PM Reston VA55 Room 6	ZOOM Meeting: https://zoom.us/join	ID: 86936128354, Passcode:123456	In-person **AND** zoom
Mon	7:00 AM	Mixed	Mon 7 AM Arlington VA51	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	In-person **AND** zoom
Mon	12:15 PM	Men Only	Mon 12:15 PM Reston VA37	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Mon	6:00 PM	Mixed	Mon 6 PM DC	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Mon	6:30 PM	Mixed	Mon 6:30 PM Baltimore MD09	https://us02web.zoom.us/j/6763382304?pwd=R040UUttMjJSdnlLc0hQcmJTVlRXQT09	ID: 6763382304, Passcode: 123456	In-person **AND** zoom

Mon	7:00 PM	Men Only	Mon 7:00 PM Falls Church, VA	Unity Club, Room 2, 116 West Broad Street, Falls Church VA 22046 Meeting adheres to Unity Club Restrictions; For those **not fully vaccinated**: mask must be worn at all times. Per CDC definition and guidelines. https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html	N/A	Y
Mon	7:00 PM	Mixed	Rockville, MD	In-person only. Additional details can be found here: https://rockvillerecoverysaa.org	N/A	Y
Mon	7:30 PM	Mixed	Mon 7:30 PM Waldorf MD15	In-person meetings resumed 9/14; meeting behind the church	N/A	Y
Mon	7:30 PM	Mixed	Mon 7:30 PM Edgewater MD05	https://us02web.zoom.us/j/84176839357?pwd=UmxVaFQwUkx0eG9rTFUwSkVGMzE3QT09	ID: 841 7683 9357 Passcode: 860107	
Mon	7:45 PM	Mixed	Mon 7:45 PM Charlottesville, VA	Email: SAAINCVILLE@OUTLOOK.COM	Request ID and Passcode	
Mon	8:00 PM	Mixed	Mon 8 PM Falls Church VA13	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Mon	8:00 PM	Men Only	Mon 8 PM Leesburg, VA	ZOOM Meeting: https://zoom.us/j/346037451?pwd=QTF4eE5KbTFZMGNicCttUnVHcVI1QT09	ID: 346037451, Passcode: 123456	In-person **AND** zoom
Mon	8:00 PM	Mixed	Mon 8 PM Clinton MD	Dial-In: 605-472-5814/Access Code: 715-537-487#	N/A	
Tue	6:30 PM	Women Only	Tues 6:30 PM Virtual MD29	ZOOM Meeting ID: 826 7843 3841 Contact Lbsrecovery@gmail.com for the password	ID: 826 7843 3841 Request Passcode	
Tue	6:30 PM	Mixed	Tues 6:30 PM Arlington VA34	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Tue	7:00 PM	Men Only	Tue &:00 PM Leonardtown, MD	In-person only http://dcmetrosaa.org/meeting/dowell-house-community-center/		Y

Tue	7:30 PM	Men Only	Tues 7:30 PM Fairfax VA40	https://us02web.zoom.us/j/89587391813?pwd=SzdYRzFLcDdLZ0JZdWEyQ2hhOGI0dz09	ID: 89587391813, Passcode: 123456	In-person **AND** zoom
Tue	7:30 PM	Mixed	Tues 7:30 PM Clarendon (2nd/4th only)	https://us02web.zoom.us/j/125739743?pwd=YTNad3h6WjNBU01say9hcVc5bHpNUT09	ID: 125739743, Passcode: 123456	
Tue	8:00 PM	Mixed	Tues 8 PM Silver Spring MD14	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Tue	8:00 PM	Mixed	Tues 8 PM Arlington VA14	https://us02web.zoom.us/j/999769408?pwd=WWoybnJVU3Y5OFFGaElmNXZLaWxudz09	ID: 999 769 408, Passcode: 968680	In-person **AND** zoom
Tue	8:30 PM	Mixed	Tues 8:30 PM Crownsville MD	In-person only http://dcmetrosaa.org/meeting/south-shore-recovery-club/		Y
Wed	7:00 PM	Men Only	Wed 7 PM Vienna VA63	https://us02web.zoom.us/j/6763382304?pwd=R040UUttMjJSdnILc0hQcmJTVlRXQT09	ID: 6763382304, Passcode: 123456	
Wed	7:00 PM	Mixed	Wed 7 PM Joppa, MD	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Wed	7:30 PM	Mixed	Wed 7:30 PM Edgewater MD06	ZOOM Meeting: https://us02web.zoom.us/j/84224508793?pwd=MmV6aEJZM0Z1ZlVoR3RvQVZFUDNpQT09	ID: 84224508793, Passcode: 531450	
Wed	7:30 PM	Mixed	Wed 7:30 PM Charlottesville, VA	Email: SAAINCVILLE@OUTLOOK.COM	Request ID and Passcode	
Wed	8:00 PM	Mixed	Wed 8 PM Linthicum Heights	https://us02web.zoom.us/j/6763382304?pwd=R040UUttMjJSdnILc0hQcmJTVlRXQT09	ID: 6763382304, Passcode: 123456	
Wed	8:00 PM	Men Only	Wed 8 PM Sterling, VA VA02	https://us02web.zoom.us/j/474924318?pwd=V3A1T2NxUkxJZE9QZVR4WG1RcTVOdz09	ID: 474924318, Passcode: 123456	In-person **AND** zoom
Thu	7:00 AM	Mixed	Thurs 7 AM Arlington VA41	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	In-person **AND** zoom

Thu	12:15 PM	Men Only	Thurs 12:15 PM Reston VA42	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Thu	7:00 PM	Mixed	Thurs 7:00 PM Falls Church, VA	Unity Club, Room 2, 116 West Broad Street, Falls Church VA 22046 Meeting adheres to Unity Club Restrictions; For those **not fully vaccinated**: mask must be worn at all times. Per CDC definition and guidelines. https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html	N/A	Y
Thu	6:30 PM	Mixed	Thurs 6:30 PM Annapolis MD	In-person only http://dcmetrosaa.org/meeting/eastport-united-methodist-church/		Y
Thu	7:30 PM	Mixed	Thurs 7:30 PM Waldorf MD21	Dial-In: 425-436-6398/Access Code: 600311	N/A	
Thu	7:30 PM	Mixed	Thurs 7:30 PM Gainesville, VA VA60	https://us02web.zoom.us/j/86975823927?pwd=K2FFWHZTdHkyOHBVZ0hETEZXelBLQT09	ID: 86975823927, Passcode: 123456	In-person **AND** zoom
Thu	7:30 PM	Mixed	Thurs 7:30 PM Rehoboth Beach, DE	Dial-in: 425-463-6314/Access Code: 539749 To join via video: meeting ID is berkmata60	N/A	
Thu	8:00 PM	Mixed	Thurs 8 PM Arlington VA17	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Thu	8:00 PM	Mixed	Thurs 8 PM Kensington MD04	https://dealeron.zoom.us/j/95208123270?pwd=Q2hEU1BGRUhjTWp0YTFJeU01VEJjQT09	ID: 95208123270, Passcode: 020895	
Thu	8:00 PM	Mixed	Thurs 8 PM Greenbelt, MD	In-person only http://dcmetrosaa.org/meeting/greenbelt-step-club/		Y
Fri	6:00 PM	Mixed	Fri 6 PM Sterling, VA VA29	https://us02web.zoom.us/j/955252578?pwd=K2oycXJWRG9mOGJiaVUrRm9XYldTUT09	ID: 955252578, Passcode: 123456	In-person (Fellowship Hall) **AND** zoom
Fri	8:00 PM	Mixed	Fri 8 PM Falls Church VA06	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	

Fri	8:00 PM	Mixed	Fri 8 PM Baltimore MD02	https://zoom.us/j/96755629292?pwd=d3RMLzQyWHdoWEhPWVlhRzNYM081dz09	ID: 967 5562 9292 Passcode: Fridays	
Sat	7:00 AM	Mixed	Sat 7 AM Arlington VA27	https://us02web.zoom.us/j/6763382304?pwd=R040UUttMjJSdnlLc0hQcmJTVlRXQT09	ID: 6763382304, Passcode: 123456	In-person **AND** zoom
Sat	7:00 AM	Mixed	Sat 7 AM Kensington MD12	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	In-person (masked and vaccinated, please) **AND** Zoom
Sat	7:30 AM	Mixed	Sat 7:30 AM Bowie MD13	ZOOM Meeting: Contact Robert F. 1-781-316-4000 and Mike H 1-301-802-6461 for meeting access	Request ID and Passcode	In-person **AND** zoom
Sat	8:30 AM	Women Only	Sat 8:30 AM Arlington VA-W	https://us02web.zoom.us/j/87919367546?pwd=STRUVmJnaVplaWovbmYvNGtHcmJYZz09	ID: 87919367546 Passcode embedded in Zoom link	
Sat	8:30 AM	Mixed	Sat 8:30 AM Arlington VA38	https://zoom.us/j/810064508?pwd=UTZyNVM4cGRWT3BVdlpJaG9FdU5jUT09	ID: 810064508, Passcode: 123456	
Sat	10:00 AM	Mixed	Sat 10 AM Arlington VA08	Meeting is in person, meeting outside (weather permitting) beginning April 3, 2021. Masks and social distancing required. Zoom meeting has been suspended. For details contact Olin T. at 703-864-5527		
Sat	4:00 PM	Mixed	Sat 4 PM Vienna VA31	https://us02web.zoom.us/j/85467322664?pwd=dy9LbUZpNU9YbG95VERydWxHT3o2QT09	ID: 85467322664, Passcode: 123456	

Tips for connections via FreeConferenceCall.com:

- **Download the latest version of their mobile app.** There is built in call routing technology to help avoid phone carriers that are experiencing high congestion. In the app you can also choose to call in using Wi-Fi. We suggest trying this if you previously called in and received a busy signal

- **Schedule meetings 5, 15, 45, or 50 minutes past the hour.** As an example, try scheduling your meeting to start at 9:50 instead of 10:00. This is because demand surges on the hour and the half hour and your phone carriers' network will be most strained at those times.

- **If you call in and receive a busy signal send a text that says "Help" to your conferences dial-in number.** Support personnel will then send you backup numbers that you can use.

- **If you have AT&T, tweet them @ATT and tell them they need to stop blocking calls to FreeConferenceCall.com.**

ZOOM Security Guidelines for DC Metro Area SAA Meetings

NOTE: As of September 27, 2020, Zoom now requires that all meetings use a password or waiting room as part of basic security. Enhanced security is an option. Please read these guidelines and email dcmetrosaa@gmail.com with any questions.

Basic Security:

Basic Security is currently available and requires some attentiveness. Following these basic security practices can offer another measure of security for anonymity and privacy for all groups.

1. A password will be required by anyone wanting access to the meeting. Each meeting attendee must enter a password to access the Zoom meeting. This will require a posting on the website with an email address or cell phone number or some other way that a newcomer can gain access to the password.
2. Every individual that enters a meeting can be questioned to confirm their home meeting and whether they are a newcomer. All phone numbers must self-identify.
3. Announcement is made regarding the possibility of an interruption and announce what the procedure will be to end the meeting in the event of an interruption.
4. Those who enter after the meeting has started should still be screened.
   In the unlikely event that a meeting interrupted in a manner that prevents continuation or is unsafe, the chair should announce the end of the meeting immediately. The host should execute the permission to end the meeting for all attendees.

Enhanced Security:

The only meetings that can request enhanced security settings are those utilizing the Intergroup Zoom account (https://zoom.us/j/810064508). The meeting can be scheduled using the meeting's own preferred security settings. Each meeting can then modify the settings during the meeting to suit their group conscience. To make a request for enhanced security, please email Metro SAA Intergroup at DCMetroSAA@gmail.com with your request and more details will be provided.

Any group requesting enhanced security for their meeting must request enhanced security in the email. Also note that a group requesting enhanced security will receive a unique meeting link and a meeting password. The meeting will also require a host to login.

Additional Security Settings available if you request enhanced security:

1. Enable a waiting room that attendees are sent to and must be approved by host. This "waiting room" can be disabled during the meeting and must be done by a host. Therefore, someone must be delegated to be the host and must sign in as host. Detailed instructions will be provided when the meeting ID and password is issued to the requestor.
2. Do NOT allow participants to join before the host.

Host Management Options

"Manage Participants" icon:

1. Remove a participant who is being disruptive
2. Mute and unmute all or individual participants

3. Lock a meeting to prevent additional participants from joining (“Manage Participants” then “More”)
4. Prevent participants from renaming themselves (“Manage Participants” then “More”)
5. Play Enter/Exit Chime (“Manage Participants” then “More”)
6. Mute Participants on Entry (“Manage Participants” then “More”)

“Share Screen ^” icon:

7. Screen Sharing Options: All Participants or Host Only (“^” beside “Share Screen” icon “Advanced”)

“Share Screen” icon:

8. Disable participants annotation (ability to draw on a shared screen, “... More” icon)

“Chat” icon:

9. In-meeting chat options (“Chat” icon then boxed “...” icon at bottom of chat window)

Other Potential Security Issues:

10. Virtual Background (images can be displayed as a background, cannot control other participants)

Important Main Screen Meeting Controls

11. End meeting for all participants “End Meeting”

Support.zoom.us/hc/en-us/articles/201362603-What-Are-the-Host-Controls-