

AI-Anon Phone Meeting and Topic Schedule

(Eastern Standard Time)

712-432-8733 access code 52639#

Sunday

- 8am** Sunday Arise and Shine
- 11am** Sunday Morning Paths to Recovery
- 2pm** Sunday Paths to Recovery Book Study
- 4pm** Sunday Opening our Hearts Transforming our Losses
- 8pm** Sunday Night Steps and Traditions How AI-Anon Works

Monday

- 9am** Monday Meditation Book Meeting from Three Daily Readers
- Noon** Monday Day A Topic from the Three Meditation Books
- 4pm** Monday Beginners Literature meeting
- 8pm** Monday Night From Survival to Recovery
- 10pm** EST Monday Blueprint for Progress

Tuesday

- 9am** Tuesday Beginners Step One Study
- Noon** Tuesday Day AI-Anon Twelve and Twelve
- 4pm** Tuesday Step Ten Meeting
- 8pm** Tuesday Night Topic Discussion Three Mediation Books
- 10pm** Tuesday Night LGBTQ Meeting Discovering Choices

Wednesday

- 9am** Wednesday Beginner Step Two Study
- Noon** Wednesday Day From Survival to Recovery
- 4pm** Wednesday Meditation Meeting
- 8pm** Wednesday Night Beginner's Meeting How AI-Anon Works

Thursday

- 9am** Thursday Gratitude Meeting
- Noon** Thursday Day AI-Anon's Three Meditation Books
- 4pm** Thursday Beginners Slogans
- 8pm** Thursday Night Paths to Recovery
- 10pm** Thursday Blueprint for Progress
- Midnight** Thursday Three Daily Meditation Books

Friday

- 9am** Friday Step Three
- Noon** Friday Day Speaker Meeting
- 4pm** Step Twelve Meeting
- 8pm** Friday Night How AI-Anon Works
- 10pm** Recovery in AI-Anon

Saturday

- 8am** Saturday Early Morning Speaker Meeting
- Noon** Saturday Day Hope for Today Meditation Book
- 4pm** Saturday Opening our Hearts Transforming our Losses
- 8pm** Saturday Night Speaker Meetings
- 10pm** Saturday Tradition Meeting