

## 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

### 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