

**Welcome to Al-Anon's Phone Meetings - [www.phonemeetings.org](http://www.phonemeetings.org)**

**The recording phone number of the Unity Meetings Schedule**

712-432-8733 Access Code UNITY411#

Back up schedule recording in case the conference is out of service 425-436-6202

Access Code: 335289# Reference Number 1#

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Phone meetings are global teleconferences and registered Al-Anon phone meetings.

### MEETING SCHEDULE

All Pacific Time Zones on the same phone number and access code as below.

3am	7 days a week - access code: Unity6 (864896#)
5am	Saturday and Sunday – access code: Unity8 (864898)
6am	Weekdays (Monday thru Friday) – access code: Unity9 (864899)
7am	Saturday– access code: Unity10 (8648910)
8am	Sunday– access code: Unity11 (8648911)
9am	Monday thru Friday– access code: Unity12 (8648912)
1pm	7 days a week– access code: Unity4 (864894)
3pm	7 days a week– access code: Unity6 (864896)
5pm	7 days a week – access code: Unity8 (864898)
7pm	7 days a week – access code: Unity10 (8648910)
9pm	Monday and Thursday– access code: Unity12 (8648912)

When you dial in into the meeting you will be muted. No one will be able to hear you. You can be heard by pressing the \*1 (star one) keys on your phone to unmute. Please stay muted at all times unless you want to share.

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Email: [phonemeetingsinformation@yahoo.com](mailto:phonemeetingsinformation@yahoo.com)

Al-Anon members can attend by calling (712) 432-8733

### ACCESS CODES in Eastern Time

- 6am and 6pm Meetings - Unity6 (864896#)
- 2pm Meetings - Unity2 (8648962#)
- 4pm Meetings - Unity4 (864894#)
- 8am and 8pm Meetings - Unity8 (864898#)
- 9am Meetings - Unity9 (864899#)
- 10am and 10pm Meetings - Unity10 (8648910#)
- 11am Meetings - Unity11 (8648911#)
- 12noon and 12 midnight Meetings - Unity12 (8648912#)

**Al-Anon Phone Meeting Topic Schedule  
(Pacific Time Zone)**

**712-432-8733 - Access Codes next page**

**Sunday**

- 3am** Sunday Unity Daily Readers
- 5am** Sunday Paths to Recovery Study Meeting
- 8am** Sunday On Our Path to Recovery
- 11am** Sunday Our Paths to Recovery through Al-Anon's Steps, Traditions and Concepts
- 1pm** Sunday Grief As A Process
- 3pm** Sunday Sharing our Experience, Strength and Hope Meeting
- 5pm** Sunday Working the Steps and Traditions Using How Al-Anon Works Meeting
- 7pm** Sunday Sharing Our Recovery

**Monday**

- 3am** Monday Unity Daily Readers
- 6am** Monday Today's Daily Readings
- 9am** Monday Topics for Recovery Meeting
- 1pm** Monday Beginners Literature meeting
- 5pm** Monday Night From Survival to Recovery
- 7pm** Monday Blueprint for Progress
- 9pm** Monday Topic Recovery meeting

**Tuesday**

- 6am** Tuesday Unity Daily Readers
- 9am** Tuesday Step One Beginners Meeting
- Noon** AFG 12 & 12 Meeting
- 4pm** Tuesday Taking Step Ten Meeting
- 8pm** Tuesday Topic Discussion  
Three Mediation Books
- 10pm** Tuesday Discovering Choices

**Wednesday**

- 6am** Wednesday Unity Daily Readers
- 9am** Wednesday Step Two Beginners Meeting
- Noon** Wednesday Joy Is Our Birth Right (From Survival to Recovery)
- 4pm** Wednesday Conscious Contact Eleventh Step Literature, Meditation and Discussion Mtg
- 8pm** Wednesday How AFG Works Beginners Mtg
- 10pm Wednesday** Grief and Loss In the Journey Toward Recovery

**Thursday**

- 3am** Thursday Unity Daily Readers
- 6am** Thursday Living With Gratitude Meeting
- 9am** Thursday Serenity Spoken Here Mtg
- 1pm** Thursday Working Our Slogans  
Beginners Meeting
- 3pm** Lois Remembers
- 5pm** Thursday Night Paths to Recovery
- 7pm** Thursday Blueprint for Progress
- 9pm** Thursday AFG Midnight Daily Readers

**Friday**

- 3am** Friday Unity Daily Readers
- 6am** Friday Step Three Beginners Meeting
- 9am** Friday Day Speaker Meeting
- 1pm** Friday "Step Twelve in All Our Affairs" Meeting
- 3pm** Friday Reaching for Personal Freedom
- 5pm** Friday Night How Al-Anon Works
- 7pm** Friday Recovering in Al-Anon  
In All Our Affairs: Making Crisis Work For You

**Saturday**

- 3am** Saturday Unity Daily Readers
- 5am** Saturday Three Legacy Speaker Meeting
- 7am** Saturday Traditions Study Using Paths to Recovery
- 9** Saturday Hope for Today Meeting
- 11am** "Al-Anon Spoken" Here Workshop
- 1pm** Saturday Opening our Hearts  
Transforming our Losses
- 3pm** Saturday The Eleventh Step Study Meeting
- 5pm** Saturday Sharing Our Experience, Strength and Hope Speaker Meeting
- 7pm** Saturday Obedience to the Unenforceable Meeting