

Welcome to Al-Anon's Phone Meetings

Website: www.alanonphonemeetings.org

Al-Anon phone meetings are global teleconferences that are scheduled and registered Al-Anon meetings. Al-Anon members can attend by calling (712) 432-8733 with an access code of 52639#.

MEETING SCHEDULE

All Central Time Zones, on the same phone number and access code as above.

7am	Saturday and Sunday
8am	Weekdays (Monday thru Friday)
11am	Monday ----- Saturday
10am	Sunday
1pm	Sunday
3pm	7 days a week
7pm	7 days a week
9pm	Saturday, Monday, Tuesday, Thursday and Friday
11pm	Thursday

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.

Email: alanonphonemeetings@yahoo.com

**Al-Anon Phone Meeting Topic Schedule
(Central Time Zone)
712-432-8733 access code 52639#**

Sunday

**7am Sunday Arise and Shine
10am Sunday Morning Paths to Recovery
1pm Sunday Paths to Recovery Book Study
3pm Sunday Opening our Hearts
 Transforming our Losses
7pm Sunday Night Steps and Traditions
 How Al-Anon Works**

Monday

**8am Monday Meditation Book Meeting
 From Three Daily Readers
11am Monday Day A Topic from the
 Three Meditation Books
3pm Monday Beginners Literature meeting
7pm Monday Night From Survival to
Recovery
9pm Monday Blueprint for Progress**

Tuesday

**8am Tuesday Beginners Step One Study
11am Tuesday Al-Anon Twelve and Twelve
3pm Tuesday Step Ten Meeting
7pm Tuesday Night Topic Discussion
 Three Mediation Books
9pm Tuesday Night LGBTQ Meeting
 Discovering Choices**

Wednesday

**8am Wednesday Beginner Step Two Study
11am Wednesday From Survival to Recovery
3pm Wednesday Meditation Meeting
7pm Wednesday Night Beginner's Meeting
 How Al-Anon Works**

Thursday

**8am Thursday Gratitude Meeting
11am Thursday Day Al-Anon's
 Three Meditation Books
3pm Thursday Beginners Slogans
7pm Thursday Night Paths to Recovery
9pm Thursday Blueprint for Progress
11pm Thursday
 Three Daily Meditation Books**

Friday

**8am Friday Step Three
11am Friday Day Speaker Meeting
3pm Step Twelve Meeting
7pm Friday Night How Al-Anon Works
9pm Recovering in Al-Anon
 The Dilemma of the Alcoholic Marriage**

Saturday

**7am Saturday Early Morning Speaker Meeting
11am Saturday Hope for Today Meditation Book
3pm Saturday Opening our Hearts
 Transforming our Losses
7pm Saturday Night Speaker Meetings
9pm Saturday Tradition Meeting**