

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 Eastern Time Zones on the same phone number and access code as above.

8am	Saturday and Sunday
9am	Weekdays (Monday thru Friday)
Noon	Monday ----- Saturday
11am	Sunday
2pm	Sunday
4pm	7 days a week
8pm	7 days a week
10pm	Saturday, Monday, Tuesday, Thursday and Friday
Midnight	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
(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 Al-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 Monday Blueprint for Progress**

Tuesday

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

Wednesday

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

Thursday

**9am Thursday Gratitude Meeting
Noon Thursday Day Al-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 Al-Anon Works
10pm Recovering in Al-Anon
 The Dilemma of the Alcoholic Marriage**

Saturday

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