

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

6am	Saturday and Sunday
7am	Weekdays (Monday thru Friday)
10am	Monday ----- Saturday
9am	Sunday
Noon	Sunday
2pm	7 days a week
6pm	7 days a week
8pm	Saturday, Monday, Tuesday, Thursday and Friday
10pm	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
(Mountain Standard Time)
712-432-8733 access code 52639#**

Sunday

**6am Sunday Arise and Shine
9am Sunday Morning Paths to Recovery
Noon Sunday Paths to Recovery Book Study
2pm Sunday Opening our Hearts
 Transforming our Losses
6pm Sunday Night Steps and Traditions
 How Al-Anon Works**

Monday

**7am Monday Meditation Book Meeting
 From Three Daily Readers
10am Monday Day A Topic from the
 Three Meditation Books
2pm Monday Beginners Literature meeting
6pm Monday Night From Survival to
Recovery
8pm Monday Blueprint for Progress**

Tuesday

**7am Tuesday Beginners Step One Study
10am Tuesday Al-Anon Twelve and Twelve
2pm Tuesday Step Ten Meeting
6pm Tuesday Night Topic Discussion
 Three Mediation Books
8pm Tuesday Night LGBTQ Meeting
 Discovering Choices**

Wednesday

**7am Wednesday Beginner Step Two Study
10am Wednesday From Survival to Recovery
2pm Wednesday Meditation Meeting
6pm Wednesday Night Beginner's Meeting
 How Al-Anon Works**

Thursday

**7am Thursday Gratitude Meeting
10am Thursday Day Al-Anon's
 Three Meditation Books
2pm Thursday Beginners Slogans
6pm Thursday Night Paths to Recovery
8pm Thursday Blueprint for Progress
10pm Thursday
 Three Daily Meditation Books**

Friday

**7am Friday Step Three
10am Friday Day Speaker Meeting
2pm Step Twelve Meeting
6pm Friday Night How Al-Anon Works
8pm Recovering in Al-Anon
 The Dilemma of the Alcoholic Marriage**

Saturday

**7am Saturday Early Morning Speaker Meeting
10am Saturday Hope for Today Meditation Book
2pm Saturday Opening our Hearts
 Transforming our Losses
6pm Saturday Night Speaker Meeting
8pm Saturday Tradition Meeting**