

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

5am	Saturday and Sunday
6am	Weekdays (Monday thru Friday)
8am	Sunday
11am	Sunday
9am	Monday ----- Saturday
1pm	7 days a week
5pm	7 days a week
7pm	Saturday, Monday, Tuesday, Thursday and Friday
9pm	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
(Pacific Time Zone)
712-432-8733 access code 52639#**

Sunday

**5am Sunday Arise and Shine
8am Sunday Morning Paths to Recovery
11am Sunday Paths to Recovery Book Study
1pm Sunday Opening our Hearts
 Transforming our Losses
5pm Sunday Night Steps and Traditions
 How Al-Anon Works**

Monday

**6am Monday Meditation Book Meeting
 From Three Daily Readers
9am Monday Day A Topic from the
 Three Meditation Books
1pm Monday Beginners Literature meeting
5pm Monday Night From Survival to
Recovery
7pm Monday Blueprint for Progress**

Tuesday

**6am Tuesday Beginners Step One Study
9am Tuesday Al-Anon Twelve and Twelve
1pm Tuesday Step Ten Meeting
5pm Tuesday Night Topic Discussion
 Three Mediation Books
7pm Tuesday Night LGBTO Meeting
 Discovering Choices**

Wednesday

**6am Wednesday Beginner Step Two Study
9am Wednesday From Survival to Recovery
1pm Wednesday Meditation Meeting
5pm Wednesday Night Beginner's Meeting
 How Al-Anon Works**

Thursday

**6am Thursday Gratitude Meeting
9am Thursday Day Al-Anon's
 Three Meditation Books
1pm Thursday Beginners Slogans
5pm Thursday Night Paths to Recovery
7pm Thursday Blueprint for Progress
9pm Thursday
 Three Daily Meditation Books**

Friday

**6am Friday Step Three
9am Friday Day Speaker Meeting
1pm Step Twelve Meeting
5pm Friday Night How Al-Anon Works
 7pm Recovering in Al-Anon
 The Dilemma of the Alcoholic Marriage**

Saturday

**5am Saturday Early Morning Speaker Meeting
9am Saturday Hope for Today Meditation Book
1pm Saturday Opening our Hearts
 Transforming our Losses
5pm Saturday Night Speaker Meeting
7pm Saturday Tradition Meeting**