

**Al-Anon Phone Meeting and Topic Schedule
(Eastern Standard Time)**

712-432-8733 access code 52639#

712-432-8733 access code 84637# (TIMES)

712-432-8733 access code 6468837# (Minutes)

Sunday

6am Sunday Just For Today

Three Meditation Books

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

6pm Sunday Sharing our ESH

8pm Sunday Night Steps and Traditions

How Al-Anon Works

10pm Sunday Sharing Our Recovery

The Forum Magazines

Monday

6am Monday Just For Today

Three Meditation Books

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

Midnight Monday Topic Recovery meeting

Tuesday

6am Tuesday Just For Today

Three Meditation Books

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 LGBTQ Meeting

Discovering Choices

Wednesday

6am Wednesday Just For Today

Three Meditation Books

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

6am Thursday Just For Today

Three Meditation Books

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

6am Friday Just For Today

Three Meditation Books

9am Friday Step Three

Noon Friday Day Speaker Meeting

4pm Friday Step Twelve Meeting

8pm Friday Night How Al-Anon Works

10pm Friday Recovering in Al-Anon

In All Our Affairs: Making Crisis Work For You

Saturday

6am Saturday Just For Today

Three Meditation Books

8am Saturday Early Morning Speaker Meeting

10am Saturday Traditions Meeting

Paths to Recovery

Noon Saturday Hope for Today Meditation Book

2pm "Al-Anon Spoken" Here Workshop

4pm Saturday Opening our Hearts

Transforming our Losses

6pm Saturday The Eleventh Step Study Meeting

8pm Saturday Night Speaker Meetings

10pm Saturday Tradition Meeting