

## Welcome to Al-Anon's Phone Meetings

Website: [www.phonemeetings.org](http://www.phonemeetings.org)

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Phone meetings are global teleconferences are 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.

5am	7 days a week
7am	Saturday and Sunday
8am	Weekdays (Monday thru Friday)
9am	Saturday
11am	Monday ----- Saturday
5pm	Saturday
10am	Sunday
1pm	Sunday
3pm	7 days a week
7pm	7 days a week
9pm	Monday, Tuesday, Thursday, Friday, Saturday, Sunday
11pm	Monday and 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: [phonemeetingsinformation@yahoo.com](mailto:phonemeetingsinformation@yahoo.com)

**Al-Anon Phone Meeting Topic Schedule  
(Central Time Zone)**

712-432-8733 access code 52639#

**Sunday**

5am Saturday Just For Today Meeting  
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  
9pm Sunday Sharing Our Recovery  
    From The FORUM Magazine

**Monday**

5am Saturday Just For Today Meeting  
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  
11pm Topic Recovery Meeting

**Tuesday**

5am Saturday Just For Today Meeting  
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 LGBTO Meeting  
    Discovering Choices

**Wednesday**

5am Saturday Just For Today Meeting  
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**

5am Saturday Just For Today Meeting  
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**

5am Saturday Just For Today Meeting  
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  
    In All Our Affairs: Making Crises Work For You

**Saturday**

5am Saturday Just For Today Meeting  
7am Saturday Early Morning Speaker Meeting  
9am Paths to Recovery Traditions Meetings  
11am Saturday Hope for Today Meditation Book  
3pm Saturday Opening our Hearts  
    Transforming our Losses  
5pm Saturday Eleventh Step Study Meeting  
7pm Saturday Night Speaker Meetings  
9pm Saturday Tradition Meeting