**Welcome to Al-Anon’s Phone Meetings -** [**www.phonemeetings.org**](http://www.phonemeetings.org)

**The recorded phone number of the Unity Meetings Schedule is**

712-432-8733 Access Code UNITY411#

**Back up schedule** recording in case the conference is out of service 425-436-6202

Access Code: 335289# Reference Number 1#

**Phone meetings are global teleconferences that are registered Al-Anon meetings.**

**Al-Anon members can attend by calling (712) 432-8733**

**MEETING SCHEDULE**

**6am 7 days a week - access code: Unity6# (864896#)**

**8am                   Saturday and Sunday – access code: Unity8# (864898#)**
**9am                   Weekdays (Monday thru Friday) – access code: Unity9# (864899#)**

**10am Saturday– access code: Unity10# (8648910#)**

**11am                  Sunday– access code: Unity11# (8648911#)**

**12noon                  Monday thru Friday– access code: Unity12# (8648912#)**

**4pm                    7 days a week– access code: Unity4# (864894#)**

**6pm 7 days a week–access code: Unity6# (864896#)**

**8pm                    7 days a week – access code: Unity8# (864898#)**
**10pm 7 days a week – access code: Unity10# (8648910#)**

**12midnight Monday and Thursday– access code: Unity12# (8648912#)**

**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.**

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**Email:** **phonemeetingsinformation@yahoo.com**

**Al-Anon members can attend by calling (712) 432-8733**

**ACCESS CODES in Eastern Time**

6am and 6pm Meetings - Unity6# (864896#)

2pm Meetings - Unity2# (8648962#)

4pm Meetings - Unity4# (864894#)

8am and 8pm Meetings - Unity8# (864898#)

9am Meetings - Unity9# (864899#)

10am and 10pm Meetings - Unity10# (8648910#)

11am Meetings - Unity11# (8648911#)

12noon and 12 midnight Meetings - Unity12# (8648912#)

**Al-Anon Phone Meetings Schedule- Eastern**

**712-432-8733 - Access Codes next page**

**Sunday**

**6am** Sunday Unity Daily Readers

**8am** Sunday Paths to Recovery Study Meeting

**11am** Sunday On Our Path to Recovery

**2pm** Sunday Our Paths to Recovery through Al-Anon's Steps, Traditions and Concepts

**4pm** Sunday Grief As A Process

**6pm** Sunday Sharing our Experience, Strength and Hope Meeting

**8pm** Sunday Working the Steps and Traditions Using How Al-Anon Works Meeting

**10pm** Sunday Sharing Our Recovery

**Monday**

**6am** Monday Unity Daily Readers

**9am** Monday Today’s Daily Readings

**Noon** Monday Topics for Recovery Meeting

**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 Unity Daily Readers

**9am** Tuesday Step One Beginners Meeting

**Noon** AFG 12 & 12 Meeting

**4pm** Tuesday Taking Step Ten Meeting

**6pm** Tuesday Study AFG Service Manual

**8pm** Tuesday Topic Discussion

Three Mediation Books

**10pm** Tuesday Discovering Choices

**Wednesday**

**6am** Wednesday Unity Daily Readers

**9am** Wednesday Step Two Beginners Meeting

**Noon** Wednesday Joy Is Our Birth Right (From Survival to Recovery

**4pm** Wednesday Conscious Contact Eleventh Step Literature, Meditation and Discussion Mtg

**6pm** Wednesday Embracing Intimacy

**8pm** Wednesday How AFG Works Beginners **10pm Wednesday** Grief and Loss In the Journey Toward Recovery

**Thursday**

**6am** Thursday Unity Daily Readers

**9am** Thursday Living With Gratitude Meeting

**Noon** Thursday Serenity Spoken Here Mtg

**4pm** Thursday Working Our Slogans

 Beginners Meeting

**6pm** Lois Remembers

**8pm** Thursday Night Paths to Recovery

**10pm** Thursday Blueprint for Progress

**Midnight** Thursday AFG Midnight Daily Readers

**Friday**

**6am** Friday Unity Daily Readers

**9am** Friday Step Three Beginners Meeting

**Noon** Friday Day Speaker Meeting

**4pm** Friday  “Step Twelve in All Our Affairs” Meeting

**6pm** Friday Reaching for Personal Freedom

**8pm** Friday Night How Al-Anon Works

**10pm** FridayRecovering in Al-Anon

In All Our Affairs: Making Crisis Work For You

**Saturday**

**6am** Saturday Unity Daily Readers

**8am** Saturday Three Legacy Speaker Meeting

**10am** Saturday Traditions Study Using Paths to Recovery

**Noon** Saturday Hope for Today Meeting

**4pm** Saturday Opening our Hearts

Transforming our Losses

**6pm** Saturday The Eleventh Step Study Meeting

**8pm** Saturday Sharing Our Experience, Strength and Hope Speaker Meeting

**10pm** Saturday Obedience to the Unenforceable Meeting