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

**The recording phone number of the Unity Meetings Schedule**

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#

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**Phone meetings are global teleconferences that are registered Al-Anon meetings. Al-Anon members can attend by calling (712) 432-8733 with an access code of below.**

**MEETING SCHEDULE**

**All Mountain Time Zones on the same phone number and access code as below.**

**4am 7 days a week - access code: Unity6 (864896#)**

**6am                   Saturday and Sunday – access code: Unity8 (864898)**   
**7am                   Weekdays (Monday thru Friday) – access code: Unity9 (864899)**

**8am Saturday– access code: Unity10 (8648910)**

**9am                  Sunday– access code: Unity11 (8648911)**

**10am                  Monday thru Friday– access code: Unity12 (8648912)**

**2pm                    7 days a week– access code: Unity4 (864894)**

**4pm 7 days a week – access code: Unity6 (864896)**

**6pm                    7 days a week – access code: Unity8 (864898)**   
**8pm 7 days a week – access code: Unity10 (8648910)**

**10pm 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 Phone Meeting Topic Schedule**

**(Mountain Standard Time)**

**712-432-8733**

**Sunday**

**Sunday**

**4am** Sunday Unity Daily Readers

**6am** Sunday Paths to Recovery Study Meeting

**9am** Sunday On Our Path to Recovery

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

**2pm** Sunday Grief As A Process

**4pm** Sunday Sharing our Experience, Strength and Hope Meeting

**6pm** Sunday Working the Steps and Traditions Using How Al-Anon Works Meeting

**8pm** Sunday Sharing Our Recovery

**Monday**

**4am** Monday Unity Daily Readers

**7am** Monday Today’s Daily Readings

**10** Monday Topics for Recovery Meeting

**2pm** Monday Beginners Literature meeting

**6pm** Monday Night From Survival to Recovery

**8pm** Monday Blueprint for Progress

**10pm** Monday Topic Recovery meeting

**Tuesday**

**4am** Tuesday Unity Daily Readers

**7am** Tuesday Step One Beginners Meeting

**10am** AFG 12 & 12 Meeting

**2pm** Tuesday Taking Step Ten Meeting

**6pm** Tuesday Topic Discussion

Three Mediation Books

**8pm** Tuesday Discovering Choices

**Wednesday**

**4am** Wednesday Unity Daily Readers

**7am** Wednesday Step Two Beginners Meeting

**10am** Wednesday Joy Is Our Birth Right (From Survival to Recovery

**2pm** Wednesday Conscious Contact Eleventh Step Literature, Meditation and Discussion Mtg

**6pm** Wednesday How AFG Works Beginners Mtg

**8pm Wednesday** Grief and Loss In the Journey Toward Recovery

**Thursday**

**4am** Thursday Unity Daily Readers

**7am** Thursday Living With Gratitude Meeting

**10am** Thursday Serenity Spoken Here Meetings

**2pm** Thursday Working Our Slogans

Beginners Meeting

**4pm** Lois Remembers

**6pm** Thursday Night Paths to Recovery

**8pm** Thursday Blueprint for Progress

**10p**Thursday AFG Midnight Daily Readers

**Friday**

**4am** Friday Unity Daily Readers

**7am** Friday Step Three Beginners Meeting

**10am** Friday Day Speaker Meeting

**2pm** Friday  “Step Twelve in All Our Affairs” Meeting

**4pm** Friday Reaching for Personal Freedom

**6pm** Friday Night How Al-Anon Works

**8pm** FridayRecovering in Al-Anon

In All Our Affairs: Making Crisis Work For You

**Saturday**

**4am** Saturday Unity Daily Readers

**6am** Saturday Three Legacy Speaker Meeting

**8am** Saturday Traditions Study Using Paths to Recovery

**10am** Saturday Hope for Today Meeting

**Noon** “Al-Anon Spoken” Here Workshop

**2pm** Saturday Opening our Hearts

Transforming our Losses

**4pm** Saturday The Eleventh Step Study Meeting

**5pm** Saturday Sharing Our Experience, Strength and Hope Speaker Meeting

**8pm** Saturday Obedience to the Unenforceable Meeting