**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 and registered Al-Anon phone meetings.**

**MEETING SCHEDULE**

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

**3am 7 days a week - access code: Unity6 (864896#)**

**5am                   Saturday and Sunday – access code: Unity8 (864898)**   
**6am                   Weekdays (Monday thru Friday) – access code: Unity9 (864899)**

**7am Saturday– access code: Unity10 (8648910)**

**8am                  Sunday– access code: Unity11 (8648911)**

**9am                  Monday thru Friday– access code: Unity12 (8648912)**

**1pm                    7 days a week– access code: Unity4 (864894)**

**3pm 7 days a week– access code: Unity6 (864896)**

**5pm                    7 days a week – access code: Unity8 (864898)**   
**7pm 7 days a week – access code: Unity10 (8648910)**

**9pm 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**](mailto: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 Meeting Topic Schedule**

**(Pacific Time Zone)**

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

**Sunday**

**3am** Sunday Unity Daily Readers

**5am** Sunday Paths to Recovery Study Meeting

**8am** Sunday On Our Path to Recovery

**11am** Sunday Our Paths to Recovery through Al-Anon's Steps, Traditions and Concepts

**1pm** Sunday Grief As A Process

**3pm** Sunday Sharing our Experience, Strength and Hope Meeting

**5pm** Sunday Working the Steps and Traditions Using How Al-Anon Works Meeting

**7pm** Sunday Sharing Our Recovery

**Monday**

**3am** Monday Unity Daily Readers

**6am** Monday Today’s Daily Readings

**9am** Monday Topics for Recovery Meeting

**1pm** Monday Beginners Literature meeting

**5pm** Monday Night From Survival to Recovery

**7pm** Monday Blueprint for Progress

**9pm** 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

**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

**8pm** Wednesday How AFG Works Beginners Mtg

**10pm Wednesday** Grief and Loss In the Journey Toward Recovery

**Thursday**

**3am** Thursday Unity Daily Readers

**6am** Thursday Living With Gratitude Meeting

**9am** Thursday Serenity Spoken Here Mtg

**1pm** Thursday Working Our Slogans

Beginners Meeting

**3pm** Lois Remembers

**5pm** Thursday Night Paths to Recovery

**7pm** Thursday Blueprint for Progress

**9pm** Thursday AFG Midnight Daily Readers

**Friday**

**3am** Friday Unity Daily Readers

**6am** Friday Step Three Beginners Meeting

**9am** Friday Day Speaker Meeting

**1pm** Friday  “Step Twelve in All Our Affairs” Meeting

**3pm** Friday Reaching for Personal Freedom

**5pm** Friday Night How Al-Anon Works

**7pm** FridayRecovering in Al-Anon

In All Our Affairs: Making Crisis Work For You

**Saturday**

**3am** Saturday Unity Daily Readers

**5am** Saturday Three Legacy Speaker Meeting

**7am** Saturday Traditions Study Using Paths to Recovery

**9** Saturday Hope for Today Meeting

**11am** “Al-Anon Spoken” Here Workshop

**1pm** Saturday Opening our Hearts

Transforming our Losses

**3pm** Saturday The Eleventh Step Study Meeting

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

**7pm** Saturday Obedience to the Unenforceable Meeting