

Welcome to Al-Anon's Phone Meetings

Website: www.phonemeetings.org

Phone meetings are global teleconferences and registered Al-Anon meetings.
Al-Anon members can attend by calling (712) 432-8733 with an access code of 52639#.

MEETING SCHEDULE

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

3am	7 days a week
5am	Saturday and Sunday
6am	Weekdays (Monday thru Friday)
7am	Saturday
8am	Sunday
11am	Sunday
9am	Monday ----- Saturday
3pm	Saturday
1pm	7 days a week
5pm	7 days a week
7pm	Monday, Tuesday, Thursday, Friday, Saturday, Sunday
9pm	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

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

712-432-8733 access code 52639#

Sunday

3am Sunday Just For Today Meeting
5am Sunday Arise and Shine
8am Sunday Morning Paths to Recovery
11am Sunday Paths to Recovery Book Study
1pm Sunday Opening our Hearts
 Transforming our Losses
5pm Sunday Night Steps and Traditions
 How Al-Anon Works
7pm Sunday Sharing Our Recovery
 From The FORUM

Monday

3am Sunday Just For Today Meeting
6am Monday Meditation Book Meeting
 From Three Daily Readers
9am Monday Day A Topic from the
 Three Meditation Books
1pm Monday Beginners Literature meeting
5pm Monday Night From Survival to
Recovery
7pm Monday Blueprint for Progress
Midnight Topic Recovery Meetings

Tuesday

3am Sunday Just For Today Meeting
6am Tuesday Beginners Step One Study
9am Tuesday Al-Anon Twelve and Twelve
1pm Tuesday Step Ten Meeting
5pm Tuesday Night Topic Discussion
 Three Mediation Books
7pm Tuesday Night LGBTQ Meeting
 Discovering Choices

Wednesday

3am Sunday Just For Today Meeting
6am Wednesday Beginner Step Two Study
9am Wednesday From Survival to Recovery
1pm Wednesday Meditation Meeting
5pm Wednesday Night Beginner's Meeting
 How Al-Anon Works

Thursday

3am Sunday Just For Today Meeting
6am Thursday Gratitude Meeting
9am Thursday Day Al-Anon's
 Three Meditation Books
1pm Thursday Beginners Slogans
5pm Thursday Night Paths to Recovery
7pm Thursday Blueprint for Progress
9pm Thursday
 Three Daily Meditation Books

Friday

3am Sunday Just For Today Meeting
6am Friday Step Three
9am Friday Day Speaker Meeting
1pm Step Twelve Meeting
5pm Friday Night How Al-Anon Works
7pm Recovering in Al-Anon
 In All Our Affairs: Making Crises Work For You

Saturday

3am Saturday Just For Today Meeting
5am Saturday Early Morning Speaker Meeting
7am Saturday Paths to Recovery Traditions Meeting
9am Saturday Hope for Today Meditation Book
1pm Saturday Opening our Hearts
 Transforming our Losses
3pm Saturday The Eleventh Step Study Meeting
5pm Saturday Night Speaker Meeting
7pm Saturday Tradition Meeting