

Welcome to Al-Anon's Phone Meetings - 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#

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.

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 Friday Recovering 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