

## Welcome to Al-Anon's Phone Meetings

Website: [www.phonemeetings.org](http://www.phonemeetings.org)

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 52639#.

### MEETING SCHEDULE

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

6am	7 days a week
8am	Saturday and Sunday
9am	Weekdays (Monday thru Friday)
10am	Saturday
Noon	Monday ----- Saturday
6pm	Saturday
11am	Sunday
2pm	Sunday
4pm	7 days a week
8pm	7 days a week
10pm	Monday, Tuesday, Thursday, Friday, Saturday, Sunday
Midnight	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.

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Email: [phonemeetingsinformation@yahoo.com](mailto:phonemeetingsinformation@yahoo.com)

**Al-Anon Phone Meeting Topic Schedule**  
(Eastern Standard Time)  
712-432-8733 access code 52639#

**Sunday**

6am Just For Today Meeting  
8am Sunday Arise and Shine  
11am Sunday Morning Paths to Recovery  
2pm Sunday Paths to Recovery Book Study  
4pm Sunday Opening our Hearts  
    Transforming our Losses  
8pm Sunday Night Steps and Traditions  
    How Al-Anon Works  
10pm Sunday Sharing Our Recovery  
    From The FORUM Magazine

**Monday**

6am Just For Today Meeting  
9am Monday Meditation Book Meeting  
    From Three Daily Readers  
Noon Monday Day A Topic from the  
    Three Meditation Books  
4pm Monday Beginners Literature meeting  
8pm Monday Night From Survival to  
Recovery  
10pm Monday Blueprint for Progress  
Midnight Topic Recovery Meeting

**Tuesday**

6am Just For Today Meeting  
9am Tuesday Beginners Step One Study  
Noon Tuesday Al-Anon Twelve and Twelve  
4pm Tuesday Step Ten Meeting  
8pm Tuesday Night Topic Discussion  
    Three Mediation Books  
10pm Tuesday Night LGBTQ Meeting  
    Discovering Choices

**Wednesday**

6am Just For Today Meeting  
9am Wednesday Beginner Step Two Study  
Noon Wednesday From Survival to Recovery  
4pm Wednesday Meditation Meeting  
8pm Wednesday Night Beginner's Meeting  
    How Al-Anon Works

**Thursday**

6am Just For Today Meeting  
9am Thursday Gratitude Meeting  
Noon Thursday Day Al-Anon's  
    Three Meditation Books  
4pm Thursday Beginners Slogans  
8pm Thursday Night Paths to Recovery  
10pm Thursday Blueprint for Progress  
Midnight Thursday  
    Three Daily Meditation Books

**Friday**

6am Just For Today Meeting  
9am Friday Step Three  
Noon Friday Day Speaker Meeting  
4pm Step Twelve Meeting  
8pm Friday Night How Al-Anon Works  
10pm Recovering in Al-Anon  
    In All Our Affairs: Making Crises Work For You

**Saturday**

6am Just For Today Meeting  
8am Saturday Early Morning Speaker Meeting  
10am Paths to Recovery Traditions Meeting  
Noon Saturday Hope for Today Meditation Book  
4pm Saturday Opening our Hearts  
    Transforming our Losses  
6pm Saturday The Eleventh Step Study Meeting  
8pm Saturday Night Speaker Meeting  
10pm Saturday Tradition Meeting