

Welcome to Al-Anon's Phone Meetings - www.phonemeetings.org

The recorded phone number of the Unity Meetings Schedule is

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

MEETING SCHEDULE

6am	7 days a week - access code: Unity6# (864896#)
8am	Saturday and Sunday – access code: Unity8# (864898#)
9am	Weekdays (Monday thru Friday) – access code: Unity9# (864899#)
10am	Saturday– access code: Unity10# (8648910#)
11am	Sunday– access code: Unity11# (8648911#)
12noon	Monday thru Friday– access code: Unity12# (8648912#)
4pm	7 days a week– access code: Unity4# (864894#)
6pm	7 days a week–access code: Unity6# (864896#)
8pm	7 days a week – access code: Unity8# (864898#)
10pm	7 days a week – access code: Unity10# (8648910#)
12midnight	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

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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 Meetings Schedule- Eastern
712-432-8733 - Access Codes next page**

Sunday

6am Sunday Unity Daily Readers
8am Sunday Paths to Recovery Study Meeting
11am Sunday On Our Path to Recovery
2pm Sunday Our Paths to Recovery through Al-Anon's Steps, Traditions and Concepts
4pm Sunday Grief As A Process
6pm Sunday Sharing our Experience, Strength and Hope Meeting
8pm Sunday Working the Steps and Traditions Using How Al-Anon Works Meeting
10pm Sunday Sharing Our Recovery

Monday

6am Monday Unity Daily Readers
9am Monday Today's Daily Readings
Noon Monday Topics for Recovery Meeting
4pm Monday Beginners Literature meeting
8pm Monday Night From Survival to Recovery
10pm Monday Blueprint for Progress
Midnight 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
6pm Tuesday Discovering Choices
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
6pm Wednesday Embracing Intimacy
8pm Wednesday How AFG Works Beginners
10pm Wednesday Grief and Loss In the Journey Toward Recovery

Thursday

6am Thursday Unity Daily Readers
9am Thursday Living With Gratitude Meeting
Noon Thursday Serenity Spoken Here Mtg
4pm Thursday Working Our Slogans
Beginners Meeting
6pm Lois Remembers
8pm Thursday Night Paths to Recovery
10pm Thursday Blueprint for Progress
Midnight Thursday AFG Midnight Daily Readers

Friday

6am Friday Unity Daily Readers
9am Friday Step Three Beginners Meeting
Noon Friday Day Speaker Meeting
4pm Friday "Step Twelve in All Our Affairs" Meeting
6pm Friday Reaching for Personal Freedom
8pm Friday Night How Al-Anon Works
10pm Friday Recovering in Al-Anon
In All Our Affairs: Making Crisis Work For You

Saturday

6am Saturday Unity Daily Readers
8am Saturday Three Legacy Speaker Meeting
10am Saturday Traditions Study Using Paths to Recovery
Noon Saturday Hope for Today Meeting
4pm Saturday Opening our Hearts
Transforming our Losses
6pm Saturday The Eleventh Step Study Meeting
8pm Saturday Sharing Our Experience, Strength and Hope Speaker Meeting
10pm Saturday Obedience to the Unenforceable Meeting