

Welcome to Al-Anon's Phone Meetings - [www.phonemeetings.org](http://www.phonemeetings.org)

The recorded 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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### U.S. Basic Time Zones (Some exceptions apply)

EST	CST	MST	PST	DAYS
6am	5am	4am	3am	Daily
8am	7am	6am	5am	Saturday and Sunday
9am	8am	7am	6am	Weekdays (Monday thru Friday)
10am	9am	8am	7am	Saturday
11am	10am	9am	8am	Sunday
NOON	11am	10am	9am	Monday ----- Saturday
2pm	1pm	Noon	11am	Sunday
4pm	3pm	2pm	1pm	Daily
6pm	5pm	4pm	3pm	Daily
8pm	7pm	6pm	5pm	Daily
10pm	9pm	8pm	7pm	Daily
Midnight	11pm	10pm	9pm	Monday and Thursday

#### 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#)