

## Welcome to Al-Anon's Phone Meetings

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

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Phone meetings are global teleconferences registered Al-Anon meetings. Al-Anon members can attend by calling (712) 432-8733

### MEETING SCHEDULE

All Central Time Zones, on the same phone number and access code as below.

5am	7 days a week - access code: <a href="#">Unity6 (864896#)</a>
7am	Saturday and Sunday – access code: <a href="#">Unity8 (864898)</a>
8am	Weekdays (Monday thru Friday) – access code: <a href="#">Unity9 (864899)</a>
9am	Saturday– access code: <a href="#">Unity10 (8648910)</a>
10am	Sunday– access code: <a href="#">Unity11 (8648911)</a>
11am	Monday thru Friday– access code: <a href="#">Unity12 (8648912)</a>
3pm	7 days a week– access code: <a href="#">Unity4 (864894)</a>
5pm	Thursday through Sunday– access code: <a href="#">Unity6 (864896)</a>
7pm	7 days a week – access code: <a href="#">Unity8 (864898)</a>
9pm	7 days a week – access code: <a href="#">Unity10 (8648910)</a>
11pm	Monday and Thursday– access code: <a href="#">Unity12 (8648912)</a>

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  
(Central Time Zone)**

**712-432-8733 - Access Codes next page**

**Sunday**

- 5am** Sunday Unity Daily Readers
- 7am** Sunday Paths to Recovery Study Meeting
- 10am** Sunday On Our Path to Recovery
- 1pm** Sunday Our Paths to Recovery through Al-Anon's Steps, Traditions and Concepts
- 3pm** Sunday Grief As A Process
- 5pm** Sunday Sharing our Experience, Strength and Hope Meeting
- 7pm** Sunday Working the Steps and Traditions Using How Al-Anon Works Meeting
- 9pm** Sunday Sharing Our Recovery

**Monday**

- 5am** Monday Unity Daily Readers
- 8am** Monday Today's Daily Readings
- 11am** Monday Topics for Recovery Meeting
- 3pm** Monday Beginners Literature meeting
- 7pm** Monday Night From Survival to Recovery
- 9pm** Monday Blueprint for Progress
- 11pm** Monday Topic Recovery meeting

**Tuesday**

- 5am** Tuesday Unity Daily Readers
- 8am** Tuesday Step One Beginners Meeting
- 11am** AFG 12 & 12 Meeting
- 3pm** Tuesday Taking Step Ten Meeting
- 7pm** Tuesday Topic Discussion  
Three Mediation Books
- 9pm** Tuesday Discovering Choices

**Wednesday**

- 5am** Wednesday Unity Daily Readers
- 8am** Wednesday Step Two Beginners Meeting
- 11am** Wednesday Joy Is Our Birth Right (From Survival to Recovery)
- 3pm** Wednesday Conscious Contact Eleventh Step Literature, Meditation and Discussion Mtg
- 7pm** Wednesday How AFG Works Beginners Mtg
- 9pm** **Wednesday** Grief and Loss In the Journey Toward Recovery

**Thursday**

- 5am** Thursday Unity Daily Readers
- 8am** Thursday Living With Gratitude Meeting
- 11am** Thursday Serenity Spoken Here Mtg
- 3pm** Thursday Working Our Slogans  
Beginners Meeting
- 5pm** Lois Remembers
- 7pm** Thursday Night Paths to Recovery
- 9pm** Thursday Blueprint for Progress
- 11pm** Thursday AFG Midnight Daily Readers

**Friday**

- 5am** Friday Unity Daily Readers
- 8am** Friday Step Three Beginners Meeting
- 11am** Friday Day Speaker Meeting
- 3pm** Friday "Step Twelve in All Our Affairs" Meeting
- 5pm** Friday Reaching for Personal Freedom
- 7pm** Friday Night How Al-Anon Works
- 9pm** Friday Recovering in Al-Anon  
In All Our Affairs: Making Crisis Work For You

**Saturday**

- 5am** Saturday Unity Daily Readers
- 7am** Saturday Three Legacy Speaker Meeting
- 9am** Saturday Traditions Study Using Paths to Recovery
- 11am** Saturday Hope for Today Meeting
- 1pm** "Al-Anon Spoken" Here Workshop
- 3pm** Saturday Opening our Hearts  
Transforming our Losses
- 5pm** Saturday The Eleventh Step Study Meeting
- 7pm** Saturday Sharing Our Experience, Strength and Hope Speaker Meeting
- 9pm** Saturday Obedience to the Unenforceable Meeting