

Al-Anon Phone Meeting List

712-432-8733 Access Code 52639#

Sunday

8am Arise & Shine

11am Paths to Recovery

2pm Paths to Recovery Book Study

4pm Opening our Hearts Transforming our Losses

8pm Steps & Traditions How Al-Anon works

Monday

9am Meditation Book Mtg. from Three Daily Readers

Noon Topic from the Three Meditation Books

4pm Beginners Literature Mtg.

8pm From Survival to Recovery

10pm Blueprint for Progress

Tuesday

9am Beginners Step One Study

Noon Al-Anon Twelve and Twelve

4pm Step Ten Mtg.

8pm Topic Discussion Three Meditation Books

10pm LGBTQ Mtg. Discovering Choices

Wednesday

9am Beginner Step Two Study

Noon From Survival to Recovery

4pm Meditation Mtg.

8pm Beginners Mtg. How Al-Anon Works

Thursday

9am Gratitude Mtg.

Noon Al-Anon Three Meditation Books

4pm Beginners Slogans

8pm Paths to Recovery

10pm Blueprint for Progress

Midnight Three Daily Meditation Books

Friday

9am Step Three

Noon Speaker Mtg.

4pm Step Twelve Mtg.

8pm How Al-Anon Works

Saturday

8am Speaker Mtg./Paths to Recovery

Noon Hope for Today Meditation Book

4pm Opening our Hearts Transforming our Losses

8pm Speaker Mtg.

10pm Tradition Mtg.

For more detailed info go to: www.alanonphonemeetings.org/

Al-Anon Phone Meeting List

712-432-8818 Access Code 8888#

Sunday

6pm Reading and Sharing
10pm Progress not Perfection

Monday

7am One day at a time
8:30am 11th Step Mtg.
6pm Steps One, Two, Three
10pm Blueprint for Progress

Tuesday

8:30am 11th Step Mtg.
1:30pm Step, Concept, Tradition
6pm Communication

Wednesday

8:30am 11th Step Mtg.
10:30am 11th Step Mtg.
6pm Acceptance
10 Discovering Choices

Thursday

7am Topic of the Month Mtg. NEW
8:30am 11th Step Mtg.
6pm Topic Mtg.

Friday

7am Just for Today
8:30am 11th Step Mtg.
6pm Serenity Prayer
10pm Detachment Mtg.

Saturday

10am Beginners Mtg.
6pm 11th Step Mtg.

For more detailed info go to: www.afg-phonemeetings.blogspot.com