

Day/Time (listed in U.S. Eastern Time)	Phone Number	Notes
Wednesday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching for Personal Freedom Families, Friends, and Observers Welcome Meeting 30626995
Wednesday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families and Friends Only Meeting 30703632
Wednesday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348
Wednesday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Wednesday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Sunrise Mtg Wednesdays Families, Friends, and Observers Welcome Meeting 30645277
Wednesday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731009
Wednesday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Early Bird Meeting Read and share all CAL Families and Friends Only Meeting 30724262
Wednesday 08:00 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing Our Recovery Families, Friends, and Observers Welcome Meeting 30710486
Wednesday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Eleventh Step Mtg “(quiet time 8:40-8:55) sharing then resume

		Families, Friends, and Observers Welcome Meeting 30596504
Wednesday 09:00 AM ET (UTC-4)	(712) 432-8733 864899#	Second Step Beginners Meeting Families, Friends, and Observers Welcome Meeting 30534440
Wednesday 09:00 AM ET (UTC-4)	(712) 432-8773 102584#	Detachment Mtg Families, Friends, and Observers Welcome Meeting 30645797
Wednesday 10:15 AM ET (UTC-4)	(712) 432-8818 8888#	Eleventh Step Mtg STEP ELEVEN Families, Friends, and Observers Welcome Meeting 30582276
Wednesday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	Slogan Mtg Families, Friends, and Observers Welcome Meeting 30657697
Wednesday 12:00 PM ET (UTC-4)	(712) 432-8733 8648912#	Joy is Our Birth Right Families and Friends Only Meeting 30731716
Wednesday 12:00 PM ET (UTC-4)	(712) 432-8773 86023#	From Survival to Recovery Mtg Families and Friends Only Meeting 503912
Wednesday 03:00 PM ET (UTC-4)	(712) 432-8773 52639#	Gratitude Mtg Families, Friends, and Observers Welcome Meeting 30624244
Wednesday 04:00 PM ET (UTC-4)	(712) 432-8773 86023#	Wednesday Meditation Mtg Families, Friends, and Observers Welcome Meeting 30536827
Wednesday 04:00 PM ET (UTC-4)	(712) 432-8733	Conscious Contact 11th Step Literature, Med

	864894#	Families and Friends Only Meeting 30731474
Wednesday 06:00 PM ET (UTC-4)	(712) 432-8818 8888#	Wednesday Acceptance Families, Friends, and Observers Welcome Meeting 30537195
Wednesday 08:00 PM ET (UTC-4)	(712) 432-8773 86023#	New Beginnings Meeting AFG Beginners meeting Families and Friends Only Meeting 30506728
Wednesday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	How AFG Works Beginners Meeting Families, Friends, and Observers Welcome Meeting 30730198
Wednesday 10:00 PM ET (UTC-4)	(712) 432-8773 86023#	Opening Our Hearts, Transforming Our Losses Families, Friends, and Observers Welcome Meeting 30701681
Wednesday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Grief and Loss in the Journey Toward Recovery Families and Friends Only Meeting 30731493
Thursday 12:00 AM ET (UTC-4)	(712) 432-8773 86023#	Thursday Midnite Daily Meditations Mtg Families, Friends, and Observers Welcome Meeting 30536812
Thursday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching for Personal Freedom Book Study Meeting Families and Friends Only Meeting 30626996
Thursday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families and Friends Only Meeting 30703632

Thursday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348
Thursday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Thursday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Sunrise Mtg Thursday Families and Friends Only Meeting 30645261
Thursday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731010
Thursday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Early Bird Meeting Read and share all CAL Families and Friends Only Meeting 30724262
Thursday 08:00 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing Our Recovery Families, Friends, and Observers Welcome Meeting 30710486
Thursday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Eleventh Step Thursday Mtg “(quiet time 8:40-8:55) sharing then resume Families, Friends, and Observers Welcome Meeting 30567103
Thursday 09:00 AM ET (UTC-4)	(712) 432-8773 86023#	Thursday Gratitude Meeting Families, Friends, and Observers Welcome Meeting 30534441
Thursday 09:00 AM ET (UTC-4)	(712) 432-8733 864899#	Living With Gratitude Families, Friends, and Observers Welcome Meeting 30731482

Thursday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	Boundaries Families, Friends, and Observers Welcome Meeting 30650856
Thursday 12:00 PM ET (UTC-4)	(712) 432-8773 86023#	Noon 3 Meditation Meeting Families, Friends, and Observers Welcome Meeting 30730315
Thursday 12:00 PM ET (UTC-4)	(712) 432-8733 8648912#	Serenity Spoken Here Mtg Families and Friends Only Meeting 503890
Thursday 02:00 PM ET (UTC-4)	712-432-8733 864892#	Book Study of the AFG Service Manual Families and Friends Only Meeting 30737456
Thursday 03:00 PM ET (UTC-4)	(712) 432-8773 52639#	Chair's Choice CAL Families, Friends, and Observers Welcome Meeting 30635663
Thursday 04:00 PM ET (UTC-4)	(712) 432-8773 86023#	Beginners Slogan Meeting BEGINNERS SLOGANS Families, Friends, and Observers Welcome Meeting 30536464
Thursday 04:00 PM ET (UTC-4)	(712) 432-8733 864894#	Working Our Slogans Beginner's Mtg Families and Friends Only Meeting 30730216
Thursday 06:00 PM ET (UTC-4)	712-432-8733 864896#	Lois Remembers Families, Friends, and Observers Welcome Meeting 30716180
Thursday 07:00 PM ET (UTC-4)	(712) 432-3900 294001#	Reaching out AFG Families, Friends, and Observers Welcome Meeting 30668305

Thursday 08:00 PM ET (UTC-4)	(712) 432-8773 86023#	Paths to Recovery Meeting Families and Friends Only Meeting 30521773
Thursday 08:00 PM ET (UTC-4)	(712) 432-8710 1111#	Parents in Recovery PARENTS MEETING Families, Friends, and Observers Welcome Meeting 30718735
Thursday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	Recovery in the Legacies Families, Friends, and Observers Welcome Meeting 30733489
Thursday 09:00 PM ET (UTC-4)	(605) 313-5111 305325#	Let's Talk About Sponsorship AFG Families, Friends, and Observers Welcome Meeting 30725949
Thursday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Thursday Blueprint for Progress Families, Friends, and Observers Welcome Meeting 30594084
Friday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching for Personal Freedom Book Study Meeting Families, Friends, and Observers Welcome Meeting 30626997
Friday 12:00 AM ET (UTC-4)	712-432-8733 8648912#	AFG Midnight Daily Readers Families and Friends Only Meeting 30731494
Friday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families and Friends Only Meeting 30703632
Friday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348

Friday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Friday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Sunrise Mtg Friday Families, Friends, and Observers Welcome Meeting 30645280
Friday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731011
Friday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Early Bird Meeting Read and share all CAL Families and Friends Only Meeting 30724262
Friday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Friday 6:15 am Speaker meeting Families and Friends Only Meeting 30728088
Friday 08:00 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing Our Recovery Families, Friends, and Observers Welcome Meeting 30710486
Friday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Meditation Mtg “(quiet time 8:40-8:55) sharing then resume Families, Friends, and Observers Welcome Meeting 30589189
Friday 09:00 AM ET (UTC-4)	(712) 432-8773 102584#	Sponsorship Mtg Families, Friends, and Observers Welcome Meeting 30645266
Friday 09:00 AM ET (UTC-4)	(712) 432-8733 864899#	Friday 9am Step Three Beginners Meeting Families, Friends, and Observers Welcome

		Meeting 30730824
Friday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	Opening our Hearts-Transforming our Losses Book Study Meeting Families, Friends, and Observers Welcome Meeting 30652933
Friday 12:00 PM ET (UTC-4)	(712) 432-8773 86023#	AFG Speaker Telephone Meeting AL-ANON SPEAKERS Families and Friends Only Meeting 30501642
Friday 12:00 PM ET (UTC-4)	(712) 432-8733 8648912#	Noon Topic Meeting Families, Friends, and Observers Welcome Meeting 30734178
Friday 03:00 PM ET (UTC-4)	(712) 432-8773 52639#	Slogans Meeting Families, Friends, and Observers Welcome Meeting 30645258
Friday 04:00 PM ET (UTC-4)	(712) 432-8773 86023#	Friday Twelve Step Mtg Families, Friends, and Observers Welcome Meeting 30536834
Friday 04:00 PM ET (UTC-4)	(712) 432-8733 864894#	Step 12 In All of Our Affairs Families and Friends Only Meeting 30731481
Friday 06:00 PM ET (UTC-4)	(712) 432-8733 864896#	Reaching For Personal Freedom Families and Friends Only Meeting 30730706
Friday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	AFG Personal Stories Families, Friends, and Observers Welcome Meeting 30734944
Friday 08:00 PM ET (UTC-4)	(712) 432-8773	How AFG Works Mtg

	86023#	Families, Friends, and Observers Welcome Meeting 504111
Friday 10:00 PM ET (UTC-4)	(712) 432-8818 8888#	Friday Detachment Mtg Families, Friends, and Observers Welcome Meeting 30536838
Friday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Recovering In Al-Anon Families, Friends, and Observers Welcome Meeting 30589186
Saturday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching form Personal Freedom Book Study Meeting Families, Friends, and Observers Welcome Meeting 30626999
Saturday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families and Friends Only Meeting 30703632
Saturday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348
Saturday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Saturday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Saturday Sunrise Mtg Families, Friends, and Observers Welcome Meeting 30639561
Saturday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731012
Saturday 06:15 AM ET (UTC-4)	(712) 432-8818	Early Bird Meeting

	8888#	Read and share all CAL Families and Friends Only Meeting 30724262
Saturday 08:00 AM ET (UTC-4)	(712) 432-8733 864898#	Three Legacies Speaker Mtg Families, Friends, and Observers Welcome Meeting 504112
Saturday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Saturday Morning Eleventh Step Mtg “(quiet time 8:40-8:55) sharing then resume Families and Friends Only Meeting 30609082
Saturday 09:30 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing our Recovery Families, Friends, and Observers Welcome Meeting 30657712
Saturday 10:00 AM ET (UTC-4)	(712) 432-3900 907036#	Paths to Recovery Traditions Book Study Meeting Families, Friends, and Observers Welcome Meeting 30595080
Saturday 10:00 AM ET (UTC-4)	(712) 432-8773 102584#	Step Mtg Twelve Steps Study Families, Friends, and Observers Welcome Meeting 30664437
Saturday 10:00 AM ET (UTC-4)	(712) 432-8733 8648910#	Traditions Study Using Paths to Recovery Families and Friends Only Meeting 30730935
Saturday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	Seekers of Serenity Speaker Mtg Families, Friends, and Observers Welcome Meeting 30645274
Saturday 12:00 PM ET (UTC-4)	(712) 432-8773 86023#	Adult Child Hope Daily Reader Meeting AFG Families, Friends, and Observers Welcome

		Meeting 30730913
Saturday 12:00 PM ET (UTC-4)	(712) 432-8733 8648912#	Hope for Today Mtg Families and Friends Only Meeting 503908
Saturday 01:30 PM ET (UTC-4)	(712) 432-8773 102584#	Opening our Hearts, Transforming our Losses Book Study Meeting Families, Friends, and Observers Welcome Meeting 30642670
Saturday 02:00 PM ET (UTC-4)	(712) 432-8773 86023#	The Gift of Sponsorship Families and Friends Only Meeting 30732089
Saturday 03:00 PM ET (UTC-4)	(712) 432-8773 52639#	From Survival to Recovery Book Study Mtg Book Study Meeting Families, Friends, and Observers Welcome Meeting 30639282
Saturday 04:00 PM ET (UTC-4)	(712) 432-8733 864894#	Opening our Hearts, Transforming our Losses BOOK STUDY: OPENING OUR HEARTS, TRANSFORMING OUR LOSSES Families and Friends Only Meeting 30521349
Saturday 06:00 PM ET (UTC-4)	(712) 432-8733 864896#	Eleventh Step Study Families, Friends, and Observers Welcome Meeting 30596880
Saturday 08:00 PM ET (UTC-4)	(712) 432-8773 86023#	Saturday Night Speaker Mtg Families, Friends, and Observers Welcome Meeting 30592440
Saturday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	Sharing Our Experience, Strength and Hope Families, Friends, and Observers Welcome Meeting 30731484

Saturday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Obedience to the Unenforceable Families, Friends, and Observers Welcome Meeting 30533272
Sunday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching For Personal Freedom Book Study Meeting Families, Friends, and Observers Welcome Meeting 30626992
Sunday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families, Friends, and Observers Welcome Meeting 30703632
Sunday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348
Sunday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Sunday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Sunday Sunrise Mtg Families, Friends, and Observers Welcome Meeting 30640287
Sunday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731006
Sunday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Early Bird Meeting Read and share all CAL Families and Friends Only Meeting 30724262
Sunday 08:00 AM ET (UTC-4)	(712) 432-8733 864898#	Paths To Recovery Step Study Meeting Families and Friends Only Meeting 30732337

Sunday 08:00 AM ET (UTC-4)	(712) 432-8773 86023#	Arise and Shine Step Mtg BOOK STUDY: Paths to Recovery B-24 Families, Friends, and Observers Welcome Meeting 504113
Sunday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Eleventh Step Mtg “(quiet time 8:40-8:55) sharing then resume Families and Friends Only Meeting 30610683
Sunday 09:30 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing our Recovery Families, Friends, and Observers Welcome Meeting 30662564
Sunday 10:00 AM ET (UTC-4)	(712) 432-8710 1111#	Parents in Recovery AFG Mtg Families, Friends, and Observers Welcome Meeting 30652932
Sunday 11:00 AM ET (UTC-4)	(712) 432-8733 8648911#	On Our Path to Recovery Families and Friends Only Meeting 30730558
Sunday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	11 a.m. Sunday New Way-G-8a AFG Families and Friends Only Meeting 30734915
Sunday 11:00 AM ET (UTC-4)	(712) 432-3900 196972#	Boundaries and Detachment Families and Friends Only Meeting 503911
Sunday 01:00 PM ET (UTC-4)	(712) 432-8700 984654#	Opening our Hearts, Transforming our Losses BOOK STUDY: OPENING OUR HEARTS, TRANSFORMING Families, Friends, and Observers Welcome Meeting 30663576
Sunday 02:00 PM ET (UTC-4)	(712) 432-8773 86023#	Paths to Recovery Book Study BOOK STUDY: PATHS TO RECOVERY--AL-ANON

		Families, Friends, and Observers Welcome Meeting 30550350
Sunday 02:00 PM ET (UTC-4)	(712) 432-8733 864892#	Concept Twelve Revisited Families and Friends Only Meeting 30731556
Sunday 03:00 PM ET (UTC-4)	(712) 432-8773 52639#	Just For Today AFG Mtg Families, Friends, and Observers Welcome Meeting 30648726
Sunday 04:00 PM ET (UTC-4)	(712) 432-8773 86023#	Opening our Hearts, Transforming our Losses BOOK STUDY: OPENING OUR HEARTS, TRANSFORMING OUR LOSSES Families, Friends, and Observers Welcome Meeting 30533066
Sunday 04:00 PM ET (UTC-4)	(712) 432-8700 596411#	The Dilemma of the Alcoholic Marriage Book Families, Friends, and Observers Welcome Meeting 30655084
Sunday 04:00 PM ET (UTC-4)	(712) 432-8733 864894#	Grief as a Process Families and Friends Only Meeting 30730940
Sunday 06:00 PM ET (UTC-4)	(712) 432-8733 864896#	Sharing Our Experience, Strength and Hope Families and Friends Only Meeting 30676610
Sunday 08:00 PM ET (UTC-4)	(712) 432-8773 86023#	Steps & Traditions Meeting AFG Families and Friends Only Meeting 30505252
Sunday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	Working the Steps and Traditions Using How to Work the Steps Families and Friends Only Meeting 30731555
Sunday 08:00 PM ET (UTC-4)	(712) 432-8710	Parenting by the Principles

	1111#	Families, Friends, and Observers Welcome Meeting 30732338
Sunday 10:00 PM ET (UTC-4)	(712) 432-8818 8888#	Progress not Perfection Families, Friends, and Observers Welcome Meeting 30537600
Sunday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Sharing our Recovery Families, Friends, and Observers Welcome Meeting 30596883
Monday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching for Personal Freedom BOOK STUDY: REACHING FOR PERSONAL FRE Families, Friends, and Observers Welcome Meeting 30626993
Monday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families and Friends Only Meeting 30703632
Monday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348
Monday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Monday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Sunrise Mtg Monday BOOK STUDY: DAILY READERS: ONE DAY AT A FOR TODAY (B-27) Families, Friends, and Observers Welcome Meeting 30639274
Monday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731007

Monday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Early Bird Meeting Read and share all CAL Families and Friends Only Meeting 30724262
Monday 08:00 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing Our Recovery Families, Friends, and Observers Welcome Meeting 30710486
Monday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Eleventh Step Meeting “(quiet time 8:40-8:55) sharing then resume Families, Friends, and Observers Welcome Meeting 30570344
Monday 09:00 AM ET (UTC-4)	(712) 432-8773 86023#	Daily Meditation Meeting Families, Friends, and Observers Welcome Meeting 30534437
Monday 09:00 AM ET (UTC-4)	(712) 432-8733 864899#	Today's Daily Readings Meeting Families, Friends, and Observers Welcome Meeting 30731726
Monday 09:15 AM ET (UTC-4)	(712) 432-8773 102584#	How AL-Anon works for Families and Friends BOOK STUDY: HOW AL-ANON WORKS FOR FA Families, Friends, and Observers Welcome Meeting 30645271
Monday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	From Survival to Recovery BOOK STUDY: FROM SURVIVAL TO RECOVERY Families, Friends, and Observers Welcome Meeting 30652963
Monday 12:00 PM ET (UTC-4)	(712) 432-8733 8648912#	Topics for Recovery Mtg Families and Friends Only Meeting 504067
Monday 03:00 PM ET (UTC-4)	(712) 432-8773	Intimacy in Alcoholic Relationships

	52639#	INTIMACY IN ALCOHOLIC RELATIONSHIPS Families, Friends, and Observers Welcome Meeting 30633565
Monday 04:00 PM ET (UTC-4)	(712) 432-8773 86023#	Monday Beginners Literature Mtg BEGINNERS LITERATURE Families, Friends, and Observers Welcome Meeting 30536814
Monday 04:00 PM ET (UTC-4)	(712) 432-8733 864894#	Monday 4:00 PM Beginners' Literature Meeting Families, Friends, and Observers Welcome Meeting 30734183
Monday 06:00 PM ET (UTC-4)	(712) 432-8818 8888#	Steps 1, 2, & 3 STEPS ONE, TWO & THREE Families and Friends Only Meeting 30550352
Monday 07:00 PM ET (UTC-4)	(712) 432-8808 2287#	A Step Each Month AFG Families and Friends Only Meeting 30715224
Monday 08:00 PM ET (UTC-4)	(712) 432-8773 86023#	Survivors in Recovery Meeting Families, Friends, and Observers Welcome Meeting 30508234
Monday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	From Surviving to Thriving Families and Friends Only Meeting 30734806
Monday 09:30 PM ET (UTC-4)	(605) 313-6005 669088#	Legacies Circle AFG Families, Friends, and Observers Welcome Meeting 30739458
Monday 10:00 PM ET (UTC-4)	(712) 432-8773 86023#	Blueprint for Progress 4th Step Families and Friends Only Meeting 30702412

Monday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Personal Growth in Step 4 Families, Friends, and Observers Welcome Meeting 30734398
Tuesday 12:00 AM ET (UTC-4)	(712) 432-0075 507988#	Reaching for Personal Freedom Book Study Meeting Families, Friends, and Observers Welcome Meeting 30626994
Tuesday 12:00 AM ET (UTC-4)	(712) 432-8733 8648912#	AFG Monday Midnight Topic Recovery Meeting Families and Friends Only Meeting 30733051
Tuesday 05:00 AM ET (UTC-4)	(712) 432-8818 8888#	New Day 5:00 AM AFG Families and Friends Only Meeting 30703632
Tuesday 05:00 AM ET (UTC-4)	712 432-8818 8889#	AFG Spoken Here Families, Friends, and Observers Welcome Meeting 30738348
Tuesday 06:00 AM ET (UTC-4)	(712) 432-8773 86023#	Just For Today Mtg Families, Friends, and Observers Welcome Meeting 30613237
Tuesday 06:00 AM ET (UTC-4)	(712) 432-8808 2287#	Sunrise Mtg Tuesday Families and Friends Only Meeting 30641983
Tuesday 06:00 AM ET (UTC-4)	(712) 432-8733 864896#	Unity Daily Readers Families and Friends Only Meeting 30731008
Tuesday 06:15 AM ET (UTC-4)	(712) 432-8818 8888#	Early Bird Meeting Read and share all CAL Families and Friends Only Meeting 30724262

Tuesday 08:00 AM ET (UTC-4)	(712) 432-8773 52639#	Sharing Our Recovery Families, Friends, and Observers Welcome Meeting 30710486
Tuesday 08:30 AM ET (UTC-4)	(712) 432-8818 8888#	Eleventh Step Tuesday Meeting “(quiet time 8:40-8:55) sharing then resume Families, Friends, and Observers Welcome Meeting 30567106
Tuesday 09:00 AM ET (UTC-4)	(712) 432-8773 86023#	First Step Beginners Meeting Families, Friends, and Observers Welcome Meeting 30534439
Tuesday 09:00 AM ET (UTC-4)	(712) 432-8773 102584#	Communication Mtg Families, Friends, and Observers Welcome Meeting 30645794
Tuesday 09:00 AM ET (UTC-4)	(712) 432-8733 864899#	Step One Beginner's Meeting Families, Friends, and Observers Welcome Meeting 30731713
Tuesday 11:00 AM ET (UTC-4)	(712) 432-8808 2287#	4TH Step Families, Friends, and Observers Welcome Meeting 30664121
Tuesday 12:00 PM ET (UTC-4)	(712) 432-8733 8648912#	AFG 12 & 12 Mtg Step & Tradition Families and Friends Only Meeting 503921
Tuesday 03:00 PM ET (UTC-4)	(712) 432-8773 52639#	One Step at a Time Mtg Families, Friends, and Observers Welcome Meeting 30638139
Tuesday 04:00 PM ET (UTC-4)	(712) 432-8773 86023#	Tuesday Step Ten Mtg Families, Friends, and Observers Welcome Meeting 30536820

Tuesday 04:00 PM ET (UTC-4)	(712) 432-8733 864894#	TAKING STEP TEN MEETING Families and Friends Only Meeting 30731685
Tuesday 07:00 PM ET (UTC-4)	(712) 432-8808 2287#	Reaching for Personal Freedom Book Study meeting Families, Friends, and Observers Welcome Meeting 30713835
Tuesday 08:00 PM ET (UTC-4)	(712) 432-8773 86023#	Live and Let Live Meeting Families and Friends Only Meeting 30510645
Tuesday 08:00 PM ET (UTC-4)	(712) 432-8733 864898#	Serenity with the Daily readers Topic Meeting Families and Friends Only Meeting 30731684
Tuesday 10:00 PM ET (UTC-4)	(712) 432-8773 86023#	Discovering Choices Book study meeting Families, Friends, and Observers Welcome Meeting 30576864
Tuesday 10:00 PM ET (UTC-4)	(712) 432-8733 8648910#	Choosing Self-Love Families, Friends, and Observers Welcome Meeting 30734690