

## AI-Anon Phone Meeting and Topic Schedule

(Eastern Standard Time)

712-432-8733 access code 52639#

### Sunday

- 8am Sunday Arise and Shine
- 11am Sunday Morning Paths to Recovery
- 2pm Sunday Paths to Recovery Book Study
- 4pm Sunday Opening our Hearts Transforming our Losses
- 8pm Sunday Night Steps and Traditions How AI-Anon Works
- 10pm Sunday Sharing Our Recovery From The FORUM

### Monday

- 9am Monday Meditation Book Meeting from Three Daily Readers
- Noon Monday Day A Topic from the Three Meditation Books
- 4pm Monday Beginners Literature meeting
- 8pm Monday Night From Survival to Recovery
- 10pm EST Monday Blueprint for Progress

### Tuesday

- 9am Tuesday Beginners Step One Study
- Noon Tuesday Day AI-Anon Twelve and Twelve
- 4pm Tuesday Step Ten Meeting
- 8pm Tuesday Night Topic Discussion Three Mediation Books
- 10pm Tuesday Night LGBTQ Meeting Discovering Choices

### Wednesday

- 9am Wednesday Beginner Step Two Study
- Noon Wednesday Day From Survival to Recovery
- 4pm Wednesday Meditation Meeting
- 8pm Wednesday Night Beginner's Meeting How AI-Anon Works

### Thursday

- 9am Thursday Gratitude Meeting
- Noon Thursday Day AI-Anon's Three Meditation Books
- 4pm Thursday Beginners Slogans
- 8pm Thursday Night Paths to Recovery
- 10pm Thursday Blueprint for Progress
- Midnight Thursday Three Daily Meditation Books

### Friday

- 9am Friday Step Three
- Noon Friday Day Speaker Meeting
- 4pm Step Twelve Meeting
- 8pm Friday Night How AI-Anon Works
- 10pm Recovery in AI-Anon

### Saturday

- 6am Saturday Just For Today Meeting
- 8am Saturday Early Morning Speaker Meeting
- 10am Saturday Paths to Recovery Traditions Meeting
- Noon Saturday Day Hope for Today Meditation Book
- 4pm Saturday Opening our Hearts Transforming our Losses
- 8pm Saturday Night Speaker Meetings
- 10pm Saturday Tradition Meeting