

### TELEPHONE MEETINGS\*

Eastern Time

### Everyday Meetings

Everyday	Time	Focus	Call In Number	PIN	Notes
	12:00 AM	Relapse/12 Step Within	(712) 432-3900	6508933#	Hit *6 to mute and *7 to unmute
	12:00 AM	Literature	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	6:45 AM	Literature	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	7:00 AM	Coffee Shop/Big Book (Live)	(712) 432-3900	897578#	Hit *6 to mute and *7 to unmute
	9:45 AM	For Today/Voices of Recovery	(415) 400-0300	836731#	Hit *1 to mute and *1 to unmute
Mon-Fri	12:00 PM	Literature	(415) 400-0300	915892#	Hit *1 to mute and *1 to unmute
Mon-Sat	12:00 PM	For Today	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
Mon-Fri	1:00 PM	AA 12&12/Big Book	(415) 400-0300	956915#	Hit *1 to mute and *1 to unmute
	5:00 PM	Relapse/12 Step Within	(415) 400-0300	51394#	Hit *1 to mute and *1 to unmute
	6:45 PM	Literature	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	9:00 PM	100 Pounders	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	10:00 PM	Literature	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	10:00 PM	For Today/Voices of Recovery	(415) 400-0300	836731#	Hit *1 to mute and *1 to unmute
	11:00 PM	Literature	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute

### Daily Schedule

Day	Time	Focus	Call In Number	PIN	Notes
Sun					
	7:30 AM	Literature	(218) 936-4700	245852#	Hit *6 to mute and *7 to unmute
	8:00 AM	90 Day/BigBook	(415) 400-0300	6320348#	Hit *1 to mute and *1 to unmute
	8:30 AM	Men's 90 Day	(712) 432-0600	267533#	Hit *6 to mute and *7 to unmute
	10:00 AM	Spirituality/Unconventional	(415) 400-0300	579255#	Hit *1 to mute and *1 to unmute
	11:00 AM	Literature/Speaker/GLBT	(415) 400-0300	706097#	Hit *1 to mute and *1 to unmute
	2:00 PM	For Today	(270) 400-1500	12128#	Hit *6 to mute and *7 to unmute
	3:00 PM	OA/HOW (2 hr)	(219) 509-8222	121281#	Hit *6 to mute and *7 to unmute
	3:00 PM	Relapse/12 Step Within	(712) 432-3900	4285115#	Hit *6 to mute and *7 to unmute
	4:00 PM	Health Issues/Disability	(415) 400-0300	173645#	Hit *1 to mute and *1 to unmute
	5:00 PM	Newcomer/Big Book	(415) 400-0300	998025#	Hit *1 to mute and *1 to unmute
	7:30 PM	Big Book/Primary Purpose	(559) 546-1301	770762#	Hit *6 to mute and *6 to unmute
	7:30 PM	Men's/Anorexia/Bulimia	(661) 673-8600	833625#	Hit *6 to mute and *6 to unmute
	8:00 PM	90 Day	(712) 775-7100	897214#	Hit *6 to mute and *6 to unmute
	8:00 PM	12 Step/Traditions	(904) 287-4000	79822#	Hit *6 to mute and *6 to unmute
	8:30 PM	Men's	(209) 647-1600	586243#	Hit *6 to mute and *6 to unmute
	10:00 PM	Newcomer	(415) 400-0300	998025#	Hit *1 to mute and *1 to unmute

Mon	Time	Focus	Call In Number	PIN	Notes
	9:00 AM	Lifeline	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	10:00 AM	90 Day/For Today	(940) 287-4000	79822#	Hit *6 to mute and *6 to unmute
	11:30 AM	Meditation/11th Step	(415) 400-0300	836731#	Hit *1 to mute and *1 to unmute
	8:00 PM	Big Book	(415) 400-0300	915892#	Hit *1 to mute and *1 to unmute
	8:30 PM	OA/HOW (2 hr)	(270) 696-2525	121208#	Hit *1 to mute and *1 to unmute
	9:00 PM	Vegetarian/Literature	(415) 400-0300	186262#	Hit *1 to mute and *1 to unmute
	10:00 PM	Big Book	(213) 342-3000	424585#	Hit *6 to mute and *6 to unmute

Tue	Time	Focus	Call In Number	PIN	Notes
	8:30 AM	12 Step/Traditions	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	9:30 AM	90 Day	(712) 432-8773	45698#	Hit *1 to mute and *1 to unmute
	10:00 AM	Big Book/Varies	(712) 432-3900	333356#	Hit *6 to mute and *7 to unmute
	11:00 AM	12 Step (OA & AA)	(218) 936-4700	127837#	Hit *6 to mute and *6 to unmute
	12:30 PM	OA/HOW (2 hr)	(712) 432-1436	12128#	Hit *6 to mute and *6 to unmute
	6:00 PM	Big Book/OAPrimaryPurpose	(415) 400-0300	390009#	Hit *1 to mute and *1 to unmute
	7:00 PM	Health Issues/Disability	(415) 400-0300	173645#	Hit *1 to mute and *1 to unmute
	7:30 PM	Newcomers	(415) 400-0300	828749#	Hit *1 to mute and *1 to unmute
	8:00 PM	90 Day/Speaker	(415) 400-0300	803299#	Hit *1 to mute and *1 to unmute
	8:00 PM	Open	(805) 360-1000	164018#	Hit *6 to mute and *6 to unmute
	9:00 PM	Spanish/Literature	(415) 400-0300	629561#	Hit *1 to mute and *1 to unmute

Day	Time	Focus	Call In Number	PIN	Notes
Wed					
	8:30 AM	Speaker	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	11:30 AM	Meditation/11th Step	(415) 400-0300	836731#	Hit *1 to mute and *1 to unmute
	1:00 PM	90 Day/Speaker	(218) 936-4700	105047#	Hit *6 to mute and *7 to unmute
	7:15 PM	French/Big Book/Speaker	(424) 203-8075	995286#	Hit *6 to mute and *7 to unmute
	7:30 PM	90 Day	(712) 775-7100	897214#	Hit *6 to mute and *6 to unmute
	8:00 PM	90 Day	(415) 400-0300	987420#	Hit *1 to mute and *1 to unmute
	8:00 PM	OA/HOW (2 hr)	(940) 287-4000	12128#	Hit *6 to mute and *6 to unmute
	8:30 PM	Men's 90 Day	(712) 432-0600	267533#	Hit *6 to mute and *6 to unmute
Thur					
	12:00 AM	Young People	(712) 432-3900	476928#	Hit *6 to mute and *7 to unmute
	8:00 AM	Writing	(712) 432-0080	499038#	Hit *6 to mute and *6 to unmute
	8:00 AM	Big Book	(218) 339-4600	815771#	Hit *6 to mute and *6 to unmute
	9:00 AM	Big Book	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	10:30 AM	Open	(712) 432-0080	561536#	Hit *6 to mute and *6 to unmute
	5:30 PM	90 Day	(712) 432-1680	522400#	Hit *6 to mute and *7 to unmute
	8:00 PM	90 Day	(319) 279-1000	135103#	Hit *6 to mute and *7 to unmute
	8:00 PM	French/Literature	(559) 546-1800	802678#	Hit *6 to mute and *6 to unmute
	10:00 PM	12 Step/Traditions	(712) 451-6125	615178#	Hit *6 to mute and *6 to unmute
	10:00 PM	Spanish/12Step/Traditions	(415) 400-0300	481672#	Hit *1 to mute and *1 to unmute
Fri					
	9:00 AM	90 Day/Speaker	(347) 416-5028	014219#	Hit *6 to mute and *6 to unmute
	10:00 AM	Literature	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	11:30 AM	Meditation/11th Step	(415) 400-0300	836731#	Hit *1 to mute and *1 to unmute
	12:00 PM	12 Step/Traditions	(916) 233-2910	742371#	Hit *1 to mute and *1 to unmute
	3:00 PM	Big Book/OAPrimaryPurpose	(415) 400-0300	390009#	Hit *1 to mute and *1 to unmute
	6:00 PM	90 Day/Speaker	(402) 237-2828	4673#	Hit *6 to mute and *7 to unmute
	8:30 PM	OA/HOW (2 hour)	(270) 696-2525	12128#	Hit *6 to mute and *6 to unmute
Sat					
	8:00 AM	90 Day/For Today	(415) 400-0300	6320348#	Hit *1 to mute and *1 to unmute
	9:30 AM	Seeking the Spiritual Path	(415) 400-0300	4285115#	Hit *1 to mute and *1 to unmute
	10:00 AM	90 Day/Tools	(213) 342-3000	155901#	Hit *6 to mute and *7 to unmute
	12:00 PM	Big Book	(712) 451-6125	615178#	Hit *6 to mute and *6 to unmute
	2:00 PM	Anorexia/Bulimia	(605) 477-3000	909726#	Hit *6 to mute and *6 to unmute
	3:00 PM	90 Day/Speaker	(712) 432-3900	301187#	Hit *6 to mute and *7 to unmute
	4:00 PM	12 Step/Traditions	(712) 432-3900	260185#	Hit *6 to mute and *7 to unmute
	4:00 PM	Newcomer/Varies	(415) 400-0300	915892#	Hit *1 to mute and *1 to unmute
	7:00 PM	Big Book/Primary Purpose	(559) 546-1301	770762#	Hit *6 to mute and *7 to unmute
	8:00 PM	Newcomer/Big Book	(415) 400-0300	915892#	Hit *1 to mute and *1 to unmute
	9:00 PM	Ebony OA	(507) 726-4200	224611#	Hit *6 to mute and *6 to unmute

Marathon Meetings held on Holidays: 6:45 am to - 12:00 am (415) 400-0300 Pin: 4285115#  
 Parking Lot Meeting (unstructured format): 1:00 am - 6:30 am (415) 400-0300 Pin: 6508933#

Primary Purpose Big Book Study (Recorded/24 hours): (712) 432-3903 Pin: 390009#  
 Coffee Shop Big Book Study (Recorded/24 hours): (712) 432-3903 Pin: 897578#  
 Newcomers Meeting (Recorded/24 hours): (712) 432-0179 Pin: 1069866#

\*Meetings and times subject to change without notice.