



This listing is provided by Adult Children of Alcoholics/Dysfunctional Families World Services Organization for members to attend Meetings. This list is not to be used for any solicitation purposes.

Searched for "Telephone Meetings " Printed on 2024-Jul-03  
Showing Meetings adjusted to TimeZone **America/New\_York**

Adjusted Day Time	Meeting Information
Sunday 03:30 AM	Check-in to Inner Family (TEL0518) - Check-in to the inner family, based on a practice from the Loving Parent Guidebook. Meeting is in Hebrew language. Meetings Local Time 10:30 am Asia/Jerusalem
Sunday 05:45 AM	Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time...712-432-3900; conference code 247125# <b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 am America/New_York
Sunday 06:00 AM	meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- und online-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-in number (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com <b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediation before sharing. Meetings Local Time 12:00 pm Europe/Berlin
Sunday 07:00 AM	Meditation meeting (TEL012) - 667-770-1523 Pin 871076 Ten Minute Meditation During 1st Half Hour <b>Format:</b> Discussion Meetings Local Time 07:00 am America/New_York
Sunday 08:00 AM	ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week. <b>Format:</b> Discussion - Workshop Meetings Local Time 08:00 am America/New_York
Sunday 08:15 AM	ACA Schematic & Appendix A (TEL169) - Phone 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu We meet 4 days a week: Sat, Sun, Mon, & Tues. (English) Focus: Appendix A in the BRB, ACA Schematic pages 6 & 7. Meetings Local Time 08:15 AM America/New York <b>Format:</b> Discussion Meetings Local Time 08:15 am America/New_York

Sunday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15.</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Sunday 09:00 AM	<p>Traits, Men (TEL0522) -</p> <p><b>Format:</b> Laundry Lists Workbook</p> <p><b>Focus:</b> Men-Only Men's meeting. Please call contact person for meeting number and pin.</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Sunday 09:30 AM	<p>Adult Children With Children (TEL150) - 712 432 8808 pin number 372957# Meeting time will begin at 9:30am and end at 10:45am Focus on Big Red Book Chapter 2</p> <p><b>Format:</b> Fellowship Text (BRB)</p> <p>Meetings Local Time 09:30 am America/New_York</p>
Sunday 11:00 AM	<p>The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safety protocols will be in place during the meeting as well as the after meeting/ fellowship time. Most days we read from Chapters 8 and 15 of the Big Red Book ? with a noteworthy difference on Thursdays when we read from the Loving Parent Guide Book. This meeting on Thursdays is currently held as a @informal meeting” Press *1 to unmute yourself and be heard. Press*1 to mute yourself while listening to another.</p> <p><b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn</p> <p>Meetings Local Time 11:00 am America/New_York</p>
Sunday 11:45 AM	<p>A Safe Place For You- *6 to mute and unmute (TEL0390) -</p> <p>The phone number is 667-770-1523 and the access code to enter is 871076#</p> <p><b>Format:</b> Discussion Newcomers to ACA are welcome!</p> <p>Meetings Local Time 11:45 am America/New_York</p>
Sunday 03:00 PM	<p>Nuevos caminos ACA (TEL0440) - Reuniones en español vía telefónica/Phone Spanish meeting. Código de acceso/Access code: 637678#. Teléfono/Telephone: +1 7742204000. Para más información/For more information: acanuevoscaminos@gmail.com</p> <p><b>Format:</b> Steps acanuevoscaminos@gmail.com</p> <p>Meetings Local Time 3:00 pm America/New_York</p>
Sunday 03:00 PM	<p>ACA’s In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Sunday 04:00 PM	<p>ACA of Rolla (MO0068) - Currently on zoom only. Call 5732630294. It is currently **telephone only** Meeting was held at Central Community Church of God, 4th and Olive Streets, main entrance?br&gt; The meeting lasts an hour to an hour and a half. We will resume In-Person meetings on June 2, 2024.</p> <p><b>Format:</b> Discussion - Fellowship Text (BRB)</p> <p><b>Focus:</b> Beginners</p> <p><b>Notes:</b> Needs Support - Non Smoking - Wheelchair Access - Needs Support, Non Smoking, Wheelchair Access, Contact Kim 573 263 0294 for more information.</p> <p>Meetings Local Time 03:00 pm America/Chicago</p>

Sunday 04:00 PM	<p>Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 04:00 pm America/New_York</p>
Sunday 05:00 PM	<p>The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Sunday 06:00 PM	<p>Safe Zone-Riverside (TEL0525) - Prior Meeting Place was at Riverside Church. NOTE: The meeting is currently a telephone Meeting +1(667) 770-1229,,467282#</p> <p><b>Format:</b> 12 Steps Yellow Workbook - Discussion - Fellowship Text (BRB) - Laundry Lists Workbook - Speaker - Steps - Strengthening My Recovery</p> <p><b>Focus:</b> Beginners</p> <p><b>Notes:</b> Needs Support - Needs Support, (667) 770-1229,,467282#</p> <p>Meetings Local Time 06:00 pm America/New_York</p>
Sunday 06:00 PM	<p>Yellow Workbook Step Meeting (TEL118) - -- 712-432-8808; Access code 2473656# Closed meeting for ACAs only. Safety protocols in place to keep our meeting safe; dashboard used only as needed.</p> <p>We meet 3 times a week, Tuesday, Friday and Sunday 6 pm ET. We read the entire text and answer all questions. We expect to finish in approximately 12 months. (This timing was correct as of 2020.)</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 06:00 pm America/New_York</p>
Sunday 09:00 PM	<p>(TEL0528) -</p> <p><b>Format:</b> Discussion</p> <p><b>Focus:</b> Men-Only Anyone who identifies as male</p> <p>Meetings Local Time 09:00 pm America/New_York</p>
Sunday 10:00 PM	<p>Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# - (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction.</p> <p><b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook</p> <p><b>Notes:</b> Needs Support - Needs Support,</p> <p>Meetings Local Time 10:00 pm America/New_York</p>
Monday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125#</p> <p><b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month</p> <p>Meetings Local Time 05:45 am America/New_York</p>

Monday 05:45 AM	<p>Worthy of Unconditional Love &amp; Respect (TEL0515) - The meeting is 7 days a week, 365 days a year! Please email Csara6250@gmail.com for the phone number and pin. <b>Format:</b> Discussion - Speaker <b>Focus:</b> Beginners - Women Only Women's only meeting. Have to email for the pin isa safety measure only. Meetings Local Time 05:45 am America/New_York</p>
Monday 06:00 AM	<p>meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- und online-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-in number (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com <b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediation before sharing. Meetings Local Time 12:00 pm Europe/Berlin</p>
Monday 06:30 AM	<p>Loving Parent Workshop (PA0144) - These meetings are currently only on the phone. 917-900-1022 Passcode: 55310# At some point, we may start face to face meetings. If that happens, we will meet in the choir room at the Holy Cross Lutheran Church, Nazareth PA. Go to the back of the church and knock on the door at the far left of the building, the side along Johnson Road. Meets Monday, Thursday and Saturday <b>Format:</b> Loving Parent Guidebook - Workshop Non Smoking Meetings Local Time 06:30 am America/New_York</p>
Monday 07:00 AM	<p>Laundry List 4 X 4 (TEL008) - 667-770-1523 Pin 871076# - Telephone Dial in Meeting <b>Format:</b> Discussion Meetings Local Time 07:00 am America/New_York</p>
Monday 08:00 AM	<p>ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week. <b>Format:</b> Discussion - Workshop Meetings Local Time 08:00 am America/New_York</p>
Monday 08:15 AM	<p>ACA Schematic &amp; Appendix A (TEL169) - Phone 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu We meet 4 days a week: Sat, Sun, Mon, &amp; Tues. (English) Focus: Appendix A in the BRB, ACA Schematic pages 6 &amp; 7. Meetings Local Time 08:15 AM America/New York <b>Format:</b> Discussion Meetings Local Time 08:15 am America/New_York</p>
Monday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15. <b>Format:</b> Discussion - Steps Meetings Local Time 09:00 am America/New_York</p>

Monday 10:00 AM	Talk. Feel. Trust. (TEL0520) - Loving Parent meeting with a focus on safety and protecting the inner child. Readings are from ACA literature and traditions, relating to safety in meetings. Meeting is in Hebrew language. Meetings Local Time 05:00 pm Asia/Jerusalem
Monday 11:00 AM	The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safety protocols will be in place during the meeting as well as the after meeting/ fellowship time. Most days we read from Chapters 8 and 15 of the Big Red Book ? with a noteworthy difference on Thursdays when we read from the Loving Parent Guide Book. This meeting on Thursdays is currently held as a @informal meeting” Press *1 to unmute yourself and be heard. Press*1 to mute yourself while listening to another. <b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn Meetings Local Time 11:00 am America/New_York
Monday 01:45 PM	Big Red Book Study (TEL176) - Telephone 712 432 8808 Pin: 641892# - We meet 5 days a week (Monday - Friday). Each day we read and share on 6 pages of the Big Red Book, working our way through the book. <b>Format:</b> Discussion Meetings Local Time 01:45 pm America/New_York
Monday 03:00 PM	The One Trait at a Time Group (TEL0353) - --- 712 432-8808 9991# --- Safety protocols in place to keep our meeting safe, with an active dashboard. - We meet 5 days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook, focusing on one trait per week. <b>Format:</b> Discussion Meetings Local Time 03:00 pm America/New_York
Monday 03:00 PM	ACA’s In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience. <b>Format:</b> Discussion Meetings Local Time 03:00 pm America/New_York
Monday 04:00 PM	Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year <b>Format:</b> Discussion Meetings Local Time 04:00 pm America/New_York
Monday 05:00 PM	The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience. <b>Format:</b> Discussion Meetings Local Time 05:00 pm America/New_York
Monday 06:30 PM	ACA Continued Hope (PA131) - Effective 10/17/22 This meeting is only a TELEPHONE Meeting. Dial: 267-807-9598 Access Code: 681-798-524# Only a Telephone Meeting Dial: 267-807-9598 Access Code: 681-798-524# Meetings Local Time 06:30 pm America/New_York

Monday 07:30 PM	<p>Crossings Aca (OK025) - 14600 N Portland Avenue, Room 239, Oklahoma City Oklahoma, 73134 WILL NOT MEET the following dates: July 24, December 25, January 1, Memorial Day, Labor Day HYBRID MEETING telephone &amp; in-person Meeting begins Mondays, 6:30 pm CST. PHONE LINE: (503) 300-6830 Conference Code: 156782 Use mute icon on mobile device. Landlines use 1* to mute and unmute. IN-PERSON: Crossings Community Church, 14600 N Portland AVE, Oklahoma City, OK 73134 - Second Floor, Care Series (The in-person meeting will call in to the phone line.) Enter using the northeast or southeast entrances and take the elevator or main stairs to the 2nd floor. *Childcare may be available through Crossings Church.</p> <p><b>Format:</b> Discussion  <b>Notes:</b> Child Care Available - Non Smoking - Child Care Available, Non Smoking, Meeting will not occur on the following dates: July 24, 2023 December 25 January 1 Labor Day Memorial Day  Meetings Local Time 06:30 pm America/Chicago</p>
Monday 09:00 PM	<p>(TEL0528) -  <b>Format:</b> Discussion  <b>Focus:</b> Men-Only Anyone who identifies as male  Meetings Local Time 9:00 pm America/New_York</p>
Monday 10:00 PM	<p>Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# - (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction.</p> <p><b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook  <b>Notes:</b> Needs Support - Needs Support,  Meetings Local Time 10:00 pm America/New_York</p>
Tuesday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time...712-432-3900; conference code 247125#  <b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month  Meetings Local Time 05:45 am America/New_York</p>
Tuesday 05:45 AM	<p>Worthy of Unconditional Love &amp; Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!  Please email  Csara6250@gmail.com  for the phone number and pin.  <b>Format:</b> Discussion - Speaker  <b>Focus:</b> Beginners - Women Only Women's only meeting. Have to email for the pin is a safety measure only.  Meetings Local Time 05:45 am America/New_York</p>

Tuesday 06:00 AM	<p>meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- undonline-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-innumber (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com</p> <p><b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</p>
Tuesday 07:00 AM	<p>Laundry List 4 X 4 Workbook Meeting (TEL107) - 667-770-1523; conference code 871076#</p> <p><b>Format:</b> Discussion - Laundry Lists Workbook</p> <p>Meetings Local Time 07:00 am America/New_York</p>
Tuesday 08:00 AM	<p>ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week.</p> <p><b>Format:</b> Discussion - Workshop</p> <p>Meetings Local Time 08:00 am America/New_York</p>
Tuesday 08:15 AM	<p>ACA Schematic &amp; Appendix A (TEL169) - Phone 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu We meet 4 days a week: Sat, Sun, Mon, &amp; Tues. (English) Focus: Appendix A in the BRB, ACA Schematic pages 6 &amp; 7. Meetings Local Time 08:15 AM America/New York</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 08:15 am America/New_York</p>
Tuesday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15.</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Tuesday 11:00 AM	<p>The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safety protocols will be in place during the meeting as well as the after meeting/ fellowship time. Most days we read from Chapters 8 and 15 of the Big Red Book ? with a noteworthy difference on Thursdays when we read from the Loving Parent Guide Book. This meeting on Thursdays is currently held as a @informal meeting” Press *1 to unmute yourself and be heard. Press*1 to mute yourself while listening to another.</p> <p><b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn</p> <p>Meetings Local Time 11:00 am America/New_York</p>
Tuesday 12:00 PM	<p>A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place.</p> <p><b>Format:</b> Fellowship Text (BRB) We read from BRB chapters 2,6,8,10,15 &amp; appendix A. We meet Tuesdays, Wednesdays, Thursdays and Fridays, moderator permitting. If you call in and there is no meeting, then it means we are short on a moderator that day, so please come back next week!</p> <p>Meetings Local Time 12:00 pm America/New_York</p>

Tuesday 01:45 PM	<p>Big Red Book Study (TEL176) - Telephone 712 432 8808 Pin: 641892# - We meet 5 days a week (Monday - Friday). Each day we read and share on 6 pages of the Big Red Book, working our way through the book.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 01:45 pm America/New_York</p>
Tuesday 03:00 PM	<p>The One Trait at a Time Group (TEL0353) - --- 712 432-8808 9991# --- Safety protocols in place to keep our meeting safe, with an active dashboard. - We meet 5 days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook, focusing on one trait per week.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Tuesday 03:00 PM	<p>ACA's In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Tuesday 04:00 PM	<p>Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 04:00 pm America/New_York</p>
Tuesday 05:00 PM	<p>The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Tuesday 06:00 PM	<p>Yellow Workbook Step Meeting (TEL118) - -- 712-432-8808; Access code 2473656# Closed meeting for ACAs only. Safety protocols in place to keep our meeting safe; dashboard used only as needed.</p> <p>We meet 3 times a week, Tuesday, Friday and Sunday 6 pm ET. We read the entire text and answer all questions. We expect to finish in approximately 12 months. (This timing was correct as of 2020.)</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 06:00 pm America/New_York</p>
Tuesday 07:00 PM	<p>Speaking Our Truth (NY076) - DUE TO COVID 19, THIS GROUP IS MEETING TELEPHONICALLY FOR THE TIME BEING. Meeting is from 7 - 8 PM Eastern PLEASE NOTE long distance and/or data charges may apply. Some Cellular services do not allow calls to this number. Dial-in number:1 (667) 770-1397 - Access code: 283113 Before COVID we met in person in the Bronx at, 781 Castle Hill, Bronx NY</p> <p><b>Format:</b> 12 Steps Yellow Workbook - Discussion - Fellowship Text (BRB) - Speaker - Steps - Strengthening My Recovery - Traditions</p> <p><b>Focus:</b> Beginners</p> <p><b>Notes:</b> Non Smoking - Non Smoking,</p> <p>Meetings Local Time 07:00 pm America/New_York</p>



Tuesday 07:00 PM	<p>Tuesday Night Aca (PA064) - We are temporarily meeting by free teleconference until a new physical meeting space can be found. The free conference call number (720)740-9864 and then the access code 7116387</p> <p><b>Format:</b> 12 Step Study Group - Book Study - Discussion - Fellowship Text - Steps Meetings Local Time 07:00 pm America/New_York</p>
Tuesday 07:00 PM	<p>Tuesday night (TEL0530) - free conference call number (720) 740-9864 and then the access code 7116387#.</p> <p><b>Format:</b> 12 Steps Yellow Workbook - Fellowship Text (BRB) - Laundry Lists Workbook - Steps - Strengthening My Recovery Meetings Local Time 07:00 pm America/New_York</p>
Tuesday 09:00 PM	<p>Identity 2 (TEL0341) - -- Telephone 712-432-3900 Access code 411175#.</p> <p>The Identity Papers Chapter 6, 10 and Appendix A Thursday's meeting uses literature from the ACA Schematic and moderator choice</p> <p><b>Format:</b> Discussion Meetings Local Time 09:00 pm America/New_York</p>
Tuesday 09:00 PM	<p>(TEL0528) -</p> <p><b>Format:</b> Discussion <b>Focus:</b> Men-Only Anyone who identifies as male Meetings Local Time 09:00 pm America/New_York</p>
Tuesday 09:30 PM	<p>There Can Be Only One (TEL0498) - Telephone 978-990-5481 Access Code 815-6985</p> <p><b>Format:</b> Discussion - Strengthening My Recovery <b>Focus:</b> Men-Only</p> <p><b>Notes:</b> Fragrance Free - Smoking - Fragrance Free, Smoking, "There Can Be Only One" refers to the solution arising out of the affected person constructing the internal loving parent. This meeting will operate so long as it is productive forum in which men can work their recovery from the effects of having developed a dysfunctional paradigm in their formative years.</p> <p>Meetings Local Time 07:30 pm America/Denver</p>
Tuesday 10:00 PM	<p>Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# - (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction.</p> <p><b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook <b>Notes:</b> Needs Support - Needs Support, Meetings Local Time 10:00 pm America/New_York</p>
Wednesday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time...712-432-3900; conference code 247125#</p> <p><b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 am America/New_York</p>

Wednesday 05:45 AM	<p>Worthy of Unconditional Love &amp; Respect (TEL0515) - The meeting is 7 days a week, 365 days a year! Please email Csara6250@gmail.com for the phone number and pin. <b>Format:</b> Discussion - Speaker <b>Focus:</b> Beginners - Women Only Women's only meeting. Have to email for the pin isa safety measure only. Meetings Local Time 05:45 am America/New_York</p>
Wednesday 06:00 AM	<p>meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- und online-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-in number (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com <b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediation before sharing. Meetings Local Time 12:00 pm Europe/Berlin</p>
Wednesday 07:00 AM	<p>Traditions Meeting (TEL157) - 667-770-1523 - pin # 871076# <b>Format:</b> Discussion Meetings Local Time 07:00 am America/New_York</p>
Wednesday 08:00 AM	<p>ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week. <b>Format:</b> Discussion - Workshop Meetings Local Time 08:00 am America/New_York</p>
Wednesday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15. <b>Format:</b> Discussion - Steps Meetings Local Time 09:00 am America/New_York</p>
Wednesday 11:00 AM	<p>The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safety protocols will be in place during the meeting as well as the after meeting/ fellowship time. Most days we read from Chapters 8 and 15 of the Big Red Book ? with a noteworthy difference on Thursdays when we read from the Loving Parent Guide Book. This meeting on Thursdays is currently held as a @informal meeting” Press *1 to unmute yourself and be heard. Press*1 to mute yourself while listening to another. <b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn Meetings Local Time 11:00 am America/New_York</p>

Wednesday 12:00 PM	<p>A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place.</p> <p><b>Format:</b> Fellowship Text (BRB) We read from BRB chapters 2,6,8,10,15 &amp; appendix A. We meet Tuesdays, Wednesdays, Thursdays and Fridays, moderator permitting. If you call in and there is no meeting, then it means we are short on a moderator that day, so please come back next week!</p> <p>Meetings Local Time 12:00 pm America/New_York</p>
Wednesday 01:45 PM	<p>Big Red Book Study (TEL176) - Telephone 712 432 8808 Pin: 641892# - We meet 5 days a week (Monday - Friday). Each day we read and share on 6 pages of the Big Red Book, working our way through the book.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 01:45 pm America/New_York</p>
Wednesday 03:00 PM	<p>The One Trait at a Time Group (TEL0353) - --- 712 432-8808 9991# --- Safety protocols in place to keep our meeting safe, with an active dashboard. - We meet 5 days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook, focusing on one trait per week.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Wednesday 03:00 PM	<p>ACA's In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Wednesday 04:00 PM	<p>Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 04:00 pm America/New_York</p>
Wednesday 05:00 PM	<p>The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Wednesday 07:30 PM	<p>Weekly telephone ACA meeting (TEL0497) - Meeting telephone number: 1-646-558-8656 ID Number: 861-229-772-82# (Must follow the number by the pound (#) key) Participant ID: # (Only use the pound (#) key) Password: 786-612-737# (Must follow the number by the pound (#) key). This ACA telephone meeting features a weekly topic supported by readings from the Big Red Book and followed by participant shares. All are welcome!</p> <p>Meetings Local Time 07:30 pm America/New_York</p>
Wednesday 09:00 PM	<p>(TEL0528) -</p> <p><b>Format:</b> Discussion</p> <p><b>Focus:</b> Men-Only Anyone who identifies as male</p> <p>Meetings Local Time 9:00 pm America/New_York</p>

Wednesday 09:30 PM	<p>There Can Be Only One (TEL0498) - Telephone 978-990-5481 Access Code 815-6985  <b>Format:</b> Discussion - Strengthening My Recovery  <b>Focus:</b> Men-Only  <b>Notes:</b> Fragrance Free - Smoking - Fragrance Free, Smoking, “There Can Be Only One” refers to the solution arising out of the affected person constructing the internal loving parent. This meeting will operate so long as it is productive forum in which men can work their recovery from the effects of having developed a dysfunctional paradigm in their formative years.  Meetings Local Time 07:30 pm America/Denver</p>
Wednesday 10:00 PM	<p>Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# - (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction.  <b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook  <b>Notes:</b> Needs Support - Needs Support,  Meetings Local Time 10:00 pm America/New_York</p>
Thursday 03:30 AM	<p>Loving Parent (TEL0517) - Loving parent focused shares. Changing texts ,mainly from the Loving Parent Guidebook + affirmations. Meeting is in Hebrew language.  Meetings Local Time 10:30 am Asia/Jerusalem</p>
Thursday 05:00 AM	<p>ACA Marathon (TEL0427) - ACA Holiday Marathon Phone Meetings: ***4th of July Marathon*** July 4th, 5:00 am - July 5th, 3:00 am EST Join us for support during the holidays: Valentine’s Day, Early Spring Holiday, Mother’s Day, Father’s Day, &amp; 4th of July, Thanksgiving, Christmas Eve/Christmas, New Year’s Eve/New Year’s Day. All single day holidays begin at 5:00 AM EST and run to 3:00AM EST the next day. The 2 day holidays: Christmas Eve/ Day, and New Year’s Eve/ Day run for 43 hours. Starting the first day @ 5:00 am EST and end at 2:00 am EST the next day. Call: 712-432-8808 Access code: 247676 Moderators, Back-up Moderators, and Timers are always needed. To do service contact: Tim at aca.service2023@gmail.com or Christa at serveasmoderator@gmail.com.  <b>Format:</b> Discussion - Fellowship Text (BRB) - Strengthening My Recovery  <b>Notes:</b> Needs Support - Needs Support, This Meeting is a telephone meeting that is only used for ACA Marathons throughout the year. This is not a standard every day or weekly meeting.  Meetings Local Time 05:00 am America/New_York</p>
Thursday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time...712-432-3900; conference code 247125#  <b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month  Meetings Local Time 05:45 am America/New_York</p>
Thursday 05:45 AM	<p>Worthy of Unconditional Love &amp; Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!  Please email  Csara6250@gmail.com  for the phone number and pin.  <b>Format:</b> Discussion - Speaker  <b>Focus:</b> Beginners - Women Only Women's only meeting. Have to email for the pin is a safety measure only.  Meetings Local Time 05:45 am America/New_York</p>

Thursday 06:00 AM	<p>meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- undonline-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-innumber (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com</p> <p><b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</p>
Thursday 06:30 AM	<p>Loving Parent Workshop (PA0144) - These meetings are currently only on the phone. 917-900-1022 Passcode: 55310# At some point, we may start face to face meetings. If that happens, we will meet in the choir room at the Holy Cross Lutheran Church, Nazareth PA. Go to the back of the church and knock on the door at the far left of the building, the side along Johnson Road. Meets Monday, Thursday and Saturday</p> <p><b>Format:</b> Loving Parent Guidebook - Workshop Non Smoking</p> <p>Meetings Local Time 06:30 am America/New_York</p>
Thursday 07:00 AM	<p>Identity Papers &amp; Appendix A (TEL031) - 667 770 1523 Access Code 871076 (EST) You Come On Muted. Press *6 To Unmute And Speak</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 07:00 AM America/New_York</p>
Thursday 08:00 AM	<p>ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week.</p> <p><b>Format:</b> Discussion - Workshop</p> <p>Meetings Local Time 08:00 am America/New_York</p>
Thursday 08:15 AM	<p>Recovering/healing From Trauma (TEL173) - Ph # 712-432-8808 PIN 211345#</p> <p><b>Format:</b> Discussion Basic 5 Daily Needs-6 Essential Tasks ACAWSO Schematized Recovery Packet can be found with this link: <a href="https://acawso.org/wp-content/uploads/2016/05/SCHEMATICIZED_RECOVERY_PACKET_1-30-16.pdf">https://acawso.org/wp-content/uploads/2016/05/SCHEMATICIZED_RECOVERY_PACKET_1-30-16.pdf</a></p> <p>Meetings Local Time 08:15 am America/New_York</p>
Thursday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15.</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Thursday 11:00 AM	<p>The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safety protocols will be in place during the meeting as well as the after meeting/ fellowship time. Most days we read from Chapters 8 and 15 of the Big Red Book ? with a noteworthy difference on Thursdays when we read from the Loving Parent Guide Book. This meeting on Thursdays is currently held as a @informal meeting” Press *1 to unmute yourself and be heard. Press*1 to mute yourself while listening to another.</p> <p><b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn</p> <p>Meetings Local Time 11:00 am America/New_York</p>

Thursday 12:00 PM	<p>A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place.</p> <p><b>Format:</b> Fellowship Text (BRB) We read from BRB chapters 2,6,8,10,15 &amp; appendix A. We meet Tuesdays, Wednesdays, Thursdays and Fridays, moderator permitting. If you call in and there is no meeting, then it means we are short on a moderator that day, so please come back next week!</p> <p>Meetings Local Time 12:00 pm America/New_York</p>
Thursday 01:45 PM	<p>Big Red Book Study (TEL176) - Telephone 712 432 8808 Pin: 641892# - We meet 5 days a week (Monday - Friday). Each day we read and share on 6 pages of the Big Red Book, working our way through the book.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 01:45 pm America/New_York</p>
Thursday 03:00 PM	<p>The One Trait at a Time Group (TEL0353) - --- 712 432-8808 9991# --- Safety protocols in place to keep our meeting safe, with an active dashboard. - We meet 5 days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook, focusing on one trait per week.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Thursday 03:00 PM	<p>ACA's In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Thursday 04:00 PM	<p>Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 04:00 pm America/New_York</p>
Thursday 05:00 PM	<p>The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Thursday 06:30 PM	<p>Warner Robins ACA (GA0048) - 1001 N. Carl Vinson Parkway, Centerville Georgia, 31028 Travelling north on Carl Vinson, the Alkanon building is on the left side of the road.</p> <p><b>Format:</b> Discussion - Steps</p> <p><b>Notes:</b> Non Smoking - Non Smoking, Non Smoking</p> <p>Meetings Local Time 06:30 pm America/New_York</p>

Thursday 07:00 PM	The Original 4x4 Meeting (Bronx) Telephone (TEL0508) - The Original 4x4-Bronx Aca-TELEPHONE Meeting. Dial-in number: (667) 770-1397 Access code: 283113 DUE TO COVID 19 SITUATION, THIS MEETING IS MEETING TELEPHONICALLY FOR THE TIME BEING.. PLEASE NOTE LONG DISTANCE AND OR DATA CHARGES MAY APPLY. SOME CELLULAR SERVICES DO NOT ALLOW CALLS TO THIS NUMBER. Before COVID, we met in person at 781 Castle Hill, Bronx, NY 10473 (English) Open to All Laundry List-Traits Book Study, Discussion, Meetings Local Time 07:00 pm America/New_York
Thursday 08:00 PM	(IL227) - On phone meeting only. 701-802-5187 please click on Contact This Meeting below to get the free conference call code. We do not meet in person. (If we do restart in person meetings it will be at 7:00 to 8:30pm 602 W Green St. Presbyterian Church - down the hall, down the stairs, in the basement.) <b>Format:</b> Book Study - Discussion - Fellowship Text <b>Focus:</b> Beginners <b>Notes:</b> Needs Support - Non Smoking - Needs Support, Non Smoking, Meetings Local Time 07:00 pm America/Chicago
Thursday 09:00 PM	North Mason ACA (WA0221) - All are welcome. Phone meeting only 978 990 5000 183479 <b>Format:</b> Discussion - Fellowship Text (BRB) - Strengthening My Recovery <b>Notes:</b> Needs Support - Needs Support, Meeting need support.. Meetings Local Time 06:00 pm America/Los_Angeles
Thursday 09:00 PM	Identity 2 (TEL0341) - -- Telephone 712-432-3900 Access code 411175#. The Identity Papers Chapter 6, 10 and Appendix A Thursday's meeting uses literature from the ACA Schematic and moderator choice <b>Format:</b> Discussion Meetings Local Time 09:00 pm America/New_York
Thursday 09:00 PM	(TEL0528) - <b>Format:</b> Discussion <b>Focus:</b> Men-Only Anyone who identifies as male Meetings Local Time 9:00 pm America/New_York
Thursday 10:00 PM	The ABC's of Encino Women's (CA1213) - Currently a phone meeting. The dial in # is: 202-926-1091 Access Code is 831843#. NOTE: Starting November 1st 2023, the new phone no. on free conferencecall.com is: (667) 770-1485 The meeting code is: 478126# <b>Notes:</b> Non Smoking - Non Smoking, Meetings Local Time 07:00 pm America/Los_Angeles
Thursday 10:00 PM	Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# - (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction. <b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook <b>Notes:</b> Needs Support - Needs Support, Meetings Local Time 10:00 pm America/New_York

Thursday 11:00 PM	Free to Be Me (AK0024) - <b>Format:</b> 12 Steps Yellow Workbook - ACA Concepts of Service - Discussion - Fellowship Text (BRB) - Laundry Lists Workbook - Steps Conference Call Meeting: 1-425-436-6362 Access Code: 654039 Meetings Local Time 07:00 pm America/Anchorage
Thursday 11:00 PM	PTSD and Trauma Recovery (TEL0526) - 712-432-3900 ID 233357# <b>Format:</b> Discussion Readings from Chapters 6, 10, Appendix A and Schematic Recovery Packet Meetings Local Time 11:00 pm America/New_York
Friday 05:45 AM	Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125# <b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 am America/New_York
Friday 05:45 AM	Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year! Please email Csara6250@gmail.com for the phone number and pin. <b>Format:</b> Discussion - Speaker <b>Focus:</b> Beginners - Women Only Women's only meeting. Have to email for the pin is a safety measure only. Meetings Local Time 05:45 am America/New_York
Friday 06:00 AM	meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- und online-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-in number (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com <b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily meditation before sharing. Meetings Local Time 12:00 pm Europe/Berlin
Friday 07:00 AM	Friday Morning Rotating Topic (TEL023) - 667-770-1523 Pin 871076# Wk1-Step, Wk2 Solution,wk3 Basic 5 Needs, Wk4: Promises of the Month, Wk5: Speaker with 15 Minute Share <b>Format:</b> Discussion - Steps Meetings Local Time 07:00 am America/New_York
Friday 08:00 AM	ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week. <b>Format:</b> Discussion - Workshop Meetings Local Time 08:00 am America/New_York



Friday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15.</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Friday 11:00 AM	<p>The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safety protocols will be in place during the meeting as well as the after meeting/ fellowship time. Most days we read from Chapters 8 and 15 of the Big Red Book ? with a noteworthy difference on Thursdays when we read from the Loving Parent Guide Book. This meeting on Thursdays is currently held as a @informal meeting” Press *1 to unmute yourself and be heard. Press*1 to mute yourself while listening to another.</p> <p><b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn</p> <p>Meetings Local Time 11:00 am America/New_York</p>
Friday 12:00 PM	<p>A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place.</p> <p><b>Format:</b> Fellowship Text (BRB) We read from BRB chapters 2,6,8,10,15 &amp; appendix A. We meet Tuesdays, Wednesdays, Thursdays and Fridays, moderator permitting. If you call in and there is no meeting, then it means we are short on a moderator that day, so please come back next week!</p> <p>Meetings Local Time 12:00 pm America/New_York</p>
Friday 01:45 PM	<p>Big Red Book Study (TEL176) - Telephone 712 432 8808 Pin: 641892# - We meet 5 days a week (Monday - Friday). Each day we read and share on 6 pages of the Big Red Book, working our way through the book.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 01:45 pm America/New_York</p>
Friday 03:00 PM	<p>The One Trait at a Time Group (TEL0353) - --- 712 432-8808 9991# --- Safety protocols in place to keep our meeting safe, with an active dashboard. - We meet 5 days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook, focusing on one trait per week.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Friday 03:00 PM	<p>ACA’s In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Friday 04:00 PM	<p>Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 04:00 pm America/New_York</p>
Friday 05:00 PM	<p>The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience.</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 05:00 pm America/New_York</p>

Friday 06:00 PM	<p>Yellow Workbook Step Meeting (TEL118) - -- 712-432-8808; Access code 2473656#  Closed meeting for ACAs only. Safety protocols in place to keep our meeting safe; dashboard used only as needed.  We meet 3 times a week, Tuesday, Friday and Sunday 6 pm ET. We read the entire text and answer all questions. We expect to finish in approximately 12 months. (This timing was correct as of 2020.)  <b>Format:</b> Discussion - Steps  Meetings Local Time 06:00 pm America/New_York</p>
Friday 09:00 PM	<p>Men Only Hetero (TEL0378) - Meeting Number 1-712-432-8808 Contact Todd at 719 680 0690 for access code to enter meeting. No texts please. New Comers are Welcome!  <b>Format:</b> Discussion - Speaker - Steps  <b>Focus:</b> Men-Only Topic Discussion of any ACA or Tony A approved literature or whatever brings you to the meeting.  Meetings Local Time 09:00 pm America/New_York</p>
Friday 09:00 PM	<p>(TEL0528) -  <b>Format:</b> Discussion  <b>Focus:</b> Men-Only Anyone who identifies as male  Meetings Local Time 9:00 pm America/New_York</p>
Friday 09:00 PM	<p>Identity 2 (TEL0341) - -- Telephone 712-432-3900  Access code 411175#.  The Identity Papers  Chapter 6, 10 and Appendix A  Thursday's meeting uses literature from the ACA Schematic and moderator choice  <b>Format:</b> Discussion  Meetings Local Time 09:00 pm America/New_York</p>
Friday 10:00 PM	<p>Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# -  (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction.  <b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook  <b>Notes:</b> Needs Support - Needs Support,  Meetings Local Time 10:00 pm America/New_York</p>
Saturday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time...712-432-3900; conference code 247125#  <b>Format:</b> Discussion - Speaker Speaker for 15 minutes the last Sunday of the month  Meetings Local Time 05:45 am America/New_York</p>
Saturday 05:45 AM	<p>Worthy of Unconditional Love &amp; Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!  Please email  Csara6250@gmail.com  for the phone number and pin.  <b>Format:</b> Discussion - Speaker  <b>Focus:</b> Beginners - Women Only Women's only meeting. Have to email for the pin is a safety measure only.  Meetings Local Time 05:45 am America/New_York</p>

Saturday 06:00 AM	<p>meet12aca (TEL0425) (German / deutsch) - This is a telephone and online meeting in German. We meet at 12pm - noon Europe Central time.. Das ist ein Telefon- undonline-Meeting in deutsch. Wir treffen uns um 12 Uhr mittags. Die Einwahl/Dial-innumber (DE): 0221-98258760 Access code: 814478# International dial-in numbers: <a href="https://fccdl.in/i/meet12aca">https://fccdl.in/i/meet12aca</a> Online meeting ID: meet12aca Join the online meeting: <a href="https://join.freeconferencecall.com/meet12aca">https://join.freeconferencecall.com/meet12aca</a> Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com</p> <p><b>Format:</b> Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</p>
Saturday 06:30 AM	<p>Loving Parent Workshop (PA0144) - These meetings are currently only on the phone. 917-900-1022 Passcode: 55310# At some point, we may start face to face meetings. If that happens, we will meet in the choir room at the Holy Cross Lutheran Church, Nazareth PA. Go to the back of the church and knock on the door at the far left of the building, the side along Johnson Road. Meets Monday, Thursday and Saturday</p> <p><b>Format:</b> Loving Parent Guidebook - Workshop Non Smoking</p> <p>Meetings Local Time 06:30 am America/New_York</p>
Saturday 07:00 AM	<p>7 Am Womens Meeting (TEL029) - Email meeting contact, Anna-Louise, at anna-louise@protonmail.com for her phone number. She will call you back with the meeting phone number and pin. The meeting contact information can only be shared voice to voice and cannot be emailed, left on a voicemail, nor texted.</p> <p><b>Format:</b> Discussion - Steps</p> <p><b>Focus:</b> Women Only</p> <p>Meetings Local Time 07:00 am America/New_York</p>
Saturday 08:00 AM	<p>ACAs, Food Addiction, and Emotions (TEL0395) - 605-313-4822, 589425# After a brief reading about relating to our emotions and our relationship with food, we journal in silence about our current emotions for 10 minutes. We share afterward. Remain muted until journal silence ends around 8:25. *6 to mute and unmute. We meet 7 days a week.</p> <p><b>Format:</b> Discussion - Workshop</p> <p>Meetings Local Time 08:00 am America/New_York</p>
Saturday 08:15 AM	<p>ACA Schematic &amp; Appendix A (TEL169) - Phone 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu We meet 4 days a week: Sat, Sun, Mon, &amp; Tues. (English) Focus: Appendix A in the BRB, ACA Schematic pages 6 &amp; 7. Meetings Local Time 08:15 AM America/New York</p> <p><b>Format:</b> Discussion</p> <p>Meetings Local Time 08:15 am America/New_York</p>
Saturday 09:00 AM	<p>Adult Child in Recovery (TEL0402) - Focus on Chapter 7, the 12 steps of ACA from Big Red Book Call 712 432 8808 Access Code 324515# - (Press *1 to un-mute and speak, press *1 again after speaking to mute) - This group meets daily, all 7 days, from 9 - 10:15.</p> <p><b>Format:</b> Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Saturday 11:00 AM	<p>A Safe Place Towards Freedom (PA0161) - Conference Call Phone Number: 267-807-9598 Access Code: 681 798 524 #</p> <p><b>Format:</b> Strengthening My Recovery</p> <p><b>Notes:</b> Needs Support - Needs Support,</p> <p>Meetings Local Time 11:00 am America/New_York</p>

Saturday 11:00 AM	The First Line (TEL0364) - Dial 712-432-8808 access code 2220900#. Safetyprotocols will be in place during the meeting as well as the after meeting/ fellowshiptime. Most days we read from Chapters 8 and 15 of the Big Red Book ? with anoteworthy difference on Thursdays when we read from the Loving Parent GuideBook. This meeting on Thursdays is currently held as a @informal meeting” Press *1to unmute yourself and be heard. Press*1 to mute yourself while listening to another. <b>Format:</b> Discussion Refer to yourself as ACA when reaching out to Jenn Meetings Local Time 11:00 am America/New_York
Saturday 12:00 PM	Saturday Identity Papers Mtg (TEL077) - 712-432-3900 Conference ID 132204# Trauma Recovery Using The Identity Papers <b>Format:</b> Book Study - Discussion - Fellowship Text Business Mtg. 1st Sat. Of Month. Meetings Local Time 12:00 pm America/New_York
Saturday 02:00 PM	Happy, Joyous & Free (CA1312) - 11am Pacific time 1-605-472-5634 ACCESS CODE: 497399 "Free Conference Call" telephone platform--not ZOOM EMAIL shastakath@gmail.com for handouts, international codes, etc. This is a Step-focus tools for recovery group open to ACAs and others who are seeking ways to rebond and empower the inner child. <b>Format:</b> Discussion - Steps Meetings Local Time 02:00 pm America/New_York
Saturday 03:00 PM	Nuevos caminos ACA (TEL0440) - Reuniones en español vía telefónica/Phone Spanish meeting. Código de acceso/Access code: 637678#. Teléfono/Telephone: +1 7742204000. Para más información/For more information: acanuevoscaminos@gmail.com <b>Format:</b> Steps acanuevoscaminos@gmail.com Meetings Local Time 3:00pm America/New_York
Saturday 03:00 PM	ACA’s In the Solution Laundry List 4x4 Meeting (TEL0109) - 712-432-8808 access code 2473653# -- We meet 7 days a week, 365 days a year. Focus is on recovery studying and sharing on all four sides of the Laundry List using the BRB and other ACA Literature. Safety protocol in place by group conscience. <b>Format:</b> Discussion Meetings Local Time 03:00 pm America/New_York
Saturday 04:00 PM	Strengthening My Recovery studying the 4x4 Laundry List (TEL0344) - Telephone meeting - 712-432-8808 Access Code 2473654# --- Safety protocols in effect by group conscience. This meeting is 7 days a week 365 days a year <b>Format:</b> Discussion Meetings Local Time 04:00 pm America/New_York
Saturday 05:00 PM	The Laundry List Trait Meeting (TEL0384) - — Telephone number 712-432-8808, access code 2473655# — We meet 7 days a week, 365 days a year. We focus on all 4 sides of the Laundry List Traits, one Trait a day, using the brown Laundry List Workbook.— Safety protocols in place by group conscience. <b>Format:</b> Discussion Meetings Local Time 05:00 pm America/New_York
Saturday 09:00 PM	(TEL0528) - <b>Format:</b> Discussion <b>Focus:</b> Men-Only Anyone who identifies as male Meetings Local Time 09:00 pm America/New_York

Saturday 10:00 PM	<p>Becoming Your Own Loving Parent (TEL272) - 712 432 8808 Access Code 247365# - (Press star 1 to un-mute, press star 1 again to mute yourself) - This group meets daily. Topics are Sunday (Ch. 15 BRB), Monday (Tony A), Tuesday (Laundry List Workbook), Wednesday (Beginners), Thursday (Ch. 8 BRB), Friday and Saturday are Moderator's Choice. - There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction.</p> <p><b>Format:</b> Discussion - Fellowship Text (BRB) - Laundry Lists Workbook</p> <p><b>Notes:</b> Needs Support - Needs Support, Meetings Local Time 10:00 pm America/New_York</p>
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