



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 "phone Meetings" Printed on 2022-May-29

Adjusted Day Time	Meeting Information
Sunday 02:00 PM	ACA's in the Workplace (TEL0406) - 712-432-3900 Access code 546033# Focus: Discussion, Book Study Type: ACAs only (Closed) Chapter 14 BRB Meetings Local Time 02:00 PM America/New_York
Sunday 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 Focus: Book Study, Steps Type: ACAs only (Closed) acanuevoscaminos@gmail.com Meetings Local Time 03:00 PM America/New_York
Sunday 08:00 PM	Connected Reparenting (TEL0481) - Telephone Number: 712-432-3900 Access Code: 349425# Ph. Num.- 712-432-3900 Access Code-349425# This meeting is 90 minutes. We dissect specific memories or current events- identify the feelings, identify the inner child or children, give our inner child a chance to speak their peace and then parent them with love and respect. We don't do readings because we take that time to allow ourselves to feel, deal and heal. There are 5 separate periods of silence, so if you come in late please don't interrupt. Hope to hear from you soon! Meetings Local Time 08:00 PM America/New_York
Sunday 07:00 PM	Greater New York Intergroup Monthly Speaker Meeting (TEL0343) - ONCE A MONTH LAST SUNDAY OF MONTH ***ONLY*** 712-770-5600 access code 878556# The chairperson shares for 10 minutes or reads from ACA literature on Step of the Month and one or two ACA speakers share for up to 10 mins each. This is followed by open sharing among the group members. The speaker qualification portions of the meetings will be recorded for later access of experience, strength, and hope. Open shares WILL NOT be recorded. LAST SUNDAY OF MONTH Focus: Steps, Speaker Type: Open to all Meetings Local Time 07:00 PM America/New_York
Sunday 06:00 PM	Yellow Workbook Step Study (TEL0360) - 712-432-8808 Access Code 2473656# Safety protocols in place to keep our meeting safe; dashboard used only as needed. Focus: Discussion, Book Study Type: ACAs only (Closed) Meetings Local Time 06:00 PM America/New_York
Sunday 09:00 AM	(TEL0372) - Traits Meeting 302-202-1108 call contact person(s) for pin. Chuck@ 229-300-6435 or Manny @ 561-632-0451 Focus: Book Study Type: Men-Only, ACAs only (Closed) Meetings Local Time 09:00 AM America/New_York

Sunday 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. Focus: Discussion, Book Study Meetings Local Time 05:00 PM America/New_York
Sunday 09:00 AM	(TEL0454) (Hebrew) - Focus: Fellowship Text, Book Study Meetings Local Time 09:00 AM Asia/Jerusalem
Sunday 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. Focus: Discussion, Book Study Meetings Local Time 03:00 PM America/New_York
Sunday 05:00 AM	ACA Marathon (TEL0427) - 2022 Father's Day ACA Telephone Meeting Marathon Welcome to the ACOA Phone Marathon sign-up! You are invited to strengthen your recovery by Moderating, Back-up Moderating, and Timekeeping. The Marathon begins Sunday, June, 19th, 2022, at 5 am est until Monday, June 20th, 2022, at 3 am est. Holidays may be a difficult time for adult children. We encourage you to share this phone meeting with anyone who would like to heal from the effects of alcoholism or family dysfunction. You may serve in one of two ways: 1. Attend the meeting. The call-in number is 712-432-8808 access code 247676# 2. Share this Marathon meeting phone number and time with other Adult children and please announce it at all appropriate ACOA meetings, using the following approved announcement below. The call-in number is 712-432-8808, access Code 247676#. Interested in service? Moderators, Back-Up Moderators, and Timekeepers are needed. For the signup link please text or call Luella at 708-638-3371, stepstudyaca18@gmail.com, or Christa at serveasmoderator@gmail.com For a moderator script please email Ann at anneadultchild@gmail.com or me. Please do not hesitate to contact us with any questions. XO In-Service, Christa, Luella, and Anne Moderator Co-Chairs Luella's Contact info: 708-638-3371 stepstudyaca18@gmail.com Christa's contact info: serveasmoderator@gmail.com 303-359-5804 Focus: Discussion 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
Sunday 05:45 AM	Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125# Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York
Sunday 07:00 AM	(TEL012) - 667-770-1523 Pin 871076 Ten Minute Meditation During 1st Half Hour Focus: 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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York

Sunday 08:15 AM	ACA Schematic & Appendix A (TEL169) - 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu ACA Schematic & Appendix A-712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu (English) Focus: Discussion, Meetings Local Time 08:15 AM America/New_York Focus: Discussion Meetings Local Time 08:15 AM America/New_York
Sunday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York
Sunday 09:30 AM	Adult Children With Children (TEL150) - 7124328808 pin number 372957# Meeting time will begin at 9:30am and end at 10:45am Focus: Discussion Meetings Local Time 09:30 AM America/New_York
Sunday 11:00 AM	The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book. Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York
Sunday 11:45 AM	A Safe Place For You- *6 to mute and unmute (TEL0390) - The phone number is 667-770-1523 and the access code to enter is 871076# Focus: Discussion Newcomers to ACA are welcome! Meetings Local Time 11:45 AM America/New_York
Sunday 12:00 PM	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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com Focus: Book Study, 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 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 Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York
Sunday 04:10 PM	Generational Girls (TEL0483) - Focus: 12 Step Study Group, Book Study, Discussion, Steps Type: Women Only Notes: Needs Support Needs Support, Hello! We are have an ACA workbook, Tony A's The Laundry List, and Tony A's transcript for a women-only, closed ACA Step Study using Tony A's Steps. We are looking for experienced women who have been through the steps (especially Tony A's steps) who would be willing to join our informal group as sponsors or fellow travelers. For more information please see the contact. Meetings Local Time 04:10 PM America/New_York

Sunday 05:00 PM	Action & work that heals (TEL0287) - 712-775-7035 - Access Code 621382# Focus: Discussion, Fellowship Text, Book Study, Steps Type: ACAs Only (Closed) All participants; please introduce yourselves to keep our meeting safe Meetings Local Time 05:00 PM America/New_York
Sunday 06:00 PM	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.) Focus: Book Study, Discussion, Steps Meetings Local Time 06:00 PM America/New_York
Sunday 07:00 PM	Saratoga Sunday (TEL0419) - Original ACoA Group of Saratoga-topic/discussion or BRB step meeting. Join Zoom Meeting from your browser https://us02web.zoom.us/j/8057715233 Meeting ID: 805 771 5233 No passcode required. "Social Distancing" restrictions and will resume at Nolan House when the Governor allows us to meet in person safely. Focus: Discussion, Fellowship Text, Book Study, Steps Telephone Meeting Meetings Local Time 07:00 PM America/New_York
Sunday 09:00 PM	Mens Meeting (TEL151) - ACA Men's Group-Contact John 617-734-5491 for access code. Real time conversation required. Safe to leave a voice message. No Texting (English) Men-Only, Discussion, Fellowship Text; Daily Reader Focus: Discussion, Fellowship Text Type: Men-Only Meetings Local Time 09:00 PM America/New_York
Sunday 09:00 PM	Identity 2 (TEL0341) (ENGLISH) - -- Telephone 712-432-3900 Access code 411175#. The Identity Papers Chapter 6, 10 and Appendix A Focus: Discussion, Fellowship Text Meetings Local Time 09:00 PM America/New_York
Sunday 09:00 PM	Heterosexual Men's Focus Meeting (TEL0488) - Telephone: 701-802-5058 PIN: 947749 Focus: 12 Step Study Group, Book Study, Discussion, Fellowship Text Type: Men-Only Men-Only, Discussion, Fellowship Text; Daily Reader(English) Focus: Discussion, Fellowship Text, Laundry List Discussion Meetings Local Time 09:00 PM America/New_York
Sunday 10:00 PM	Nuevos Caminos (new Ways (TEL125) - Conference Phone Number 641-715-3272 code 637678# and 1 Reunion en Espanol-Spanish Speaking Meeting Todos los Dias 10PM y Sabado a 12PM Every Day 22pm and Saturday 12pm. Hora Este Estandar de USA (Neuva York)-US Stnadard Time (Neuvo York) Meetings Local Time 10:00 PM America/New_York

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), 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>Focus: Book Study, Discussion, Fellowship Text</p> <p>Notes: Needs Support Needs Support, Meetings Local Time 10:00 PM America/New_York</p>
Monday 07:00 PM	<p>(TEL0375) - 712 432 8808 Access 365499# Meeting theme: Recovery and Healing from Childhood Trauma and Abuse</p> <p>Focus: Fellowship Text</p> <p>Type: Open to All ACA Schematic focus Meetings Local Time 07:00 PM America/New_York</p>
Monday 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>Focus: Discussion, Book Study Meetings Local Time 05:00 PM America/New_York</p>
Monday 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>Focus: Discussion, Book Study Meetings Local Time 03:00 PM America/New_York</p>
Monday 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>Focus: Discussion</p> <p>Type: ACAs only (Closed) Meetings Local Time 03:00 PM America/New_York</p>
Monday 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>Focus: Discussion, Book Study Meetings Local Time 01:45 PM America/New_York</p>
Monday 09:00 PM	<p>ACA Men's Meeting (TEL264) - ACA Men's Meeting- Contact Scott 973.868.3075 for conference ID code, Mens Meeting 712-432-8808.</p> <p>Focus: Discussion</p> <p>Type: Men-Only Steve in Charge of Meeting Meetings Local Time 09:00 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>Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York</p>

Monday 06:30 AM	(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 60.6 mi Focus: Book Study, Discussion, Fellowship Text, Loving Parent Guidebook Non Smoking Meetings Local Time 06:30 AM America/New_York
Monday 07:00 AM	Laundry List 4 X 4 (TEL008) - 667-770-1523 Pin 871076# - Telephone Dial in Meeting Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 07:00 AM America/New_York
Monday 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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York
Monday 08:15 AM	ACA Schematic & Appendix A (TEL170) - 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu ACA Schematic & Appendix A (English) Focus: Discussion, Meetings Local Time 08:15 AM America/New_York
Monday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York
Monday 11:00 AM	The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book. Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York
Monday 12:00 PM	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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com Focus: Book Study, Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediatation before sharing. Meetings Local Time 12:00 PM Europe/Berlin
Monday 12:00 PM	A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place. Focus: Book Study Meetings Local Time 12:00 PM America/New_York
Monday 12:01 PM	ACA Phone Meeting, Brisbane (TEL0470) - Brisbane, Australia timezone. Free Conference Call ph no: (+61) 03 9028 0274. Access Code: 3131900 Focus: Fellowship Text, Steps Meetings Local Time 12:01 PM Australia/Brisbane

Monday 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>Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York</p>
Monday 04:30 PM	<p>Women's Safe Place Meeting (NY0197) - This meeting is currently only on the phone. 425-436-6384 Code: 197542#. To mute and unmute press *6. The dashboard is monitored to keep our meeting safe. We are reading from the red book. We ask experienced ACAs to be prepared to read the laundry list, the flip side of the laundry list, the 12 steps, or participate in whatever we are reading that day from the read book. 53.8 mi</p> <p>Focus: Book Study, Discussion, Fellowship Text</p> <p>Type: Women Only Experienced ACAs are asked to bring the red book to the meeting and participate in reading. Meetings Local Time 04:30 PM America/New_York</p>
Monday 06:00 PM	<p>Baby Steps Towards Recovery (NY110) - Until further notice this meeting is a Phone Meeting 425-436-6312 Code#: 656877# Format changes weekly 42.9 mi</p> <p>Focus: Discussion, Speaker, Steps Meetings Local Time 06:00 PM America/New_York</p>
Monday 06:30 PM	<p>Crossings ACA (TEL0486) - 14600 Portland Ave., Oklahoma City Oklahoma, 73134 THIS IS A HYBRID MEETING. Those who are comfortable attending in-person (at Crossings Community Church) will call in to the phone line from our meeting room. ALL ATTENDEES will be treated equally. Meeting begins on Mondays at 6:30p.m. CST. Call: (503)300-6830 Conference Code: 156782</p> <p>Focus: Discussion, Fellowship Text We require ALL attendees to introduce themselves by their first name only to preserve the safety of our sharing. We ask ALL to mute themselves either on their cell phone with the mute button OR if on a landline please use *6. Meetings Local Time 06:30 PM America/Chicago</p>
Monday 06:30 PM	<p>From Hurting to Healing (TEL0512) (English) - Reach meeting contact for online and telephone information for this meeting.</p> <p>Focus: Book Study, Fellowship Text, Loving Parent Guidebook</p> <p>Type: Women Only Meetings Local Time 06:30 PM America/New_York</p>
Monday 09:00 PM	<p>Heterosexual Men's Focus Meeting (TEL0488) - Telephone: 701-802-5058 PIN: 947749</p> <p>Focus: 12 Step Study Group, Book Study, Discussion, Fellowship Text</p> <p>Type: Men-Only Men-Only, Discussion, Fellowship Text; Daily Reader(English)</p> <p>Focus: Discussion, Fellowship Text, Laundry List Discussion Meetings Local Time 09:00 PM America/New_York</p>
Monday 09:00 PM	<p>Mens Meeting (TEL151) - ACA Men's Group-Contact John 617-734-5491 for access code. Real time conversation required. Safe to leave a voice message. No Texting (English) Men-Only, Discussion, Fellowship Text; Daily Reader</p> <p>Focus: Discussion, Fellowship Text</p> <p>Type: Men-Only Meetings Local Time 09:00 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), 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>Focus: Book Study, Discussion, Fellowship Text</p> <p>Notes: Needs Support Needs Support, Meetings Local Time 10:00 PM America/New_York</p>
Tuesday 06:00 PM	<p>Tuesday afternoon (TEL0417) (Hebrew) -</p> <p>Focus: Discussion, Fellowship Text, Book Study, Steps</p> <p>Type: ACAs only (Closed) Meetings Local Time 06:00 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>Focus: Discussion, Book Study Meetings Local Time 05:00 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>Focus: Discussion</p> <p>Type: ACAs only (Closed) 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>Focus: Discussion, Book Study Meetings Local Time 03:00 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>Focus: Discussion, Book Study Meetings Local Time 01:45 PM America/New_York</p>
Tuesday 07:00 PM	<p>Speaking Our Truth-Telephone (TEL0507) - Speaking Our Truth (Telephone Meeting) Dial-in number: (667) 770-1397 Access code: 283113 Before COVID, we met in person in the Bronx at, 781 Castle Hill, Bronx NY (English) Open to All, Beginners, , Book Study and Discussion Meetings Local Time 07:00 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#</p> <p>Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York</p>
Tuesday 07:00 AM	<p>Laundry List 4 X 4 Workbook Meeting (TEL107) - 667-770-1523; conference code 871076#</p> <p>Focus: Discussion, Laundry Lists Workbook Meetings Local Time 07:00 AM America/New_York</p>

Tuesday 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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York
Tuesday 08:15 AM	ACA Schematic & Appendix A (TEL171) - 712-432-8808; conference ID 313151# Press * For Menu Focus: Book Study, Discussion Meetings Local Time 08:15 AM America/New_York
Tuesday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York
Tuesday 09:00 AM	Ready Set GO!! (TEL0510) - ?? READY SET GO!! ?? ?? RSG's original 6 week, 2 hour closed meetings/workshop ?? ?? TUESDAYS, MAY 17, 24, 31, JUNE 7, 14, 21. 2022 ?? ?? 9:00am CT, 10am ET, 7:00am PT, 8:00am MT ?? ADD YOUR OWN TIME ZONE FOR THIS SESSION: https://time.is/0900AM_17_May_2022_in_CT/ET/PT/MT/United_Kingdom/South_Africa/Canada (Click on link then click on open link) ?? Join Zoom Meeting: https://us02web.zoom.us/j/85630389240?pwd=bmJqZlFKV0pKYVZNQWl3WlkvZzgxUT09 Meeting ID: 856 3038 9240 Passcode: RSG6 One tap mobile +13126266799,,85630389240#,,, *102461# US (Chicago) +13017158592,,85630389240#,,, *102461# US (Washington DC) Dial by your location +1 312 626 6799 US (Chicago) +1 301 715 8592 US (Washington DC) +1 929 436 2866 US (New York) +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) Meeting ID: 856 3038 9240 Passcode: 102461 Find your local number: https://us02web.zoom.us/j/85630389240?pwd=bmJqZlFKV0pKYVZNQWl3WlkvZzgxUT09 ?? ?? RSG Meetings/Workshop are closed meetings (ACAs only) introducing the ACA program, ACA 12 Steps, and Inner Child Workshop "Awakening My Little One" in 6 weeks. ?? ?? Week 1: Introduction, Steps 1, 2, 3 ?? ?? Week 2: Steps 4, 5 ?? ?? Week 3: Steps 6, 7, 8, 9 ?? ?? Week 4: Steps 10, 11, 12 ?? ?? Week 5: Part 1 - RSG Inner Child Workshop ?? ?? Week 6: Part 2 - RSG Inner Child Workshop ?? ?? Suggested 6 consecutive meetings attendance for more benefits. ?? ?? ?? Click on the link and click on 'open the link' (or copy and paste the link) to get your RSG weekly material and other important RSG info and documents. Read the Zoom Participant Email23 first and the flyers before attending RSG: https://drive.google.com/drive/folders/1pAjkUD35MtBbKZzRG2Jmyhh1BLxaaFpA?ths=true Click the link (and/or click on open link) ?? ?? ?? ?? In the meantime for a summary of Ready Set GO!! You will be able to view and listen to the RSG DVD rough draft presentation which runs 54 minutes. Click on the link and click on 'open the link' or copy and paste this link: https://www.dropbox.com/s/5j6j4t58ulrii81/RSG_SLIDESHOW_5_3_21.m4v?dl=0 ?? ?? Focus: Steps, Workshop Type: Beginners RSG is especially developed for the newcomer while also being beneficial to the experienced member. All ACAs are welcome to attend RSG. RSG is a 6 week introductory ACA program. Meetings Local Time 09:00 AM America/Chicago

Tuesday 11:00 AM	<p>The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book.</p> <p>Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York</p>
Tuesday 12:00 PM	<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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com</p> <p>Focus: Book Study, Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediatation before sharing. Meetings Local Time 12:00 PM Europe/Berlin</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>Focus: Book Study Meetings Local Time 12:00 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>Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York</p>
Tuesday 04:30 PM	<p>There Can Be Only One (TEL0498) - Telephone 978-990-5481 Access Code 815-6985</p> <p>Focus: 12 Step Study Group, Laundry Lists Workbook</p> <p>Type: Men-Only Heterosexual Men’s Meeting. “There Can Be Only One” refers to the solution arising out of the affected person creating his internal loving parent. This meeting uses a dashboard to maintain a safe forum in which men can work their recovery from the effects of having developed a dysfunctional paradigm in their formative years. Meetings Local Time 04:30 PM America/Boise</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>Focus: Book Study, Discussion, Steps Meetings Local Time 06:00 PM America/New_York</p>
Tuesday 07:00 PM	<p>Tuesday Night Hope (NC0096) - Telephone, Durham North Carolina, 27707 Dial in details Dial in Number: 425.436.6390 Access Code: 822148 (To mute/un-mute your phone use *6)</p> <p>Focus: Discussion, Fellowship Text</p> <p>Notes: Non Smoking Non Smoking, Week 1, 3, 4 and 5 are Read and Share meetings. Week 3 is a topic meeting. Meetings Local Time 07:00 PM America/New_York</p>

Tuesday 07:00 PM	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 48.5 mi Focus: 12 Step Study Group, Book Study, Discussion, Fellowship Text, Steps Meetings Local Time 07:00 PM America/New_York
Tuesday 09:00 PM	Identity 2 (TEL0341) (ENGLISH) - -- Telephone 712-432-3900 Access code 411175#. The Identity Papers Chapter 6, 10 and Appendix A Focus: Discussion, Fellowship Text Meetings Local Time 09:00 PM America/New_York
Tuesday 09:00 PM	Mens Meeting (TEL151) - ACA Men's Group-Contact John 617-734-5491 for access code. Real time conversation required. Safe to leave a voice message. No Texting (English) Men-Only, Discussion, Fellowship Text; Daily Reader Focus: Discussion, Fellowship Text Type: Men-Only Meetings Local Time 09:00 PM America/New_York
Tuesday 09:00 PM	Heterosexual Men's Focus Meeting (TEL0490) - Dial: 701 -802 -5058 Pin: 947749# Focus: 12 Step Study Group Type: Men-Only Where we read 6 pages from Chapter 7 of the Big Red Book. We specifically share on the pages read for tonight's meeting. Dial: 701 -802 -5058 Pin: 947749# Meetings Local Time 09:00 PM America/New_York
Tuesday 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), 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. Focus: Book Study, Discussion, Fellowship Text Notes: Needs Support Needs Support, Meetings Local Time 10:00 PM America/New_York
Wednesday 12:15 PM	Australian Wednesday Phone Meeting (TEL0352) - 02-80770505 Access code.....358270 This is an Australian phone meeting, studying the big red book, steps and traditions. The meeting runs from 12.15-1.45pm Brisbane, Australia time. (Please note, Brisbane does not have daylight saving.) Any questions, please Phone/email the contact person. Focus: Book Study, Steps Meetings Local Time 12:15 PM America/New_York
Wednesday 06:00 PM	(TEL0455) (Hebrew) - Focus: Fellowship Text, Book Study Meetings Local Time 06:00 PM Asia/Jerusalem
Wednesday 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. Focus: Discussion, Book Study Meetings Local Time 05:00 PM America/New_York
Wednesday 09:00 PM	Heterosexual Men's Focus Meeting (TEL0504) - Focus: 12 Step Study Group, Book Study, Discussion, Fellowship Text, Laundry Lists Workbook Type: Men-Only Telephone: 701-802-5058 PIN: 947749 Meetings Local Time 09:00 PM America/New_York

Wednesday 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. Focus: Discussion Type: ACAs only (Closed) Meetings Local Time 03:00 PM America/New_York
Wednesday 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. Focus: Discussion, Book Study Meetings Local Time 03:00 PM America/New_York
Wednesday 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. Focus: Discussion, Book Study Meetings Local Time 01:45 PM America/New_York
Wednesday 09:00 PM	Heterosexual Men's Red Book Focus Meeting (TEL0491) - Dial: 701 -802 -5058 PIN: 947749# Focus: Book Study We read 6 pages from the Big Red Book. We specifically share on the pages read. Meetings Local Time 09:00 PM America/New_York
Wednesday 07:00 PM	Twelve Steps into the Light (TEL0496) - 712-432-8808, 73656# Focus: Book Study, Discussion, Steps Using our daily affirmation book, "Strengthening My Recovery," we will focus on the Twelve Steps of ACA, one step each week, to provide a basis for recovery as we navigate through the short days of winter, and into the light after the Solstice. We will read on the step of the day and share on the reading. Meetings Local Time 07:00 PM America/New_York
Wednesday 05:45 AM	Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time...712-432-3900; conference code 247125# Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York
Wednesday 07:00 AM	Traditions Meeting (TEL157) - 667-770-1523 - pin # 871076# Focus: Discussion, Fellowship Text Meetings Local Time 07:00 AM America/New_York
Wednesday 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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York
Wednesday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York

Wednesday 11:00 AM	<p>The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book.</p> <p>Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York</p>
Wednesday 12:00 PM	<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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com</p> <p>Focus: Book Study, Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediatation before sharing. Meetings Local Time 12:00 PM Europe/Berlin</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>Focus: Book Study Meetings Local Time 12:00 PM America/New_York</p>
Wednesday 12:01 PM	<p>ACA Phone Meeting, Brisbane (TEL0470) - Brisbane, Australia timezone. Free Conference Call ph no: (+61) 03 9028 0274. Access Code: 3131900</p> <p>Focus: Fellowship Text, Steps Meetings Local Time 12:01 PM Australia/Brisbane</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>Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York</p>
Wednesday 06:30 PM	<p>Whole! Here & Now (TEL0363) - Zoom ID:504 504 5788 Pswd:351968</p> <p>Focus: Book Study, Discussion, Speaker, Workshop</p> <p>Type: ACA Teen (Ages 12 to 18), Beginners, LGBT+, People of Color, Secular/Agnostic/Atheist, Young Adult (Ages 18 to 26) We support members who are moving from their Culture of Origin toward Culture of Choice like Immigrants from African Diaspora, People of Color, Latino, Asian, Socially Mobile, Religious persecution or war. See ACA WSO Global Fellowship, REA webpages and BRB Chapter 17. Rotating Workbook and Business Meeting formats. After March 24th 2021, we moved TEL0363 from FreeConfCall.com to Zoom. Meetings Local Time 06:30 PM America/New_York</p>
Wednesday 07:30 PM	<p>Weekly telephone ACA meeting (TEL0497) - Meeting telephone number: 1-646-558-8656 ID Number: 833-501-228-29# (Must follow the number by the pound (#) key) Participant ID: # (Only use the pound (#) key) Password: 034-360-358# (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! Meetings Local Time 07:30 PM America/New_York</p>
Wednesday 09:00 PM	<p>Aca/disordered eating (TEL0450) - The phone number is 712-432-3900 access code 874743#</p> <p>Type: Beginners Open to all. We focus on healthy habits that aid us in living lifetime on life's terms. Meetings Local Time 09:00 PM America/New_York</p>

Wednesday 09:00 PM	<p>Mens Meeting (TEL151) - ACA Men's Group-Contact John 617-734-5491 for access code. Real time conversation required. Safe to leave a voice message. No Texting (English) Men-Only, Discussion, Fellowship Text; Daily Reader</p> <p>Focus: Discussion, Fellowship Text</p> <p>Type: Men-Only Meetings Local Time 09:00 PM America/New_York</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), 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>Focus: Book Study, Discussion, Fellowship Text</p> <p>Notes: Needs Support Needs Support, Meetings Local Time 10:00 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>Focus: Discussion, Book Study Meetings Local Time 01:45 PM America/New_York</p>
Thursday 07:00 PM	<p>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</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>Focus: Discussion, Book Study Meetings Local Time 05:00 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>Focus: Discussion, Book Study Meetings Local Time 03:00 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>Focus: Discussion</p> <p>Type: ACAs only (Closed) Meetings Local Time 03:00 PM America/New_York</p>
Thursday 09:00 PM	<p>Heterosexual Men's Focus Meeting (TEL0504) -</p> <p>Focus: 12 Step Study Group, Book Study, Discussion, Fellowship Text, Laundry Lists Workbook</p> <p>Type: Men-Only Telephone: 701-802-5058 PIN: 947749 Meetings Local Time 09:00 PM America/New_York</p>

Thursday 08:00 PM	Nuevos caminos ACA (TEL0440) - Reuniones en español vía telefónica/PhoneSpanish meeting. Código de acceso/Access code: 637678#. Teléfono/Telephone: +1 7742204000. Para más información/For more information: acanuevoscaminos@gmail.com Focus: Book Study, Steps Type: ACAs only (Closed) acanuevoscaminos@gmail.com Meetings Local Time 08:00 PM America/New_York
Thursday 05:45 AM	Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125# Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York
Thursday 06:30 AM	(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 60.6 mi Focus: Book Study, Discussion, Fellowship Text, Loving Parent Guidebook Non Smoking Meetings Local Time 06:30 AM America/New_York
Thursday 07:00 AM	Identity Papers & Appendix A (TEL031) - 667 770 1523 Access Code 871076 (EST) You Come On Muted. Press *6 To Unmute And Speak Focus: Book Study, Discussion Meetings Local Time 07:00 AM America/New_York
Thursday 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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York
Thursday 08:15 AM	Recovering/healing From Trauma (TEL173) - 712-432-8808 pin 211345 Eastern Standard Time Focus: Discussion Basic 5 Daily Needs-6 Essential Tasks Acaschematic Meetings Local Time 08:15 AM America/New_York
Thursday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York
Thursday 11:00 AM	The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book. Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York
Thursday 12:00 PM	A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place. Focus: Book Study Meetings Local Time 12:00 PM America/New_York

Thursday 12:00 PM	<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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com</p> <p>Focus: Book Study, Discussion It s at noon 12o'clock CET (6am ET).We read thedaily mediation before sharing. Meetings Local Time 12:00 PM Europe/Berlin</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>Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York</p>
Thursday 04:30 PM	<p>There Can Be Only One (TEL0498) - Telephone 978-990-5481 Access Code 815-6985</p> <p>Focus: 12 Step Study Group, Laundry Lists Workbook</p> <p>Type: Men-Only Heterosexual Men's Meeting. "There Can Be Only One" refers to the solution arising out of the affected person creating his internal loving parent. This meeting uses a dashboard to maintain a safe forum in which men can work their recovery from the effects of having developed a dysfunctional paradigm in their formative years. Meetings Local Time 04:30 PM America/Boise</p>
Thursday 06:30 PM	<p>From Hurting to Healing (TEL0512) (English) - Reach meeting contact for online and telephone information for this meeting.</p> <p>Focus: Book Study, Fellowship Text, Loving Parent Guidebook</p> <p>Type: Women Only Meetings Local Time 06:30 PM America/New_York</p>
Thursday 07:00 PM	<p>Aujourd'hui (TEL0471) (FRENCH/FRANCAIS) - Nous nous réunissons pour partager nos expériences d'enfants ayant grandi dans une famille touchée par l'alcoolisme ou d'autres dysfonctions. Cette réunion est fermée, réservée aux Enfants Adultes qui souhaitent se rétablir. Bienvenue! Ouverte le 4ème jeudi du mois aux professionnels de santé, des médias et aux proches qui soutiennent le rétablissement d'un.e membre (sur demande). Réunion de service le 1er jeudi du mois de 19h à 19h30, suivi de la réunion. Conférence téléphonique, pour obtenir numéro de tel+code, écrire à eada-reu-tel@protonmail.com.</p> <p>Focus: Discussion, Steps</p> <p>Notes: Needs Support Needs Support, Meetings Local Time 07:00 PM Europe/Paris</p>

Friday 09:00 PM	<p>Heterosexual Men's Topic Discussion Focus Meeting (TEL0493) - Dial: 701 -802 - 5058 Pin 947749#</p> <p>Focus: Discussion, Fellowship Text</p> <p>Type: Men-Only This meeting format is a moderators choice topic discussion meeting where the moderator offers an ACA topic and offers a reading related to the topic from any ACA approved or Tony A. Literature. Meetings Local Time 09:00 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>Focus: Discussion</p> <p>Type: ACAs only (Closed) 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>Focus: Discussion, Book Study Meetings Local Time 03:00 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>Focus: Discussion, Book Study Meetings Local Time 01:45 PM America/New_York</p>
Friday 08:00 PM	<p>Phone (TEL0482) - Phone in: 712-432-8808; access code: 2221212#</p> <p>Focus: Book Study, Discussion, Fellowship Text All are welcome- Open share Reading from BRB Meetings Local Time 08:00 PM America/Denver</p>
Friday 10:00 AM	<p>(TEL0456) (Hebrew) -</p> <p>Focus: Fellowship Text, Book Study Meetings Local Time 10:00 AM Asia/Jerusalem</p>
Friday 06:00 PM	<p>Sligo ACOA (TEL0443) - Meeting held on WhatsApp. Reading from Strengthening my recovery and the corresponding pages in the BRB. Contact Lucy on 00353872964125</p> <p>Focus: Discussion, Book Study</p> <p>Type: Open to All Meetings Local Time 06:00 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>Focus: Discussion, Book Study Meetings Local Time 05:00 PM America/New_York</p>
Friday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125#</p> <p>Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York</p>
Friday 07:00 AM	<p>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</p> <p>Focus: Book Study, Discussion, Fellowship Text, Steps Meetings Local Time 07:00 AM America/New_York</p>

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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York
Friday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York
Friday 11:00 AM	The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book. Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York
Friday 12:00 PM	A Safe Place At Noon (TEL0321) - (712) 432-8808 Conference ID 87107612# -- Safety Policy and Moderator Guidelines in place. Focus: Book Study Meetings Local Time 12:00 PM America/New_York
Friday 12:00 PM	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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com Focus: Book Study, Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediatation before sharing. Meetings Local Time 12:00 PM Europe/Berlin
Friday 12:01 PM	ACA Phone Meeting, Brisbane (TEL0470) - Brisbane, Australia timezone. Free Conference Call ph no: (+61) 03 9028 0274. Access Code: 3131900 Focus: Fellowship Text, Steps Meetings Local Time 12:01 PM Australia/Brisbane
Friday 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 Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York
Friday 06:00 PM	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.) Focus: Book Study, Discussion, Steps Meetings Local Time 06:00 PM America/New_York

Friday 09:00 PM	Identity 2 (TEL0341) (ENGLISH) - -- Telephone 712-432-3900 Access code 411175#. The Identity Papers Chapter 6, 10 and Appendix A Focus: Discussion, Fellowship Text Meetings Local Time 09:00 PM America/New_York
Friday 09:00 PM	Mens Meeting (TEL151) - ACA Men's Group-Contact John 617-734-5491 for access code. Real time conversation required. Safe to leave a voice message. No Texting (English) Men-Only, Discussion, Fellowship Text; Daily Reader Focus: Discussion, Fellowship Text Type: Men-Only Meetings Local Time 09:00 PM America/New_York
Friday 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), 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. Focus: Book Study, Discussion, Fellowship Text Notes: Needs Support Needs Support, Meetings Local Time 10:00 PM America/New_York
Saturday 02:00 PM	Happy, Joyous & Free (CA1312) - 11am Pacific time 1-605-472-5634 ACCESS CODE: 497399 OR 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. 293.3 mi Focus: Discussion, Steps, Workshop Meetings Local Time 02:00 PM America/New_York
Saturday 09:00 PM	Heterosexual Men's Red Book Focus Meeting (TEL0491) - Dial: 701 -802 -5058 PIN: 947749# Focus: Book Study We read 6 pages from the Big Red Book. We specifically share on the pages read. Meetings Local Time 09:00 PM America/New_York
Saturday 12:00 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 Focus: Book Study, Steps Type: ACAs only (Closed) acanuevoscaminos@gmail.com Meetings Local Time 12:00 PM America/New_York
Saturday 12:00 PM	Nuevos Caminos (TEL160) - Conference phone number 641-715-3272 code 637678# and 1 Reunion en Espanol-Spanish Speaking Meeting Todos los Dias 10PM y Sabado a 12PM Every Day 22pm and Saturday 12pm. Hora Este Estandar de USA (Neuva York)-US Stnadard Time (Neuvo York) SATURDAY 10PM GRUPO DEL TEL 160 TEMA: LOS CINCO BÁSICOS Reunion Telefonica En Habla Hispana Meetings Local Time 12:00 PM America/New_York
Saturday 12:00 PM	Saturday Identity Papers Mtg (TEL077) - 712-432-3900 Conference ID 132204# Trauma Recovery Using The Identity Papers Focus: Discussion, Fellowship Text, Book Study Business Mtg. 1st Sat. Of Month. Meetings Local Time 12:00 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. Focus: Discussion, Book Study Meetings Local Time 05:00 PM America/New_York
Saturday 09:00 PM	Heterosexual Men's Focus Meeting (TEL0504) - Focus: 12 Step Study Group, Book Study, Discussion, Fellowship Text, Laundry Lists Workbook Type: Men-Only Telephone: 701-802-5058 PIN: 947749 Meetings Local Time 09:00 PM 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. Focus: Discussion, Book Study Meetings Local Time 03:00 PM America/New_York
Saturday 05:45 AM	Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125# Focus: Discussion, Fellowship Text, Speaker Speaker for 15 minutes the last Sunday of the month Meetings Local Time 05:45 AM America/New_York
Saturday 06:30 AM	(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 60.6 mi Focus: Book Study, Discussion, Fellowship Text, Loving Parent Guidebook Non Smoking Meetings Local Time 06:30 AM America/New_York
Saturday 07:00 AM	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. Focus: Book Study, Discussion, Fellowship Text, Steps Type: Women Only Meetings Local Time 07:00 AM America/New_York
Saturday 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. Focus: Book Study, Discussion, Workshop Meetings Local Time 08:00 AM America/New_York
Saturday 08:15 AM	ACA Schematic & Appendix A (TEL169) - 712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu ACA Schematic & Appendix A-712-432-8808; conference ID 313151# Meeting Runs For 1 Hour. Press * For Menu (English) Focus: Discussion, Meetings Local Time 08:15 AM America/New_York Focus: Discussion Meetings Local Time 08:15 AM America/New_York
Saturday 09:00 AM	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. Focus: Discussion, Steps Meetings Local Time 09:00 AM America/New_York

Saturday 11:00 AM	The First Line (TEL0364) - -- 712-432-8808 access code 2220900# -- Note: calls from blocked numbers will not have access to the meeting. If your number is blocked you will have to dial *82 and then the telephone number to get into the room. Safety protocols will be in place during the meeting and the after-meeting fellowship time. - We read from Chapters 8 and 15 of the Big Red Book. Focus: Discussion, Fellowship Text Meetings Local Time 11:00 AM America/New_York
Saturday 11:00 AM	HAPPY JOYOUS & FREE ACA (TEL0435) - Focus: Discussion Type: Open to All Meetings Local Time 11:00 AM America/New_York
Saturday 12:00 PM	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): 030-52014350 Access code: 814478# International dial-in numbers: https://fccdl.in/i/meet12aca Online meeting ID: meet12aca Join the online meeting: https://join.freeconferencecall.com/meet12aca Das Meeting ist offen für alle Interessierten email: meet12aca@protonmail.com Focus: Book Study, 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
Saturday 03:00 PM	Woodside Self Parenting Group (TEL0509) - Literature MTG Loving parent book ACA 12 step book Please reach meeting contact for telephone information. Focus: 12 Step Study Group, Loving Parent Guidebook 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 Focus: Book Study, Discussion, Fellowship Text Meetings Local Time 04:00 PM America/New_York
Saturday 06:30 PM	From Hurting to Healing (TEL0512) (English) - Reach meeting contact for online and telephone information for this meeting. Focus: Book Study, Fellowship Text, Loving Parent Guidebook Type: Women Only Meetings Local Time 06:30 PM America/New_York
Saturday 09:00 PM	Mens Meeting (TEL151) - ACA Men's Group-Contact John 617-734-5491 for access code. Real time conversation required. Safe to leave a voice message. No Texting (English) Men-Only, Discussion, Fellowship Text; Daily Reader Focus: Discussion, Fellowship Text Type: Men-Only Meetings Local Time 09:00 PM America/New_York
Saturday 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), 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. Focus: Book Study, Discussion, Fellowship Text Notes: Needs Support Needs Support, Meetings Local Time 10:00 PM America/New_York