

AL-ANON ELECTRONIC MEETINGS

Electronic meetings, like all Al-Anon meetings, agree to abide by the spirit of the Twelve Traditions. Each Al-Anon member is responsible for keeping the electronic meeting focused on Al-Anon recovery and discussion of Al-Anon related topics. Al-Anon will always be what we—its members—make it.

Confidentiality of sharings may be more difficult to maintain for some Internet services. If you have a need for anonymity, you may want to discuss it further with your internet service provider.

For safety reasons, currently electronic Alateen meetings are not permitted unless they are on the Al-Anon Member Site.

ELECTRONIC MEETINGS

Following are the electronic meetings currently registered at the WSO. The WSO registers meetings at their request, confident that they will abide by Al-Anon Traditions and that meetings will be open to any Al-Anon member. Registering, however, does not constitute approval of any meeting's manner of practicing the Al-Anon program. For information on how to access the meeting, please get in touch with the electronic meeting contact, Web site url, or e-mail provided.

^ = Meetings that have permission from the WSO to quote Conference Approved Literature on-line

**** = Closed meetings** are for all Al-Anon members and potential members; anyone whose personal life is or has been affected by close contact with a problem drinker

*** = Open meetings** may be attended by anyone interested in Al-Anon

ON-LINE MEETINGS

TELEPHONE MEETINGS, scroll to pages 3-4

ENGLISH E-MAIL MEETINGS

A SERENITY PLACE ^**

http://www.serenitysys.com/A_Serenity_Place

A TOUCH OF SERENITY AFG MEETING *

touchofserenity@hotmail.com

AWAKENINGS AFG MEETING^ **

Awakeningsts@yahoo.com

COURAGE TO CHANGE AFG MEETING * ^

<http://health.groups.yahoo.com/groups/couragetochange>

CYBERSERENITY **

cafg-owner@yahoo.com

EXPERIENCE, STRENGTH AND HOPE ^ **

ESH-Subscribe@yahoo.com

<http://health.groups.yahoo.com/group/ESH>

FIFTH TRADITION AFG MEETING ** ^

5thtrad-subscribe@yahoo.com

<http://groups.yahoo.com/group/5thtrad>

FRIENDS OF LOIS ** ^

lois@yahoo.com

HOPE FOR TODAY MEETING **

HopeForTodayGroup@yahoogroups.com

<http://groups.yahoo.com/group/hopefortodaygroup>

KEY TO HARMONY ^ **

Keytoharmony-subscribe@yahoo.com

MEN'S ONE DAY AT A TIME (MODAT) ** ^

<http://health.groups.yahoo.com/group/modat>

modat-owner@yahoo.com

SERENITY FOR US

Serenty4us-owner@yahoo.com

SHARE (SHARING HOPE AND RECOVERY IN E-MAIL) ** ^

<http://health.groups.yahoo.com/groups/s-h-a-r-e>

STEPS2RECOVERY * ^

Steps2Recovery@yahoo.com

<http://health.groups.yahoo.com/group/Steps2Recovery>

THREE LEGACIES AFG ** ^

<http://health.groups.yahoo.com/group/3legs>

TRANQUILITY AFG MEETING ^ **

tranquilityAFG-subscribe@yahoo.com

TRANQUILITY STEP MEETING ^ **

tstep@yahoo.com

SPANISH E-MAIL MEETINGS

CYBERSERENITY-S ^ **

Cafig2-subscribe@yahoo.com

PROGRESO, NO PERFECCION * ^

Progreso08@yahoo.com

<http://groups.yahoo.com/group/progreso08>

FRENCH E-MAIL MEETINGS

CLARTÉ MEETING ** ^

clarte@yahoo.com

<http://fr.groups.yahoo.com/group/clarte>

COURAGE GFA MEETING ** ^

www.fr.groups.yahoo.com/group/courage-gfa

courage-gfa@yahoo.com

ESPOIR-AEA-GFA ** ^

Espoir-AEA-gfa@yahoogroupes.fr
<http://fr.groups.yahoo.com/group/espoir-AEA-gfa>

PORTUGUESE E-MAIL MEETINGS

AL-ANONPORT ^ *

Alanonport-owner@yahoogroups.com

RUSSIAN E-MAIL MEETINGS

STEPS TO FREEDOM ** ^

alanon@yandex.ru

GERMAN E-MAIL MEETINGS

ELTERN VON ALKOHOLIKERN *

www.al-anon-online.de/eva
eva@al-anon-online.de

FAMILY & FRIENDS ** ^

www.al-anon-online.de/ff
ff@al-anon.online.de

OUT OF CHAOS – Adult Children ^ **

www.al-anon-online.de/ooc
ooc@al-anon-online.de

ENGLISH CHAT MEETING

LIVING AFG * ^

Wednesday, 9:30 pm
<http://LivingAFG.blogspot.com>

FRENCH CHAT MEETING

ESPERANCE-EN-AL-ANON *^

Saturday, 8:30 pm CET (GMT +1)
<http://esperance.alanon.free.fr>
esperancealanaon@free.fr

POLISH CHAT MEETING

SILA * ^

Wednesday 20:00 CET (GMT +2)
www.al-anon.org.pl/emityng/index.html

SPANISH CHAT MEETINGS

GRUPO ALANON ESP ONLINE * ^

Sunday 9:30 pm (GMT-3)
<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>
GrupoAlanonEspOnLine@gruposyahoo.com.ar

GRUPO ALANON ESP ONLINE * ^

Monday 9:00 pm (GMT-3)
<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>
GrupoAlanonEspOnLine@gruposyahoo.com.ar

GRUPO ALANON ESP ONLINE * ^

Tuesday 9:00 pm (GMT-3)
<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>
GrupoAlanonEspOnLine@gruposyahoo.com.ar

GRUPO ALANON ESP ONLINE * ^

Friday 10:30 pm (22:30) GMT-3)
<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>
GrupoAlanonEspOnLine@gruposyahoo.com.ar

ENGLISH BULLETIN BOARD MEETINGS

HILLTOPPERS AFG MEETING **

www.hilltoppers-afg.org

H.O.W. AL-ANON ** ^

<http://health.groups.yahoo.com/group/H-O-W>

DANISH BULLETIN BOARD MEETING

AL-ANONS ONLINE FORUM ** ^

http://www.al-anon.dk/online_forum/index.asp

GERMAN BULLETIN BOARD MEETING

DANDELION * ^

<http://www.al-anon-online.ch>

RUSSIAN BULLETIN BOARD MEETINGS

RADUGA ** ^

Tuesday 9:00 pm ET (UTC +3.00)
<http://www.fgump.ru.clubs/15>

RADUGA ** ^

Saturday, 2:00 pm ET (UTC+3.00)
<http://www.fgump.ru.clubs/15>

ENGLISH VOICE VIA INTERNET

SUNDAY AL-ANON ONLINE

Sunday, 7:00 pm CET (GMT+2)
sundayalanonline@gmail.com

ICELANDIC VOICE VIA INTERNET

NETFUNDAEILD AL-ANON **

Thursday, 20:00 (GMT +1)
netfundir@gmail.com

SPANISH VOICE VIA INTERNET

LINEA CIBERNETICA DE VIDA AL-ANON-HIJOS ADULTOS en ESPANOL

Sunday, 11:00 am
Cyber-lineoflife@outlook.com

VALOR PARA CAMBIAR-DOMINGOS **

Sunday, 11:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

VALOR PARA CAMBIAR-LUNES **

Monday, 11:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

GRATITUD **

Tuesday, 9:00 pm Pacific Time
afggratitud1@gmail.com

VALOR PARA CAMBIAR-MARTES **

Tuesday, 11:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

VALOR PARA CAMBIAR-MIERCOLES **

Wednesday, 10:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

VALOR PARA CAMBIAR-JUEVES **

Thursday, 11:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

VALOR PARA CAMBIAR-VIERNES **

Friday, 11:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

VALOR PARA CAMBIAR-SABADOS **

Saturday, 11:00 am Pacific Time
Valorparacambiar.valor@yahoo.com

AL-ANON TELEPHONE MEETING SCHEDULE

Meetings are listed in U.S. Eastern Time unless otherwise specified

Meetings are English-speaking unless otherwise noted.

Anyone who has been affected by someone else's drinking may attend any Al-Anon meeting.

** are Closed meetings for Al-Anon members and potential members only.

	(712) 432-8733 access code 52639#	(712) 432-8818 access code 8888#	(712) 432-8773 access code 52639#	(712) 432-8808 access code 2287#	(712) 432-0075 access code 391533#	(712) 432-8773 access code 102584#	(712) 432-8700 access code: 510689#	(712) 432-8700 access code 665181#	(712) 432-8710 access code 1111#	SPANISH (860) 970-0300 access code 32106#
SUNDAY	6 am Just for Today 8 am Arise & Shine 11am Paths to Recovery** 2 pm <i>Paths to Recovery- Al-Anon's Steps, Traditions, and Concepts</i> Book Study 4 pm Transforming Our Losses 8 pm Steps & Traditions** 10 pm Sharing Our Recovery	8:30 am Eleventh Step 10 pm Progress not Perfection		6 am Sunrise	12 am Reaching for Personal Freedom	8am Discovering Choices			10am Al-Anon Parents in Recovery	9 pm Valor para cambiar**
MONDAY	6 am Just for Today 9 am Daily Meditation 12 pm Topics for Recovery** 4 pm Beginners Literature 8 pm Survivors in Recovery	7 am One Day at a Time 8:30 am Eleventh Step 6 pm Steps 1, 2, & 3	10:30 am Fourth Step Workbook 3 pm Al-Anon Spoken Here	6 am Sunrise	12 am Reaching for Personal Freedom	9am <i>How Al-Anon Works for Families and Friends of Alcoholics</i> Book Study				9 pm Lunes en Español Hijos Adultos de Alcohólicos
TUESDAY	6 am Just for Today 9 am Beginners First Step 12 pm AFG 12 x 12** 4 pm Step Ten 8 pm Live and Let Live** 10 pm Discovering Choices (LBGT)	8:30 am Eleventh Step 1:30 pm Step, Tradition, Concept 6 pm Communication	3 pm One Step at a Time	6 am Sunrise	12 am Reaching for Personal Freedom	9am Communication		7pm ET (10pm PT) Together We Can Make It		9 pm Martes en Español Tradiciones y Conceptos
WEDNESDAY	6 am Just for Today 9 am Beginners Second Step 12 pm From Survival to Recovery** 4 pm Meditation 8 pm New Beginnings**	8:30 am Eleventh Step 10:00am Eleventh Step 6 pm Acceptance	3 pm Gratitude	6am Sunrise	12 am Reaching for Personal Freedom	9am Detachment	8 pm Spiritual Awakening			9 pm Miercoles en Español Libro: Cómo Ayuda Al-Anon

THURSDAY	12 am Midnight Daily Meditations 6 am Just for Today 9 am Gratitude 12 pm Serenity Spoken Here 4 pm Beginners Slogans 8 pm The Path** 10 pm Blueprint for Progress	7 am Topic of the Month 8:30 am Eleventh Step 6 pm Topic	3 pm Living Our Recovery	6am Sunrise** 11am Boundaries	12 am Reaching for Personal Freedom	9am Gratitude				9 pm Jueves en Español
FRIDAY	6 am Just for Today 9 am Third Step (Beginners) 12 pm AFG Speaker Mtg** 4 pm Twelve Step Mtg 8 pm How AI-Anon Works 10 pm Recovering in AI-Anon	7 am One Day at a Time 8:30 am Meditation 6 pm Beginners Serenity Prayer 10pm Detachment	3 pm Live and Let Live	6am Sunrise 11am Opening Our Hearts, Transforming Our Losses	12 am Reaching for Personal Freedom	9am Sponsorship				9 pm Viernes en Español
SATURDAY	6 am Just for Today 8 am Sunrise Acceptance 10 am Paths to Recovery Traditions 12 pm Hope for Today 4 pm <i>Opening Our Hearts, Transforming Our Losses**</i> 6 pm Eleventh Step 8 pm Speakers 10 pm Obedience to the Unenforceable	8:30 am Eleventh Step** 6 pm Eleventh Step	3 pm <i>From Survival to Recovery: Growing Up in an Alcoholic Home</i> Book Study	6 am Sunrise	12 am Reaching for Personal Freedom	8 am <i>In All Our Affairs: Making Crises Work for You</i> Book Study 1:30 pm <i>Opening Our Hearts, Transforming Our Losses</i> Book Study				9 pm Sábado en Español Lemas