

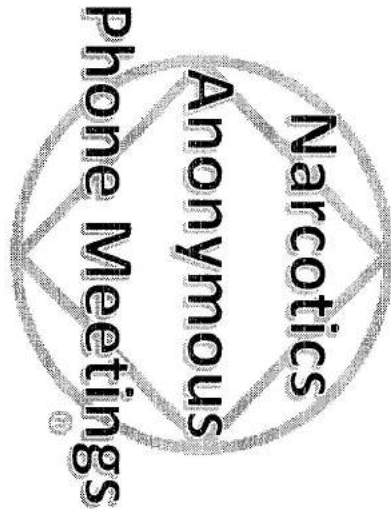
## NA Phone Meeting Schedule – NAbyPhone.com

Eastern	Central	Mountain	Pacific	Group & ICC# (If Applicable)	Length	Number	Access	Playback 24/7
Monday - Friday Mornings								
7:30a	6:30a	5:30a	4:30a	What A Way To Start A Day	1.0 Hr.	712.432.0075	299757#	712.432.1085
8:40a	7:40a	6:40	5:40a	Spirit Of Gratitude	1.0 Hr.	641.715.3655	848885#	641.715.3658
8:40a	7:40a	6:40	5:40a	Our Gratitude Speaks	1.0 Hr.	641.715.3610	890926#	641.715.3609
9:00a	8:00a	7:00a	6:00a	Freedom From Insanity	1.0 Hr.	712.770.4005	632506#	712.770.5009
10:30a	9:30a	8:30a	7:30a	One Primary Purpose	1.5 Hr.	712.432.0075	571968#	712.432.1085
Monday								
12:00n	11:00a	10:00a	9:00a	Recovery At Noon	1.5 Hr.	774.220.4000	6213845#	
3:00p	2:00p	1:00p	12:00n	Miracles at 3 ICC-1	1.0 Hr.	605.472.5662	108470#	
5:00p	4:00p	3:00p	2:00p	More Will Be Revealed ICC-5	1.0 Hr.	712.770.4160	942839#	
7:00p	6:00p	5:00p	4:00p	Recovery Continues ICC-4	1.5 Hr.	641.715.3605	343267#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
10:00p	9:00p	8:00p	7:00p	The Gift of Recovery	1.5 Hr.	641.715.0857	300253#	
Tuesday								
1:00p	12:00n	11:00a	10:00a	We Return Home	1.5 Hr.	415.464.6800	2221085#	
5:00p	4:00p	3:00p	2:00p	More Will Be Revealed ICC-5	1.0 Hr.	712.770.4160	942839#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
9:00p	8:00p	7:00p	6:00p	Tues. Night Mtg. of NA ICC-3	1.0 Hr.	641.715.3580	126078#	
11:00p	10:00p	9:00p	8:00p	TLC-Tues. Living Clean ICC-6	1.5 Hr.	712.770.5000	809366#	
Wednesday								
12:00n	11:00a	10:00a	9:00a	Recovery At Noon	1.5 Hr.	774.220.4000	6213845#	
3:00p	2:00p	1:00p	12:00n	Miracles at 3 ICC-1	1.0 Hr.	605.472.5662	108470#	
5:00p	4:00p	3:00p	2:00p	More Will Be Revealed ICC-5	1.0 Hr.	712.770.4160	942839#	
8:00p	7:00p	6:00p	5:00p	Loving Our Long-Timers ICC-5	1.5 Hr.	712.770.4160	108786#	712.770.4169
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
10:30p	9:30p	8:30p	7:30p	Recovery Continues ICC-4	1.5 Hr.	641.715.3605	343267#	
Thursday								
12:00n	11:00a	10:00a	9:00a	Recovery At Noon	1.5 Hr.	774.220.4000	6213845#	
5:00p	4:00p	3:00p	2:00p	More Will Be Revealed ICC-5	1.0 Hr.	712.770.4160	942839#	712.770.4169
7:00p	6:00p	5:00p	4:00p	Serenity On Thursday	1.5 Hr.	774.220.4000	31831#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
12:00m	11:00p	10:00p	9:00p	Recovery 911 ICC-4	1.5 Hr.	641.715.3605	845687#	641.715.3598
Friday								
12:00n	11:00a	10:00a	9:00a	Recovery At Noon	1.5 Hr.	774.220.4000	6213845#	
3:00p	2:00p	1:00p	12:00n	Miracles at 3 ICC-1	1.0 Hr.	605.472.5662	108470#	
5:30p	4:30p	3:30p	2:30p	Friday Night Special ICC-6	1.5 Hr.	712.775.7465	181551#	723.775.7474
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
10:00p	9:00p	8:00p	7:00p	JAM-Just A Meeting ICC-6	1.0 Hr.	712.775.7465	181551#	
Saturday								
8:40a	7:40a	6:40	5:40a	Spirit Of Gratitude	1.5 Hr.	641.715.3655	848885#	641.715.3658
8:40a	7:40a	6:40	5:40a	Our Gratitude Speaks	1.0 Hr.	641.715.3610	890926#	641.715.3609
10:30a	9:30a	8:30a	7:30a	One Primary Purpose	1.5 Hr.	712.432.0075	571968#	712.432.1085
12:00n	11:00a	10:00a	9:00a	Recovery At Noon	1.5 Hr.	267.507.0420	6213845#	
3:00p	2:00p	1:00p	12:00n	Miracles at 3 ICC-1	1.0 Hr.	605.472.5662	108470#	
5:00p	4:00p	3:00p	2:00p	Stepping Up in Recovery ICC-5	1.5 Hr.	712.770.4160	182862#	
8:00p	7:00p	6:00p	5:00p	Recovery Continues ICC-4	1.5 Hr.	641.715.3605	343267#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
10:00p	9:00p	8:00p	7:00p	JAM-Just A Meeting ICC-6	1.0 Hr.	712.775.7465	181551#	
12:00m	11:00p	10:00p	9:00p	Recovery 911 ICC-4	1.5 Hr.	641.715.3605	845687#	641.715.359

## NA Phone Meeting Schedule – NAbbyPhone.com

Eastern	Central	Mountain	Pacific	Group	Length	Number	Access	Playback 24/7
<b>Sunday</b>								
8:40a	7:40a	6:40	5:40a	Spirit Of Gratitude	1.5 Hr.	641.715.3655	848885#	641.715.3658
8:40a	7:40a	6:40	5:40a	Our Gratitude Speaks	1.0 Hr.	641.715.3610	890926#	641.715.3609
11:00a	10:00a	9:00a	8:00a	Recovery Continues ICC-4	1.5 Hr.	641.715.3605	343267#	
2:00p	1:00p	12:00p	11:00a	One Primary Purpose	1.5 Hr.	712.432.0075	571968#	712.432.1085
3:30p	2:30p	1:30p	12:30	Activity Committee ICC-8	1.5 Hr.	712.775.7035	554778#	712.775.7039
5:00p	4:00p	3:00p	2:00p	We Return Home	1.5 Hr.	415.464.6800	2221085#	
7:00p	6:00p	5:00p	4:00p	Recovery On The Go ICC-7	1.5 Hr.	712.775.7031	907811#	
7:00p	6:00p	5:00p	4:00p	90n90 ICC-2	1.0 Hr.	641.715.0864	367404#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	605.475.6720	387870#	
10:00p	9:00p	8:00p	7:00p	We Do Recover ICC-6	1.5 Hr.	712.775.7465	181551#	

**How Teleconference Phone Meetings Works:**  
Dial phone number, when prompted, enter access code and the pound (#) symbol. You are now in the meeting. Pressing \* and then 6 (\*6) will mute and unmute your phone. When muted you can hear but no one can hear you. It is best to stay muted except to share or read.



Please visit our web site, [NabbyPhone.com](http://NabbyPhone.com) for info about NA Phone Meetings; access the phone-friendly meeting list; International Calling Charts (IC#), which give many countries a local number to call to attend some of our meetings; download Loving Our Long-Timers 30+ Year Speakers, Tributes and other Speakers; and find news of current phone line events.

The cost of [NabbyPhone.com](http://NabbyPhone.com) is completely supported by 7<sup>th</sup> Tradition donations. Help us carry our message by making a secure 7<sup>th</sup> Tradition donation through PayPal.

We welcome any NA area or regional web site to link with [NabbyPhone.com](http://NabbyPhone.com) to include up-to-date teleconference meeting information for your local Fellowship.



Originally started in 2008 as Outreach to carry NA meetings to a hospitalized member in Florida, teleconference meetings have grown to meet the needs of many members. The diversity of our phone line membership includes home-bound and hospitalized members plus older members who can no longer get out, scared newcomers, professional drivers, geographically challenged members, parents staying home with children, victims of bad storms who come until the weather clears, rural members who are seeking more anonymity for gut-level sharing and those who are simply seeking multiple flavors of recovery. Phone line NA meetings are not a replacement for face-to-face meetings, but can be an excellent supplement to a well-rounded recovery platform. Support your local NA, share some hugs!