

# NA by 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
8:30a	7:30a	6:30	5:30a	Our Gratitude Speaks	1.0 Hr.	712.770.5597	890926#	712.770.5596
8:40a	7:40a	6:40	5:40a	Spirit Of Gratitude	1.0 Hr.	712.770.5600	848885#	712.770.5601
9:00a	8:00a	7:00a	6:00a	Freedom From Insanity	1.0 Hr.	712.775.7465	312121#	712.770.5090
10:30a	9:30a	8:30a	7:30a	One Primary Purpose	1.5 Hr.	712.775.7035	753870#	712.775.7039
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	472548#	
7:00p	6:00p	5:00p	4:00p	Recovery Continues ICC-4	1.5 Hr.	605.313.5156	343267#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	712.770.5310	887281#	
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	472548#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	712.770.5310	887281#	
9:00p	8:00p	7:00p	6:00p	Tues. Night Mtg. of NA ICC-3	1.0 Hr.	712.770.5505	126078#	
11:00p	10:00p	9:00p	8:00p	TLC-Tues. Living Clean ICC-6	1.5 Hr.	605.313.5142	334084#	605.313.5153
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	472548#	
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.	712.770.5310	887281#	
10:30p	9:30p	8:30p	7:30p	Recovery Continues ICC-4	1.5 Hr.	605.313.5156	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	472548#	712.770.4169
6:00p	5:00p	4:00p	3:00p	Recovery Thru Aging & Illness	1.0 Hr.	605.313.5146	207904#	605.313.5153
7:00p	6:00p	5:00p	4:00p	Serenity On Thursday	1.5 Hr.	712.775.7465	533360#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	712.770.5310	887281#	
12:00m	11:00p	10:00p	9:00p	Recovery 911 ICC-4	1.5 Hr.	605.313.5156	845687#	605.313.5155
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.	712.770.5310	887281#	
10:00p	9:00p	8:00p	7:00p	JAM-Just A Meeting ICC-6	1.0 Hr.	712.775.7465	497789#	
Saturday								
8:30a	7:30a	6:30	5:30a	Our Gratitude Speaks	1.0 Hr.	712.770.5597	890926#	712.770.5596
8:40a	7:40a	6:40	5:40a	Spirit Of Gratitude	1.5 Hr.	712.770.5600	848885#	712.770.5601
10:30a	9:30a	8:30a	7:30a	One Primary Purpose	1.5 Hr.	712.775.7035	753870#	712.775.7039
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#	
8:00p	7:00p	6:00p	5:00p	Recovery Continues ICC-4	1.5 Hr.	605.313.5156	343267#	
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	712.770.5310	887281#	
10:00p	9:00p	8:00p	7:00p	JAM-Just A Meeting ICC-6	1.0 Hr.	712.775.7465	497789#	
12:00m	11:00p	10:00p	9:00p	Recovery 911 ICC-4	1.5 Hr.	605.313.5156	845687#	605.313.5155

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Eastern	Central	Mountain	Pacific	Group	Length	Number	Access	Playback 24/7
<b>Sunday</b>								
8:30a	7:30a	6:30	5:30a	Our Gratitude Speaks	1.0 Hr.	712.770.5597	890926#	712.770.5596
8:40a	7:40a	6:40	5:40a	Spirit Of Gratitude	1.5 Hr.	712.770.5600	848885#	712.770.5601
11:00a	10:00a	9:00a	8:00a	Recovery Continues ICC-4	1.5 Hr.	605.313.5156	343267#	
2:00p	1:00p	12:00n	11:00a	One Primary Purpose	1.5 Hr.	712.775.7035	753870#	712.775.7039
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.	712.770.5363	667812#	
7:00p	6:00p	5:00p	4:00p	90n90 ICC-2	1.0 Hr.	605.313.5144	367404#	605.313.5153
8:00p	7:00p	6:00p	5:00p	The Bridge	1.0 Hr.	712.770.5310	887281#	
10:00p	9:00p	8:00p	7:00p	We Do Recover ICC-6	1.5 Hr.	605.313.5142	334084#	

**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** for info about NA Phone Meetings; access the phone-friendly meeting list; International Calling Charts (ICC#), 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** is completely supported by 7<sup>th</sup> Tradition donations. Help us carry our message by making a secure 7th Tradition donation through PayPal.

We welcome any NA area or regional web site to link with **NAbbyPhone.com** to include up-to-date teleconference meeting information for your local Fellowship.



**NAbbyPhone.com**

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 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!