



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-Mar-29

Showing Meetings adjusted to TimeZone **America/New_York**

Adjusted Day Time	Meeting Information
Sunday 02:00 AM	(TEL0454) (Hebrew) - Format: Book Study - Fellowship Text Meetings Local Time 09:00 am Asia/Jerusalem
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# Format: 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 Format: Discussion Meetings Local Time 07:00 AM America/New_York
Sunday 07:00 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): 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 Format: Book Study - 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
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. Format: Book Study - 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 Format: 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>Format: Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Sunday 09:00 AM	<p>Traits, Men (TEL0522) -</p> <p>Format: Laundry Lists Workbook</p> <p>Focus: 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) - 7124328808 pin number 372957#</p> <p>Meeting time will begin at 9:30am and end at 10:45am</p> <p>Format: Discussion</p> <p>Meetings Local Time 09:30 AM America/New_York</p>
Sunday 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>Format: Discussion - Fellowship Text</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) - The phone number is 667-770-1523 and the access code to enter is 871076#</p> <p>Format: Discussion Newcomers to ACA are welcome!</p> <p>Meetings Local Time 11:45 am America/New_York</p>
Sunday 12:30 PM	<p>telephone meeting (TEL0524) (angielski) - Call us so we don't have to call you</p> <p>Meetings Local Time 12:30 pm 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>Format: Book Study - Steps</p> <p>Focus: ACAs only (Closed) acanuevoscaminos@gmail.com</p> <p>Meetings Local Time 03:00 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>Format: Book Study - Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</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>Format: Book Study - Discussion - Fellowship Text</p> <p>Meetings Local Time 04:00 pm America/New_York</p>

Sunday 05:00 PM	<p>Action & work that heals (TEL0287) - 712-775-7035 - Access Code 621382#</p> <p>Format: Discussion - Fellowship Text - Book Study - Steps</p> <p>Focus: ACAs Only (Closed) All participants; please introduce yourselves to keep our meeting safe</p> <p>Meetings Local Time 05:00 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>Format: Discussion - Book Study</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Sunday 06:00 PM	<p>Yellow Workbook Step Meeting (TEL118) - -- 712-432-8808; Access code 2473656#</p> <p>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>Format: Book Study - Discussion - Steps</p> <p>Meetings Local Time 06:00 pm America/New_York</p>
Sunday 07:00 PM	<p>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</p> <p>Format: Steps - Speaker</p> <p>Focus: Open to all</p> <p>Meetings Local Time 07:00 pm America/New_York</p>
Sunday 07:00 PM	<p>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.</p> <p>Format: Discussion - Fellowship Text - Book Study - Steps Telephone Meeting</p> <p>Meetings Local Time 07:00 pm America/New_York</p>
Sunday 08:00 PM	<p>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!</p> <p>Meetings Local Time 08:00 pm America/New_York</p>
Sunday 09:00 PM	<p>Mill Valley Sunday 6:00 (CA1009) - 410 Sycamore church classroom 1, Mill Valley California, 94941 ZOOM: Meeting ID: 443 723 375 Password worthit</p> <p>Format: Book Study - Discussion</p> <p>Notes: Non Smoking - Non Smoking, Live and Zoom meetings are separate.</p> <p>Meetings Local Time 06:00 pm America/Los_Angeles</p>

Sunday 09:00 PM	<p>Identity 2 (TEL0341) - -- Telephone 712-432-3900 Access code 411175#. The Identity Papers Chapter 6, 10 and Appendix A Format: Discussion - Fellowship Text Meetings Local Time 09:00 pm America/New_York</p>
Sunday 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 Format: Discussion - Fellowship Text Focus: Men-Only Meetings Local Time 09:00 PM America/New_York</p>
Sunday 09:00 PM	<p>Heterosexual Men's Topic Discussion (TEL0491) - CURRENT DIAL IN NUMBER: 701 -802 -5058 PIN: 947749 NEW DIAL IN NUMBER as of NOV. 16th, 2022 will be 945 218 0101 with same PIN 947749 Format: Book Study - Discussion - Fellowship Text - Laundry Lists Workbook - Steps - Traditions Focus: Men-Only Welcome beginners and old timers 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), 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. Format: Book Study - Discussion - Fellowship Text Notes: Needs Support - Needs Support, Meetings Local Time 10:00 pm America/New_York</p>
Monday 05:45 AM	<p>Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year! Format: Book Study - Fellowship Text - Speaker Focus: Beginners - Women Only Meetings Local Time 05:45 am 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# Format: 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	<p>(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 Format: Book Study - Discussion - Fellowship Text - Loving Parent Guidebook 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</p> <p>Format: Book Study - Discussion - Fellowship Text</p> <p>Meetings Local Time 07:00 am America/New_York</p>
Monday 07:00 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): 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>Format: Book Study - Discussion It s at noon 12o'clock CET (6am ET).We read the daily meditation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</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.</p> <p>Format: Book Study - Discussion - Workshop</p> <p>Meetings Local Time 08:00 am America/New_York</p>
Monday 08:15 AM	<p>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</p> <p>Format: Discussion</p> <p>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.</p> <p>Format: Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Monday 10:00 AM	<p>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.</p> <p>Meetings Local Time 05:00 pm Asia/Jerusalem</p>
Monday 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>Format: Discussion - Fellowship Text</p> <p>Meetings Local Time 11:00 am America/New_York</p>
Monday 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>Format: Book Study</p> <p>Meetings Local Time 12:00 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>Format: Book Study - Discussion</p> <p>Meetings Local Time 01:45 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>Format: Discussion</p> <p>Meetings Local Time 03:00 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>Format: Book Study - Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
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>Format: Book Study - Discussion - Fellowship Text</p> <p>Meetings Local Time 04:00 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>Format: Discussion - Book Study</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Monday 06:30 PM	<p>ACA Continued Hope - HYBRID (Phone & In-Person) (PA131) - Effective 10/17/22 This meeting is only a TELEPHONE Meeting. Dial: 267-807-9598 Access Code: 681-798-524#</p> <p>Format: Book Study - Fellowship Text Only a Telephone Meeting Dial: 267-807-9598 Access Code: 681-798-524#</p> <p>Meetings Local Time 06:30 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>Format: Fellowship Text ACA Schematic focus</p> <p>Meetings Local Time 07:00 pm America/New_York</p>

Monday 07:30 PM	<p>Crossings Aca (OK025) - 14600 N Portland Avenue, Oklahoma City Oklahoma, 73134 HYBRID MEETING telephone & in-person (Crossings Church, Oklahoma City Campus, Second Floor) 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. Our ACA meeting is part of the Crossings Church Care Series. Childcare may be available through Crossings Church. Format: Discussion - Fellowship Text Notes: Child Care Available - Non Smoking - Child Care Available, Non Smoking, Meetings Local Time 06:30 pm America/Chicago</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 Format: Discussion - Fellowship Text Focus: 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. Format: Book Study - Discussion - Fellowship Text Notes: 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# Format: 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 05:45 AM	<p>Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year! Format: Book Study - Fellowship Text - Speaker Focus: Beginners - Women Only 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# Format: Discussion - Laundry Lists Workbook Meetings Local Time 07:00 am America/New_York</p>

Tuesday 07:00 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): 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>Format: Book Study - Discussion It s at noon 12o'clock CET (6am ET).We read the daily meditation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</p>
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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>Format: Book Study</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>Format: Book Study - 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 5days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook,focusing on one trait per week.</p> <p>Format: 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>Format: Book Study - Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
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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>Format: Book Study - Discussion - Steps</p> <p>Meetings Local Time 06:00 pm America/New_York</p>
Tuesday 06:00 PM	<p>Tuesday afternoon (TEL0417) (Hebrew) -</p> <p>Format: Book Study - Discussion - Fellowship Text - Steps</p> <p>Meetings Local Time 06:00 pm America/New_York</p>
Tuesday 06:30 PM	<p>There Can Be Only One (TEL0498) - Telephone 978-990-5481 Access Code 815-6985</p> <p>Format: 12 Step Study Group - Laundry Lists Workbook</p> <p>Focus: 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.</p> <p>Meetings Local Time 04:30 pm America/Boise</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>Format: 12 Step Study Group - Book Study - Discussion - Fellowship Text - Steps</p> <p>Meetings Local Time 07:00 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>Format: Discussion - Fellowship Text</p> <p>Notes: Non Smoking - Non Smoking, Week 1, 3, 4 and 5 are Read and Sharemeetings. Week 3 is a topic meeting.</p> <p>Meetings Local Time 07:00 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</p> <p>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</p> <p>Chapter 6, 10 and Appendix A</p> <p>Format: Discussion - Fellowship Text</p> <p>Meetings Local Time 09:00 pm America/New_York</p>
Tuesday 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>Format: Discussion - Fellowship Text</p> <p>Focus: Men-Only</p> <p>Meetings Local Time 09:00 PM America/New_York</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), 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>Format: Book Study - Discussion - Fellowship Text</p> <p>Notes: Needs Support - Needs Support,</p> <p>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>Format: Discussion - Fellowship Text - Speaker Speaker for 15 minutes the last Sunday of the month</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Wednesday 05:45 AM	<p>Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!</p> <p>Format: Book Study - Fellowship Text - Speaker</p> <p>Focus: Beginners - Women Only</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Wednesday 07:00 AM	<p>Traditions Meeting (TEL157) - 667-770-1523 - pin # 871076#</p> <p>Format: Discussion - Fellowship Text</p> <p>Meetings Local Time 07:00 AM America/New_York</p>

Wednesday 07:00 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): 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>Format: Book Study - Discussion It s at noon 12o'clock CET (6am ET).We read the daily meditation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</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.</p> <p>Format: Book Study - Discussion - Workshop</p> <p>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.</p> <p>Format: Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Wednesday 11:00 AM	<p>(TEL0455) (Hebrew) -</p> <p>Format: Book Study - Fellowship Text</p> <p>Meetings Local Time 06:00 pm Asia/Jerusalem</p>
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>Format: Discussion - Fellowship Text</p> <p>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>Format: Book Study</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>Format: Book Study - 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>Format: 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>Format: Book Study - 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>Format: Book Study - Discussion - Fellowship Text</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>Format: Discussion - Book Study</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Wednesday 07:00 PM	<p>Twelve Steps Through the Seasons (TEL0496) - 712-432-8808, 73656#</p> <p>Format: Book Study - Discussion - Steps Using our daily affirmation book, Strengthening My Recovery, we focus on the Twelve Steps of ACA, one step each week, to provide a base for recovery as we navigate the shortening days of Summer into the Fall. We read and share on the step of the week.</p> <p>Meetings Local Time 07:00 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>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>Format: Discussion - Fellowship Text</p> <p>Focus: Men-Only</p> <p>Meetings Local Time 09:00 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>Focus: Beginners - Open to all. We focus on healthy habits that aid us in living lifetime on life's terms.</p> <p>Meetings Local Time 09:00 pm America/New_York</p>
Wednesday 09:00 PM	<p>Heterosexual Men's Topic Discussion (TEL0491) - CURRENT DIAL IN NUMBER: 701 -802 -5058 PIN: 947749 NEW DIAL IN NUMBER as of NOV. 16th, 2022 will be 945 218 0101 with same PIN 947749</p> <p>Format: Book Study - Discussion - Fellowship Text - Laundry Lists Workbook - Steps - Traditions</p> <p>Focus: Men-Only Welcome beginners and old timers</p> <p>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>Format: Book Study - Discussion - Fellowship Text</p> <p>Notes: Needs Support - Needs Support,</p> <p>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.</p> <p>Meetings Local Time 10:30 am Asia/Jerusalem</p>
Thursday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125#</p> <p>Format: Discussion - Fellowship Text - Speaker Speaker for 15 minutes the last Sunday of the month</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Thursday 05:45 AM	<p>Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!</p> <p>Format: Book Study - Fellowship Text - Speaker</p> <p>Focus: Beginners - Women Only</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Thursday 06:30 AM	<p>(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>Format: Book Study - Discussion - Fellowship Text - Loving Parent Guidebook Non Smoking</p> <p>Meetings Local Time 06:30 am America/New_York</p>
Thursday 07:00 AM	<p>Identity Papers & Appendix A (TEL031) - 667 770 1523 Access Code 871076 (EST) You Come On Muted. Press *6 To Unmute And Speak</p> <p>Format: Book Study - Discussion</p> <p>Meetings Local Time 07:00 AM America/New_York</p>
Thursday 07:00 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): 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>Format: Book Study - Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediatation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</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>Format: Book Study - 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>Format: Discussion Basic 5 Daily Needs-6 Essential Tasks ACAWSO Schematized Recovery Packet can be found with this link: https://acawso.org/wp-content/uploads/2016/05/SCHEMATICIZED_RECOVERY_PACKET_1-30-16.pdf</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>Format: Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Thursday 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>Format: Discussion - Fellowship Text</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>Format: Book Study</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>Format: Book Study - Discussion</p> <p>Meetings Local Time 01:45 pm America/New_York</p>
Thursday 02:00 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, suivie de la réunion. Conférence téléphonique, accessible PAR TELEPHONE/ PAR INTERNET pour obtenir numéro de tel+code, écrire à eada-reu-tel@protonmail.com.</p> <p>Format: Discussion - Steps - Traditions</p> <p>Notes: Needs Support - Needs Support,</p> <p>Meetings Local Time 07:00 pm Europe/Paris Virtual Meeting Link</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 5days a week (Monday - Friday). We read the ACA Laundry List Trait Workbook,focusing on one trait per week.</p> <p>Format: 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>Format: Book Study - 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>Format: Book Study - Discussion - Fellowship Text</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>Format: Discussion - Book Study</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Thursday 06:30 PM	<p>There Can Be Only One (TEL0498) - Telephone 978-990-5481 Access Code 815-6985</p> <p>Format: 12 Step Study Group - Laundry Lists Workbook</p> <p>Focus: 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.</p> <p>Meetings Local Time 04:30 pm America/Boise</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</p> <p>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,</p> <p>Meetings Local Time 07:00 pm America/New_York</p>
Thursday 08:00 PM	<p>(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.)</p> <p>Format: Book Study - Discussion - Fellowship Text</p> <p>Focus: Beginners -</p> <p>Notes: Needs Support - Non Smoking - Needs Support, Non Smoking,</p> <p>Meetings Local Time 07:00 pm America/Chicago</p>

Thursday 08:00 PM	<p>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</p> <p>Format: Book Study - Steps</p> <p>Focus: ACAs only (Closed) acanuevoscaminos@gmail.com</p> <p>Meetings Local Time 08:00 pm America/New_York</p>
Thursday 09:00 PM	<p>Heterosexual Men's Topic Discussion (TEL0492) - CURRENT DIAL IN NUMBER: 701 -802 -5058 PIN: 947749 NEW DIAL IN NUMBER as of NOV. 16th, 2022 will be 945 218 0101 with same PIN 947749</p> <p>Format: Book Study - Discussion - Fellowship Text - Laundry Lists Workbook - Steps - Traditions</p> <p>Focus: Men-Only Welcome beginners and old timers</p> <p>Meetings Local Time 09:00 pm America/New_York</p>
Thursday 09:00 PM	<p>Aca/disordered eating (TEL0450) - The phone number is 712-432-3900 access code 874743#</p> <p>Focus: Beginners - Open to all. We focus on healthy habits that aid us in living lifetime on life's terms.</p> <p>Meetings Local Time 09:00 pm America/New_York</p>
Thursday 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>Format: Discussion - Fellowship Text</p> <p>Focus: Men-Only</p> <p>Meetings Local Time 09:00 PM America/New_York</p>
Thursday 10:00 PM	<p>The ABC's of Encino Women's (CA1213) - Currently a phone meeting. The dial in # is: 202-926-1091 Access Code is 831843#.</p> <p>Notes: Non Smoking - Non Smoking,</p> <p>Meetings Local Time 07:00 pm America/Los_Angeles</p>
Thursday 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>Format: Book Study - Discussion - Fellowship Text</p> <p>Notes: Needs Support - Needs Support,</p> <p>Meetings Local Time 10:00 pm America/New_York</p>
Thursday 11:00 PM	<p>Back to Basics Trauma Recovery (TEL0523) (English) -</p> <p>Format: Book Study - Discussion</p> <p>Focus: Secular/Agnostic/Atheist Reading from Chapter 6, 10 and Apendex A.</p> <p>Meetings Local Time 08:00 pm America/Los_Angeles</p>
Friday 03:00 AM	<p>(TEL0456) (Hebrew) -</p> <p>Format: Book Study - Fellowship Text</p> <p>Meetings Local Time 10:00 am Asia/Jerusalem</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>Format: Discussion - Fellowship Text - Speaker Speaker for 15 minutes the last Sunday of the month</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Friday 05:45 AM	<p>Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!</p> <p>Format: Book Study - Fellowship Text - Speaker</p> <p>Focus: Beginners - Women Only</p> <p>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>Format: Book Study - Discussion - Fellowship Text - Steps</p> <p>Meetings Local Time 07:00 am America/New_York</p>
Friday 07:00 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): 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>Format: Book Study - Discussion It s at noon 12o'clock CET (6am ET).We read the daily mediatation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</p>
Friday 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>Format: Book Study - Discussion - Workshop</p> <p>Meetings Local Time 08:00 am America/New_York</p>
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>Format: Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Friday 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>Format: Discussion - Fellowship Text</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>Format: Book Study</p> <p>Meetings Local Time 12:00pm America/New_York</p>

Friday 12:30 PM	<p>Brookline Friday ACA (MA0097) - 1773 Beacon Street, Brookline Massachusetts, 02445 We meet in person at All Saints Parish to discuss the Daily Meditation from Strengthening My Recovery. We share our meeting by conference call with those who are unable to be present in person. Dial (267) 807-9605 and enter Access Code 158797# to join by phone.</p> <p>Format: Book Study - Discussion</p> <p>Notes: Non Smoking - Non Smoking, No meeting 11/25 or 12/30</p> <p>Meetings Local Time 12:30 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>Format: Book Study - 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>Format: 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>Format: Book Study - 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>Format: Book Study - Discussion - Fellowship Text</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>Format: Discussion - Book Study</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.</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>Format: Book Study - Discussion - Steps</p> <p>Meetings Local Time 06:00 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 Format: Discussion - Fellowship Text Meetings Local Time 09:00 pm America/New_York</p>
Friday 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 Format: Discussion - Fellowship Text Focus: Men-Only Meetings Local Time 09:00 PM America/New_York</p>
Friday 10:00 PM	<p>Phone (TEL0482) - Phone in: 712-432-8808; access code: 2221212# Format: 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 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. Format: Book Study - Discussion - Fellowship Text Notes: Needs Support - Needs Support, Meetings Local Time 10:00 pm America/New_York</p>
Saturday 05:00 AM	<p>ACA Marathon (TEL0427) - ACOA 2022 Winter Marathon 2022 ACOA Winter Telephone Meeting Marathon Welcome to the ACOA Phone Meeting Marathon sign-up! You are invited to strengthen your recovery by Moderating, Back-up Moderating, and Timekeeping. The Marathon begins Saturday, December 24th, 2022, at 5 am est and ends Monday, December 26th, 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. 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 Luella at stepstudyaca18@gmail.com. Please do not hesitate to contact us with any questions. XO In-Service, Christa and Luella Moderator Co-Chairs Luella's Contact info: 708-638-3371 stepstudyaca18@gmail.com Christa's contact info: serveasmoderator@gmail.com 303-359-5804 Location: 712-432-8808 access code 247676# Created by: Luella P Format: 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</p>

Saturday 05:45 AM	<p>Become Your Own Loving Parent (TEL046) - Meeting Time Is Eastern Time....712-432-3900; conference code 247125#</p> <p>Format: Discussion - Fellowship Text - Speaker Speaker for 15 minutes the last Sunday of the month</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Saturday 05:45 AM	<p>Worthy of Unconditional Love & Respect (TEL0515) - The meeting is 7 days a week, 365 days a year!</p> <p>Format: Book Study - Fellowship Text - Speaker</p> <p>Focus: Beginners - Women Only</p> <p>Meetings Local Time 05:45 am America/New_York</p>
Saturday 06:30 AM	<p>(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>Format: Book Study - Discussion - Fellowship Text - Loving Parent Guidebook 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-vie@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>Format: Book Study - Discussion - Fellowship Text - Steps</p> <p>Focus: Women Only</p> <p>Meetings Local Time 07:00 am America/New_York</p>
Saturday 07:00 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): 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>Format: Book Study - Discussion It s at noon 12o'clock CET (6am ET).We read the daily meditation before sharing.</p> <p>Meetings Local Time 12:00 pm Europe/Berlin</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>Format: Book Study - Discussion - Workshop</p> <p>Meetings Local Time 08:00 am America/New_York</p>
Saturday 08:15 AM	<p>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</p> <p>Format: 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>Format: Discussion - Steps</p> <p>Meetings Local Time 09:00 am America/New_York</p>
Saturday 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>Format: Discussion - Fellowship Text</p> <p>Meetings Local Time 11:00 am America/New_York</p>
Saturday 12:00 PM	<p>Saturday Identity Papers Mtg (TEL077) - 712-432-3900 Conference ID 132204# Trauma Recovery Using The Identity Papers</p> <p>Format: Book Study - Discussion - Fellowship Text Business Mtg. 1st Sat. Of Month.</p> <p>Meetings Local Time 12:00 pm America/New_York</p>
Saturday 12:00 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>Format: Book Study - Steps</p> <p>Focus: ACAs only (Closed) acanuevoscaminos@gmail.com</p> <p>Meetings Local Time 12:00 pm America/New_York</p>
Saturday 02:00 PM	<p>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.</p> <p>Format: 12 Step Study Group - Discussion - Fellowship Text - Steps</p> <p>Meetings Local Time 02:00 pm America/New_York</p>
Saturday 03:00 PM	<p>Woodside Self Parenting Group (TEL0509) - Literature MTG</p> <p>Loving parent book</p> <p>ACA 12 step book Please reach meeting contact for telephone information.</p> <p>Format: 12 Step Study Group - Loving Parent Guidebook</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Saturday 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>Format: Book Study - Discussion</p> <p>Meetings Local Time 03:00 pm America/New_York</p>
Saturday 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>Format: Book Study - Discussion - Fellowship Text</p> <p>Meetings Local Time 04:00 pm America/New_York</p>

Saturday 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>Format: Discussion - Book Study</p> <p>Meetings Local Time 05:00 pm America/New_York</p>
Saturday 09:00 PM	<p>Heterosexual Men's Topic Discussion (TEL0521) - CURRENT DIAL IN NUMBER: 701 -802 -5058 PIN: 947749 NEW DIAL IN NUMBER as of NOV. 16th, 2022 will be 945 218 0101 with same PIN 947749</p> <p>Format: Book Study - Discussion - Fellowship Text - Laundry Lists Workbook - Steps - Traditions</p> <p>Focus: Men-Only Welcome beginners and old timers</p> <p>Meetings Local Time 09:00 pm America/New_York</p>
Saturday 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>Format: Discussion - Fellowship Text</p> <p>Focus: Men-Only</p> <p>Meetings Local Time 09:00 PM America/New_York</p>
Saturday 09:00 PM	<p>(WEB1004) -</p> <p>Format: 12 Step Study Group</p> <p>Meetings Local Time 01:00 am Europe/London</p>
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), 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>Format: Book Study - Discussion - Fellowship Text</p> <p>Notes: Needs Support - Needs Support,</p> <p>Meetings Local Time 10:00 pm America/New_York</p>