

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

(for TELEPHONE MEETINGS, scroll to page 3)

E-MAIL MEETINGS ENGLISH

A SERENITY PLACE** ^

www.asp-afg.org

A TOUCH OF SERENITY AFG MEETING *

touchofserenity@hotmail.com

AL-ANON 12 STEPS **

alanonstep@groups.aol.com

AWAKENINGS ON-LINE AFG MEETING^ **

AwakeningsTS@yahoogroups.com

<http://www.ola-is.org/groups/awake>

COURAGE TO CHANGE AFG MEETING * ^

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

CYBERSERENITY ^ **

cafg-owner@yahoogroups.com

<http://www.ola-is.org/groups/cafg>

EXPERIENCE, STRENGTH AND HOPE ^ **

ESH-Subscribe@yahoogroups.com

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

FIFTH TRADITION AFG MEETING ** ^

5thtrad-subscribe@yahoogroups.com

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

FRIENDS OF LOIS ** ^

lois@yahoogroups.com

HOPE FOR TODAY MEETING **

HopeForTodayGroup@yahoogroups.com

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

KEY TO HARMONY ^ **

www.keytoharmony.org

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

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

modat-owner@yahoo.com

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

s-h-a-r-e@yahoo.com

STEPS2RECOVERY * ^

Steps2Recovery@yahoogroups.com

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

THREE LEGACIES AFG ** ^

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

TRANQUILITY AFG MEETING ^ **

tranquilityAFG-subscribe@yahoogroups.com

TRANQUILITY STEP MEETING ^ **

tstep-subscribe@yahoogroups.com

E-MAIL MEETINGS FRENCH

CLARTÉ MEETING ** ^

clarte@yahoogroupes.fr

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

COURAGE GFA MEETING ** ^

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

courage-gfa@yahoogroups.com

ESPOIR-AEA-GFA ** ^

Espoir-AEA-gfa@yahoogroupes.fr

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

E-MAIL MEETINGS

SPANISH

CYBERSERENITY-S ^ **

Cafg2-subscribe@yahoogroups.com

PROGRESO, NO PERFECCION * ^

Progreso08@yahoogroups.com

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

PORTUGUESE

AL-ANONPORT ^ *

Alanonport-owner@yahoogroups.com

ESTONIAN

AL-ANON EESTI *

Alanon_eesti@yahoo.com

http://health.groups.yahoo.com/group/Alanon_Eesti/

RUSSIAN

STEPS TO FREEDOM ** ^

alanon@yandex.ru

E-MAIL MEETINGS GERMAN

ELTERN VON ALKOHOLIKERN *

www.al-anon-online.de/eva

eva@al-anon-online.de

ERFAHRUNG KRAFT UND HOFFNUNG **

www.al-anon-online.de/ekh

Ekh@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

CHAT MEETING ENGLISH

BUT ONE PURPOSE ONLINE MEETING * ^

<http://www.but1purpose.org>

info@but1purpose.org

LIVING AFG * ^

Saturday, 8:00 pm

<http://LivingAFG.blogspot.com>

RECOVERY AND SERENITY AFG ** ^

Monday, 8:00 PM ET

www.alanonserenityandrecovery.com

RECOVERY AND SERENITY AFG ** ^

Thursday, 9:00 PM ET

www.alanonserenityandrecovery.com

CHAT MEETING FRENCH

ESPERANCE-EN-AL-ANON * ^

<http://esperance.alanon.free.fr>

esperancealanaon@free.fr

CHAT MEETINGS SPANISH

GRUPO ALANON ESP ONLINE * ^

Sunday 9:00 pm GMT

<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>

GrupoAlanonEspOnLine@gruposyaho.com.ar

GRUPO ALANON ESP ONLINE * ^

Monday 9:00 pm GMT

<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>

GrupoAlanonEspOnLine@gruposyaho.com.ar

GRUPO ALANON ESP ONLINE * ^

Tuesday 9:00 pm GMT

<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>

GrupoAlanonEspOnLine@gruposyaho.com.ar

GRUPO ALANON ESP ONLINE * ^

Friday 9:00 pm GMT

<http://ar.groups.yahoo.com/group/GrupoAlanonEspOnLine>

GrupoAlanonEspOnLine@gruposyaho.com.ar

BULLETIN BOARD MEETINGS

ENGLISH

HILLTOPPERS AFG MEETING ^**

www.hilltoppers-afg.org

ONE DAY AT A TIME AFG MEETING * ^

www.alanonrecovery2.multiply.com

CHICAGO AL-ANON

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

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

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

BULLETIN BOARD MEETING DANISH

AL-ANONS ONLINE FORUM ** ^

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

hjemmesideudvalget@al-anon.dk

BULLETIN BOARD MEETING GERMAN

DANDELION * ^

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

BULLETIN BOARD MEETING RUSSIAN

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>

TELEPHONE MEETINGS (listed in day of week order)

ACCESS CODE 52639#

TELEPHONE MEETINGS ENGLISH

ARISE & SHINE STEP MEETING *

SUNDAY, 8:00 AM EASTERN

(712) 432-8733

PATHS TO RECOVERY AFG MEETING **

SUNDAY, 11:00 AM EASTERN

(712) 432-8733

ACCESS CODE 52639#

PATHS TO RECOVERY BOOK STUDY MEETING *
SUNDAY, 2:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

TRANSFORMING OUR LOSSES MEETING *
SUNDAY, 4:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

STEPS & TRADITIONS MEETING **
SUNDAY, 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

PROGRESS NOT PERFECTION *
SUNDAY, 10:00 PM EASTERN
(712) 432-8818
ACCESS CODE 8888#

ELEVENTH STEP MTG *
MONDAY 8:30 AM EASTERN
(712) 432-8818
ACCESS CODE 8888#

DAILY MEDITATION MEETING *
MONDAY, 9:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

TOPICS FOR RECOVERY MEETING **
MONDAY, 12:00 NOON EASTERN
(712) 432-8733
ACCESS CODE 52639#

BEGINNER LITERATURE MEETING *
MONDAY, 4:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

SURVIVORS IN RECOVERY MEETING *
MONDAY, 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

ELEVENTH STEP MEETING **
TUESDAY 8:30 AM EASTERN
(712) 432-8818
ACCESS CODE 8888#

FIRST STEP BEGINNERS MEETING *
TUESDAY 9:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

AFG 12 & 12 MEETING **
TUESDAY, 12:00 NOON EASTERN
(712) 432-8733
ACCESS CODE 52639#

STEP TEN MEETING *
TUESDAY, 4:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

COMMUNICATION *
TUESDAY, 6:00 PM EASTERN
JANUARY 31, 2011

(712) 432-8818
ACCESS CODE 8888#

LIVE AND LET LIVE MEETING **
TUESDAY, 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

DISCOVERING CHOICES MEETING (LBGT) *
TUESDAY, 10:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

SECOND STEP BEGINNERS MEETING *
WEDNESDAY, 9:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

ELEVENTH STEP MTG *
WEDNESDAY, 10:30 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

FROM SURVIVAL TO RECOVERY MEETING **
WEDNESDAY, 12:00 NOON EASTERN
(712) 432-8733
ACCESS CODE 52639#

WEDNESDAY MEDITATION MTG *
WEDNESDAY, 4:00 PM
(712) 432-8733
ACCESS CODE 52639#

TELEPHONE MEETINGS ENGLISH (CONT'D)

ACCEPTANCE *
WEDNESDAY 6:00 PM EASTERN
(712) 432-8818
ACCESS CODE 8888#

NEW BEGINNINGS MEETING **
WEDNESDAY 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

WEST COAST STEP STUDY *
THURSDAY 9:30AM PACIFIC
(760) 569-9000
ACCESS CODE 919573

MIDNIGHT 3 DAILY MEDITATIONS MEETING*
THURSDAY 12:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

ELEVENTH STEP MEETING *
THURSDAY, 8:30 AM EASTERN
(712) 432-8818
ACCESS CODE 8888#

THURSDAY GRATITUDE MEETING *
THURSDAY, 9:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#
WSO ID 30534441

SERENITY SPOKEN HERE MEETING **
THURSDAY, 12:00 NOON EASTERN
(712) 432-8733

ACCESS CODE 52639#

BEGINNERS' SLOGAN MEETING *
THURSDAY, 4:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

THE PATH **
THURSDAY, 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

ONE DAY AT A TIME *
FRIDAY 7:00 AM EASTERN
(712) 432-8818
ACCESS CODE 8888#

MEDITATION MTG *
FRIDAY, 8:30 AM EASTERN
(712) 432-8818
ACCESS CODE 8888#

THIRD STEP BEGINNERS MEETING *
FRIDAY 9:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

AFG SPEAKER MEETING **
FRIDAY, 12:00 NOON EASTERN
(712) 432-8733
ACCESS CODE 52639#

TWELVE STEP MEETING *
FRIDAY 4:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

HOW AL-ANON WORKS MEETING *
FRIDAY, 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

DETACHMENT *
FRIDAY 10:00 PM EASTERN
(712) 432-8818
ACCESS CODE 8888#

RECOVERING IN AL-ANON *
FRIDAY 10:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

SATURDAY SUNRISE ACCEPTANCE MEETING *
SATURDAY, 8:00 AM EASTERN
(712) 432-8733
ACCESS CODE 52639#

HOPE FOR TODAY MEETING **
SATURDAY, 12:00 NOON EASTERN
(712) 432-8733
ACCESS CODE 52639#

**OPENING OUR HEARTS, TRANSFORMING OUR
LOSSES MEETING ****
SATURDAY, 4:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

ELEVENTH STEP MEETING *
SATURDAY, 6:00 PM EASTERN
(712) 432-8818
ACCESS CODE 8888#

SATURDAY NIGHT SPEAKER MEETING *
SATURDAY 8:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

OBEDIENCE TO THE UNENFORCEABLE MEETING *
SATURDAY, 10:00 PM EASTERN
(712) 432-8733
ACCESS CODE 52639#

TELEPHONE MEETINGS SPANISH

VALOR PARA CAMBIAR **

SUNDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#

LUNES EN ESPAÑOL *

MONDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#

MARTES EN ESPAÑOL *

TUESDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#

MIERCOLES EN ESPAÑOL*

WEDNESDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#

JUEVES EN ESPAÑOL *

THURSDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#

VIERNES EN ESPAÑOL *

FRIDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#

SABADO EN ESPAÑOL *

SATURDAY, 9:00 PM EASTERN

(213) 342-3000

ACCESS CODE 32106#