

Narcotics Anonymous Teleconference Meeting Schedule – NabyPhone.com

Monday

What A Way to Start A Day, 1Hr. 712 432-0075, 299757#	E-7:30a C-6:30a	M-5:30a P-4:30a
Spirit of Gratitude, 1Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
Recovery at Noon, 1.5Hr 605 475-6720, 6213845#	E-12:00N C-11:00a	M-10:00a P-9:00a
Recovery Continues, 1.5Hr 805 399-1200, 343267#	E-7:00p C-6:00p	M-5:00p P-4:00p
Historical Significance, 1.5Hr 559 726-1300, 108786#	E-9:00p C-8:00p	M-7:00p P-6:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-10:00p C-9:00p	M-8:00p P-7:00p

Tuesday

What A Way to Start A Day, 1Hr. 712 432-0075, 299757#	E-7:30a C-6:30a	M-5:30a P-4:30a
Spirit of Gratitude, 1Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
We Return Home, 1.5Hr 415-464-6800, 2221085#	E-1:00p C-12:00N	M-11:00a P-10:00a
More Will Be Revealed, 1.5Hr 605 562-3140, 942839#	E-5:00p C-4:00p	M-3:00p P-2:00p
Recovery on the Go, 1.5Hr 209 647-1600, 473468#	E-7:00p C-6:00p	M-5:00p P-4:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-9:00p C-8:00p	M-7:00p P-6:00p
Tuesday Living Clean, 1.5Hr 712 432-0075, 882851#	E-11:00p C-10:00p	M-9:00p P-8:00p

Wednesday

What A Way to Start A Day, 1Hr. 712 432-0075, 299757#	E-7:30a C-6:30a	M-5:30a P-4:30a
Spirit of Gratitude, 1Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
Recovery at Noon, 1.5Hr 605 475-6720, 6213845#	E-12:00N C-11:00a	M-10:00a P-9:00a
Recovery on the Go, 1.5Hr 209 647-1600, 473468#	E-7:00p C-6:00p	M-5:00p P-4:00p
Loving Our Long-Timers 1.5Hr 559 726-1300, 108786#	E-8:00p C-7:00p	M-6:00p P-5:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-9:00p C-8:00p	M-7:00p P-6:00p
Recovery Continues, 1.5Hr 805 399-1200, 343267#	E-10:30p C-9:30p	M-8:30p P-7:30p

Thursday

What A Way to Start A Day, 1Hr. 712 432-0075, 299757#	E-7:30a C-6:30a	M-5:30a P-4:30a
Spirit of Gratitude, 1Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
The Journey Continues, 1.5Hr 605 475-6720, 3980743#	E-12:00N C-11:00a	M-10:00a P-9:00a
Women Do Recover, 1.5Hr 605 475-6720, 4201159#	E-7:00p C-6:00p	M-5:00p P-4:00p
Each One Teach One, 1.5Hr 805 399-1200, 794151#	E-9:00p C-8:00p	M-7:00p P-6:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-10:00p C-9:00p	M-8:00p P-7:00p
Recovery 911, 1.5Hr 805 399-1200, 845687#	E-12:00M C-11:00p	M-10:00p P-9:00p

Friday

What A Way to Start A Day, 1Hr. 712 432-0075, 299757#	E-7:30a C-6:30a	M-5:30a P-4:30a
Spirit of Gratitude, 1Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
Recovery at Noon, 1.5Hr 605 475-6720, 6213845#	E-12:00N C-11:00a	M-10:00a P-9:00a
Recovery on the Go, 1.5Hr 209 647-1600, 473468#	E-7:00p C-6:00p	M-5:00p P-4:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-11:00p C-10:00p	M-9:00p P-8:00p
24 Hour Reprieve, 1.5Hr 712 432-0075, 793893#	E-12:00M C-11:00p	M-10:00p P-9:00p

Saturday

Spirit of Gratitude, SS 1.5Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1.5Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
Recovery at Noon, 1.5Hr 605 475-6720, 6213845#	E-12:00N C-11:00a	M-10:00a P-9:00a
Illness in Recovery, 1.5Hr 530 881-1400, 474793#	E-3:00p C-2:00p	M-1:00p P-12:00N
Stepping Up In Recovery, 1.5Hr 559 726-1300, 182862#	E-5:00p C-4:00p	M-3:00p P-2:00p
Recovery Continues, 1.5Hr 805 399-1200, 343267#	E-8:00p C-7:00p	M-6:00p P-5:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-11:00p C-10:00p	M-9:00p P-8:00p
Recovery 911, 1.5Hr 805 399-1200, 845687#	E-12:00M C-11:00p	M-10:00p P-9:00p

Sunday

Spirit of Gratitude, 1.5Hr 599 726-1200, 848885#	E-8:40a C-7:40a	M-6:40a P-5:40a
One Primary Purpose, 1.5Hr 712 432-0075, 571968#	E-10:30a C-9:30a	M-8:30a P-7:30a
Recovery Continues, 1.5Hr 805 99-1200, 343267#	E-11:00a C-10:00a	M-9:00a P-8:00a
We Return Home, 1.5Hr 415-464-6800, 2221085#	E-5:00p C-4:00p	M-3:00p P-2:00p
Recovery on the Go, 1.5Hr 209 647-1600, 473468#	E-7:00p C-6:00p	M-5:00p P-4:00p
The Bridge, 1Hr 619 326-2730, 387870#	E-8:00p C-7:00p	M-6:00p P-5:00p
We Do Recover, 1.5Hr 712 432-0075, 882851#	E-10:00p C-9:00p	M-8:00p P-7:00p

24 Hrs. A Day - Recorded

What A Way to Start A Day 1Hr. 712 432-1085, 299757#
Spirit of Gratitude 1.5 Hr. 559 726-1299, 299757#
One Primary Purpose 1Hr. 712 432-1085, 571968#
Loving Our Long-Timers 1-1.5 Hr. 559 726-1399, 108786#
Recovery 911 1.5Hr. 805 399-1299, 845687#

To find out more about Narcotics Anonymous teleconference meetings, download speaker tapes including all the Loving Our Long-Timers 30+ year speakers, info about Historical Significance, some just-for-fun NA stuff and links to other NA sites, check out our web site **NAbyPhone.com**.

How Teleconference Phone Meetings Works:

These are considered long distance calls to landlines. Check with your service provider so you don't get excessive charges. Dial phone number, when prompted, enter access code and the pound (#) symbol. On some lines your name is requested. You do not have to give your name, just enter #. You are then in the meeting. Press * and then 6 to mute and unmute your phone. A voice will tell you if you are muted or not. It is best to stay muted except to share or read. When you are muted you can hear everything but your background noise is cancelled out. Speakers and some Bluetooths can cause echoing so please don't use them when you share. The Chairperson will give you any further instructions.



NAbyPhone.com and Loving Our Long-Timers are loving service endeavors by Historical Significance. If you choose to help us, you can make a 7th Tradition donation to Historical Significance using PayPal on our web site.

We welcome any NA web site to link with **NAbyPhone.com** to include up-to-date teleconference meeting info for your site.



Originally started in 2008 as outreach to carry NA meetings to a hospitalized member in FL, teleconference meetings have grown to meet the needs of many members. The diversity of our membership is represented by hospitalized and home-bound members including older members who can no longer get out, over the road professional drivers, geographically challenged members, parents staying home with children, victims of bad storms who swell our meetings for a few days until the weather clears, members of smaller communities who are seeking more anonymity for gut-level sharing and those who are simply seeking multiple flavors of recovery. Teleconference NA meetings are not meant to replace face-to-face meetings but can be an excellent supplement. Make no mistake; these are real NA meetings with members from all over the country.