



SA PHONE MEETINGS!!!

Unable to attend your regular face to face meeting?

Can't leave your house because of sickness, bad weather, car won't start?

Difficult to get to a meeting when you're traveling?

NOW YOU CAN MAKE A MEETING EVERY DAY!!!

- 1 Attend a live SA teleconference meeting with others in the U.S., Canada, Europe, and the rest of the world who are seeking sobriety.
- 2 If the line is silent when you call, you may need to wait a few minutes until others call.
- 3 Be courteous; mute your phone if there is background noise at your location.
- 4 Follow the normal guidelines of a regular face-to-face meeting.
- 5 Phone meetings are not intended to replace face-to-face meetings. Please attend local SA meetings, get a sponsor, and work the steps!
- 6 To find a face-to-face meeting visit www.sa.org
- 7 Some meetings are mixed gender and others are men only, as specified. For women-only meetings, see #8 below.
- 8 Women In SA (WISA), uniting women for fellowship, recovery and helping women ease into a dominantly male fellowship. Contact information at www.womeninsa.org
 - Ongoing Women's SA Phone Meeting SIS (Sisters In Sobriety) Saturdays at 8pm EST, 5pm PST
 - Email Sharing Group (LOOP) <http://health.groups.yahoo.com/group/womenSA/>
 - Internet Meeting available
 - Women are screened before entering meetings.
- 9 Most meetings are Daily Sobriety Renewals as borrowed from *The Best of Essay*.
- 10 Remote individuals (loners) may also want to subscribe to the meeting in print, *The Essay* (www.sa.org/essay.php).
- 11 Access number **623-218-1094**, then PIN 793 or 282 per the table below. Backup number is 218-339-2699 then PIN 349956#. Note that some meetings may be on a different day due to time zone changes.

Time Zone (daylight saving not taken into account)							Days	Type	PIN
EST	CST	MST	PST	UTC + 2	UTC + 8	UTC + 12			
01:00am	12:00am	11:00pm	10:00pm	08:00am	02:00pm	06:00pm	All but Fri	Coed	793
06:30am	05:30am	04:30am	03:30am	01:30pm	07:30pm	11:30pm	All	Coed	793
07:30am	06:30am	05:30am	04:30am	02:30pm	08:30pm	12:30am	All	Coed	793
08:30am	07:30am	06:30am	05:30am	03:30pm	09:30pm	01:30am	All	Men	282
02:00pm	01:00pm	12 noon	11:00am	09:00pm	03:00am	07:00am	Mon/Thu	Men	282
08:00pm	07:00pm	06:00pm	05:00pm	03:00am	09:00am	01:00pm	Sun	Coed	793
09:05pm	08:05pm	07:05pm	06:05pm	04:05am	10:05am	02:05pm	Wed/Sat	Men	282

- For up-to-date meeting schedule, check www.denversa.org or join our 3000+ members on the internet at the SAonline Yahoo! Group: <http://health.groups.yahoo.com/group/SAonline/>
- You may also OPT IN for updated SA Phone Meeting Schedules at <http://oi.vresp.com?fid=9458002652>
- We would like to reestablish other meetings if interested send an email to phillysa@yahoogroups.com