

## Recovery International Phone Meetings

Phone Meetings posted in Eastern time. Adjust for your timezone.

| Mtg Format                                 | Day    | Start Time | Time Zone | Meeting info                                                                                                                                               | Leader            | ID #  |
|--------------------------------------------|--------|------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------|
| <b>Sundays</b>                             |        |            |           |                                                                                                                                                            |                   |       |
| Phone - Supplemental (Membership Required) | Sunday | 3:30pm     | Eastern   | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | JoAnn H.          | 1538  |
| Phone                                      | Sunday | 4:00pm     | Eastern   | Phone Conference call<br>Contact Maryanne for the dial in number: (203) 630-1870                                                                           | Maryanne H.       | 22099 |
| Phone - Literature                         | Sunday | 9:00pm     | Eastern   | Focus on the reading and discussion of Dr. Low's Works<br>Phone Number - 480-660-2224      Access Code 25632#                                              | Michelle S.       | 54819 |
| <b>Mondays</b>                             |        |            |           |                                                                                                                                                            |                   |       |
| Phone                                      | Monday | 11:00am    | Eastern   | Conference call number 605-475-6333 -- Access Code 3105063#<br>Contact Margie (859) 331-2701                                                               | Margaret B.       | 22146 |
| Phone - Supplemental (Membership Required) | Monday | 1:00pm     | Eastern   | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Christie V.       | 24083 |
| Phone - Literature                         | Monday | 7:00pm     | Eastern   | Focus on the reading and discussion of Dr. Low's Works<br>Phone Number 480-660-2224      Access Code 25632#                                                | Michelle S.       | 49101 |
| Phone                                      | Monday | 7:00pm     | Eastern   | Contact Andrew<br>(904) 521-6738                                                                                                                           | Andrew M.         | 24745 |
| Phone                                      | Monday | 7:30pm     | Eastern   | Phone conference number: 267-807-9605<br>Access code: 308837#<br>Contact Joyce (716) 438-1479                                                              | Joyce Z.          | 54797 |
| Phone                                      | Monday | 7:30pm     | Eastern   | Via conference call<br>Contact Julie (513) 382-0881                                                                                                        | Julie S./Scott B. | 22287 |
| Phone - Assigned (Membership Required)     | Monday | 7:45pm     | Eastern   | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Linda W.          | 24084 |

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| Phone                                      | Monday  | 8:00pm  | Eastern | Via conference call (716) 427-1128 Code: 753148#<br>Contact David at 509-780-7323                                                                           | David W.             | 24440 |
| <b>Tuesdays</b>                            |         |         |         |                                                                                                                                                             |                      |       |
| Phone                                      | Tuesday | 11:00am | Eastern | Conference call number 605-475-6333 --Access Code 3105063#<br>Contact Mike 502-681-8752 (Please leave a voice message)                                      | Mike S.              | 22147 |
| Phone - Literature                         | Tuesday | 1:00 PM | Eastern | Focus on the reading and discussion of Dr. Low's Works<br>Phone Number 480-660-2224 Access Code 25632#                                                      | Chrstine C.          | 61179 |
| Phone - Supplemental (Membership Required) | Tuesday | 5:30pm  | Eastern | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a>  | Peter B./<br>Paul C. | 24085 |
| Phone                                      | Tuesday | 6:00pm  | Eastern | Phone Conference call<br>Contact Rick (717) 236-3941                                                                                                        | Rick R.              | 24033 |
| Phone - Assigned (Membership Required)     | Tuesday | 7:00pm  | Eastern | For further information or to register contact Gilda (352) 464-7232 or <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Gilda M.             | 60315 |
| Phone                                      | Tuesday | 7:00pm  | Eastern | The call in number is: (425) 436-6335<br>The access code is: 4868529#                                                                                       | Lloyd S.             | 22252 |

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### Wednesdays

|                                            |           |        |         |                                                                                                                                                            |               |       |
|--------------------------------------------|-----------|--------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------|
| Phone - Supplemental (Membership Required) | Wednesday | 4:00pm | Eastern | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Mary Ellen W. | 50462 |
| Phone                                      | Wednesday | 7:30pm | Eastern | Telephone Conference call<br>Contact Rena 716-393-1934                                                                                                     | Rena M.       | 55015 |
| Phone - Supplemental (Membership Required) | Wednesday | 9:15pm | Eastern | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Shelley K.    | 24089 |

### Thursdays

|                                            |          |         |          |                                                                                                                                                            |                  |       |
|--------------------------------------------|----------|---------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-------|
| Phone - Supplemental (Membership Required) | Thursday | 12:45pm | Eastern  | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | John C.          | 24187 |
| Phone - Literature                         | Thursday | 4:15pm  | Eastern  | Focus on the reading and discussion of Dr. Low's Works<br>Phone Number 480-660-2224    Access Code 25632#                                                  | Louise V.        | 24091 |
| Phone - en Español/Spanish                 | Thursday | 6:30pm  | Atlantic | En espanol con teléfono<br>Llame 701-801-6661<br>o llame Martiza (787) 462-7988                                                                            | Maritza R.       | 50441 |
| Phone                                      | Thursday | 7:00pm  | Eastern  | Contact Gregory 585-413-3373                                                                                                                               | Gregory S.       | 57830 |
| Phone -Welcome Meeting for Newcomers       | Thursday | 7:00pm  | Eastern  | Introduction to the RI Method for Newcomers<br>For further information or to register<br>Contact Gilda @ 352-464-7232<br>Returnees are always welcomed.    | Gilda M./Cam R.  | 1303  |
| Phone - Assigned (Membership Required)     | Thursday | 7:30pm  | Eastern  | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Jean P./Cliff B. | 24092 |

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|                                                      |          |         |         |                                                                                                                                                                                                                                                                                                                                                                                              |            |       |
|------------------------------------------------------|----------|---------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------|
| Phone - Supplemental (Membership Required)           | Thursday | 8:45pm  | Eastern | For further information or to register contact Gilda - 352-464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a>                                                                                                                                                                                                                                   | Leah S.    | 62029 |
| Phone                                                | Thursday | 9:30pm  | Eastern | Contact John: 503-648-9905                                                                                                                                                                                                                                                                                                                                                                   | John H.    | 25101 |
| <b>Fridays</b>                                       |          |         |         |                                                                                                                                                                                                                                                                                                                                                                                              |            |       |
| Phone                                                | Friday   | 10:30am | Eastern | Conference call number (605) 475-6333--Access Code 3105063#<br>Contact Kelly 937-260-8508                                                                                                                                                                                                                                                                                                    | Kelly O.   | 22289 |
| Phone - Assigned (Membership Required)               | Friday   | 11:00am | Eastern | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a>                                                                                                                                                                                                                                   | Linda W.   | 54600 |
| Phone - Supplemental (Membership Required)           | Friday   | 12:00pm | Eastern | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a>                                                                                                                                                                                                                                   | Debbie J.  | 24095 |
| Phone                                                | Friday   | 3:45pm  | Eastern | The call in number is: (425) 436-6335<br>The access code is: 4868529#                                                                                                                                                                                                                                                                                                                        | Steven S.  | 58648 |
| Phone - RIPP Physical Problems (Membership Required) | Friday   | 7:30pm  | Eastern | Find support for dealing with physical symptoms from a chronic condition. Types of conditions attendees have may include auto-immune diseases, physical injuries, back pain, Osteoporosis or severe arthritis, and others.<br><br>For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Shelley K. | 49908 |
| Phone - Supplemental (Membership Required)           | Friday   | 7:30pm  | Eastern | For further information or to register contact Gilda (352) 464-7232 - <a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a>                                                                                                                                                                                                                                   | Diana S.   | 24093 |

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### Saturdays

|                                                     |          |         |         |                                                                                                                                                               |           |       |
|-----------------------------------------------------|----------|---------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|
| Phone - Assigned<br>(Membership<br>Required)        | Saturday | 10:00am | Eastern | For further information or to register contact Gilda (352) 464-7232 -<br><a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Mike J.   | 24097 |
| Phone -<br>Supplemental<br>(Membership<br>Required) | Saturday | 11:00am | Eastern | For further information or to register contact Gilda (352) 464-7232 -<br><a href="mailto:gilda@recoveryinternational.org">gilda@recoveryinternational.org</a> | Laurie R. | 24096 |