

## Recovery International Meetings - THURSDAYS

*Phone, Zoom, and Chat Meetings posted in Eastern time. Adjust for your timezone.  
Community/In-Person meetings posted in geographical time zone where meeting is held.*

| Mtg Format                                 | Day      | Start Time | Time Zone | Description (Meeting info)                                                                                                                                                                                                                                                                                                                                                                                                             | Leader      | ID #  |
|--------------------------------------------|----------|------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------|
| Zoom                                       | Thursday | 10:00am    | Eastern   | Register for the Zoom link:<br><a href="https://recoveryinternational-org.zoom.us/calendar/87654049909?oc=2023-01-05%2015%3A00%3A00&amp;showType=1&amp;startDate=2022-12-13&amp;timeZone=America%2FDenver&amp;mode=2">https://recoveryinternational-org.zoom.us/calendar/87654049909?oc=2023-01-05%2015%3A00%3A00&amp;showType=1&amp;startDate=2022-12-13&amp;timeZone=America%2FDenver&amp;mode=2</a><br>Contact Carol (248) 887-6696 | Carol C.    | 22176 |
| Community - In Person                      | Thursday | 10:00am    | Eastern   | Rocky River United Methodist Church<br>19414 Detroit Rd<br>Rocky River, OH 44116<br>Contact Pat (440) 653-7186                                                                                                                                                                                                                                                                                                                         | Patricia D. | 22315 |
| Community - In Person                      | Thursday | 10:00am    | Pacific   | Temple Emanu-El (meets in Social Hall)<br>6299 Capri Drive<br>San Diego, CA 92120<br>Contact Lisa (619)383-2084 or lisa@recoveryinternational.org                                                                                                                                                                                                                                                                                      | Lisa G.     | 56384 |
| Community - In Person                      | Thursday | 10:30am    | Pacific   | Geneva Presbyterian Church (Youth Room)<br>1229 E. Fairmont Avenue<br>Modesto, CA 95350<br>Contact Dave (209) 247-2620 or barkit2@sbcglobal.net                                                                                                                                                                                                                                                                                        | Dave B.     | 22065 |
| 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 |
| Zoom                                       | Thursday | 1:00pm     | Eastern   | Contact Margot (515) 838-2285                                                                                                                                                                                                                                                                                                                                                                                                          | Margot C.   | 22138 |
| Community - en Español/Spanish             | Thursday | 2:00pm     | Atlantic  | Reunión en español<br>2:00 PM AST (sin cambio de luz diurna/no daylight change)<br>Museo de Los Proceres<br>Complejo Deportivo Rebeca Colberg Carr. 308<br>Cabo Rojo, PR<br>Contacto: Letty (787) 361-6067                                                                                                                                                                                                                             | Leticia O.  | 1559  |

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|-------------------------------------------------------|----------|--------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------|
| Zoom                                                  | Thursday | 3:00pm | Eastern | <p>Register for the Zoom link:<br/> <a href="https://recoveryinternational-org.zoom.us/calendar/82914578687?oc=2023-01-05%2017%3A00%3A00&amp;showType=1&amp;startDate=2022-12-13&amp;timeZone=America%2FDenver&amp;mode=2">https://recoveryinternational-org.zoom.us/calendar/82914578687?oc=2023-01-05%2017%3A00%3A00&amp;showType=1&amp;startDate=2022-12-13&amp;timeZone=America%2FDenver&amp;mode=2</a><br/>                     Contact Lisa 619-383-2084</p>                                                                                                                                                                                                                                                                                                                    | Jack N.     | 1053  |
| Phone - Literature                                    | Thursday | 4:15pm | Eastern | <p>Focus on the reading and discussion of Dr. Low's Works<br/>                     Phone Number 480-660-2224 Access Code 25632#</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Louise V.   | 24091 |
| Zoom - Addressing Chronic Physical Conditions with RI | Thursday | 5:00pm | Eastern | <p>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.</p> <p>Register for the Zoom link:<br/> <a href="https://recoveryinternational-org.zoom.us/calendar/87633028734?oc=2023-10-05%2017%3A00%3A00&amp;showType=1&amp;startDate=2023-10-04&amp;timeZone=America%2FChicago&amp;mode=2">https://recoveryinternational-org.zoom.us/calendar/87633028734?oc=2023-10-05%2017%3A00%3A00&amp;showType=1&amp;startDate=2023-10-04&amp;timeZone=America%2FChicago&amp;mode=2</a><br/>                     Contact <a href="mailto:jenniferschulkin60@gmail.com">jenniferschulkin60@gmail.com</a> or (928) 404-2024</p> | Jennifer S. | 59170 |
| Zoom - Welcome Meeting for Newcomers                  | Thursday | 6:00pm | Eastern | <p>Newcomers to RI: We encourage you to attend four sessions, each focusing on a special topic.</p> <ul style="list-style-type: none"> <li>- Practice Endorsement and Muscle Method</li> <li>- The Importance of Spotting</li> <li>- Understanding Temperamental Lingo</li> <li>- Recognizing and Understanding Sabotage</li> </ul> <p>Register for Zoom link:<br/> <a href="https://recoveryinternational-org.zoom.us/meeting/register/1pd06QMwSeCFA5xjk3ojbA#/registration">https://recoveryinternational-org.zoom.us/meeting/register/1pd06QMwSeCFA5xjk3ojbA#/registration</a></p>                                                                                                                                                                                                 | Lauren O.   | 61702 |

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|-----------------------------------------------------------|---------------------|--------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|
| Zoom - Using the RI Method for Grief                      | Thursday            | 6:00pm | Eastern  | <p>When grieving a loss, you may not think that anything could be a triviality. We are not a grief group in the traditional sense that we are processing mourning. Rather, we focus on some trivial aspects of life after loss that can be handled using our RI cognitive behavioral tools. No matter who or what you are grieving, you are welcome to this group for a chance to gain some relief with everyday challenges of grief and loss.</p> <p>Register for Zoom link:<br/> <a href="https://recoveryinternational-org.zoom.us/joining/register/NedvxtHETUyiGY3jmiBnPQ#/registration">https://recoveryinternational-org.zoom.us/joining/register/NedvxtHETUyiGY3jmiBnPQ#/registration</a> </p> | Celinda J.      | 63070 |
| Community - In Person                                     | Thursday            | 6:00pm | Eastern  | <p>Queens Public Library at Howard Beach<br/> 92-06 156 Avenue<br/> Howard Beach , NY 11414-2722<br/> Contact Joe: 347-452-9977</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Joe M./Holly W. | 49987 |
| Phone - en Español/Spanish                                | Jueves/<br>Thursday | 6:30pm | Atlantic | <p>En espanol con teléfono<br/> Llame 701-801-6661<br/> o llame Martiza (787) 462-7988</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Maritza R.      | 50441 |
| Chat - Reunión de chat usando WhatsApp en Español/Spanish | Jueves/<br>Thursday | 6:30pm | Atlantic | <p>Reunión de chat usando WhatsApp<br/> WhatsApp (787) 662-1407<br/> Contacto Pamela (787) 662-1407</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Pamela F.       | 60760 |
| Community - In Person                                     | Thursday            | 7:00pm | Pacific  | <p>King's Cross (Library)<br/> 4747 Soledad Mountain Road<br/> San Diego, CA 92109<br/> Contact: Jim (619) 972-6134</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Jim C.          | 56146 |
| Community - In Person                                     | Thursday            | 7:00pm | Central  | <p>Bethlehem Lutheran Church<br/> 4100 Lyndale Ave South<br/> Minneapolis, MN 55409<br/> Contact Ruth (612) 703-1496</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Ruth N.         | 22189 |

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| Community - In Person                 | Thursday | 7:00pm | Eastern | Orchard Christian Fellowship<br>136 Pillsbury Rd.<br>Londonderry, NH 03053<br>Contact John (603) 785-2413                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | John S.         | 24492 |
| HYBRID Community - In Person and Zoom | Thursday | 7:00pm | Eastern | <b>Meets in person the first Thur of the Month:</b><br>St. Paul's Episcopal Church (use side entrance across from Liberty Drugs)<br>200 Main Street<br>Chatham , NJ 07928-2467<br>Contact Victoria (973) 327-4706<br><b>Meets via Zoom the remaining Thursdays of the month.</b><br><br>Register for Zoom link:<br><a href="https://recoveryinternational-org.zoom.us/calendar/84196323800?oc=2024-08-29%2023%3A00%3A00&amp;showType=1&amp;startDate=2024-08-26&amp;timeZone=America%2FDenver&amp;mode=2">https://recoveryinternational-org.zoom.us/calendar/84196323800?oc=2024-08-29%2023%3A00%3A00&amp;showType=1&amp;startDate=2024-08-26&amp;timeZone=America%2FDenver&amp;mode=2</a> | Victoria R.     | 22221 |
| Phone                                 | Thursday | 7:00pm | Eastern | Contact Gregory 585-413-3373                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Gregory S.      | 57830 |
| Community - In Person                 | Thursday | 7:00pm | Pacific | The Alano Club<br>990 NW 24th Avenue<br>Portland, OR 97210<br>Contact Doug 503-284-6865                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Doug L.         | 56887 |
| Community - In Person                 | Thursday | 7:00pm | Eastern | Christ Lutheran Church<br>1250 Boyne Ave<br>Boyne City, MI 49712-9655<br>Contact Sam (231) 549-2914                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Sam K.          | 22165 |
| 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  |

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| Community - In Person                      | Thursday | 7:30pm | Eastern | Plainview Old Bethpage Public Library<br>999 Old Country Rd<br>Plainview, NY 11803-4927<br>Contact Joseph (516) 551-5278                                                                                                                                                                                                                                                                                                          | Joseph R.           | 22251 |
| Community - In Person                      | Thursday | 7:30pm | Eastern | St. Charles Church, Activity Center B5<br>5891 Ridge Road<br>Parma, OH 44129<br>Contact James (440) 655-6012 or james122@aol.com                                                                                                                                                                                                                                                                                                  | James O.            | 22314 |
| 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 |
| Zoom                                       | Thursday | 7:30pm | Eastern | Register for Zoom link:<br><a href="https://recoveryinternational-org.zoom.us/meeting/register/eeHQY-9TSySwl6xeg7g95g#/registration">https://recoveryinternational-org.zoom.us/meeting/register/eeHQY-9TSySwl6xeg7g95g#/registration</a><br><br>Contact Michelle: 512 686-4844 (NO Text messages - calls only)                                                                                                                    | Steven B.           | 22354 |
| Zoom                                       | Thursday | 7:30pm | Eastern | Register for Zoom Link:<br><a href="https://recoveryinternational-org.zoom.us/calendar/83628110084?oc=2023-01-05%2021%3A30%3A00&amp;showType=1&amp;startDate=2022-12-13&amp;timeZone=America%2FDenver&amp;mode=2">https://recoveryinternational-org.zoom.us/calendar/83628110084?oc=2023-01-05%2021%3A30%3A00&amp;showType=1&amp;startDate=2022-12-13&amp;timeZone=America%2FDenver&amp;mode=2</a><br>Contact Noel (916) 483-5616 | Mary Noel R.        | 22071 |
| Zoom                                       | Thursday | 8:30pm | Eastern | Join Zoom:<br><a href="https://us02web.zoom.us/j/84996379153?pwd=YmFPbm4wUlk2T0ttWVA3ekg3bmU0Zz09">https://us02web.zoom.us/j/84996379153?pwd=YmFPbm4wUlk2T0ttWVA3ekg3bmU0Zz09</a><br>Zoom ID: 849 9637 9153 Password: sharelove<br>Contact Jenna (818) 326-0473                                                                                                                                                                   | Jenna S./Colette C. | 49943 |
| 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 |