

# Recovery Meetings - Telephone - Online

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## English

**Type:** Conscious Contact – One Step at a time

**Other info:** Wednesdays 8:00pm EST / 5:00pm PST  
Call (712) 832-8330, access code 6282075#  
Step Study and a chance to sit with a Guided Meditation.  
For more information or fellowship, search “Conscious Contact” on the Insight  
Timer app.  
Or email Kris at: any12willdo at gmail dot com