

# Recovery Meetings - Telephone - Online

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## English

**Type:** On the "isms" daily 90 min meeting 6:45am EST

**Venue:** **Online**

**Days:** Friday

**Time:** 6:45am - 8:15

**Other info:** Daily meeting with rotating topic

**Meeting URL:**

<https://meet.google.com/iqv-yvya-zvt>

**Sunday**

Recovery Dharma Book Reading / Discussion

**Monday:**

Topic / Discussion

**Tuesday**

Silent Meditation - Feel free to mix seated and walking meditation

**Wednesday**

Beginner's Meeting

**Thursday**

Other Literature

**Friday**

Speaker, if available - 1st Friday of the month

Topic / Discussion

**Saturday:**

Group Consensus

**Contact:** Email - [john.taylor.7809@gmail.com](mailto:john.taylor.7809@gmail.com)