



SA Telephone / VOIP (Voice Over Internet Protocol) 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 are traveling?

NOW YOU CAN MAKE A MEETING EVERY DAY!

1. Attend a live SA teleconference meeting with others around the world who are seeking sobriety.
2. If the line plays music when you call, you may need to wait a few minutes until others call.
3. Phone meetings are not intended to replace face-to-face meetings. To find a face-to-face meeting visit www.sa.org
4. Women In SA (WISA), uniting women for fellowship, recovery and helping women ease into a dominantly male fellowship. Includes weekly phone meetings, email lists, and Internet meetings. Callers to women's-only meetings are screened—contact the SA Central Office at 866-424-8777 for the phone number.
5. If the primary phone number doesn't work, there is a **BACKUP NUMBER**. See page 4 for details.
6. A time zone conversion tool, found on many cell phones or on the Internet, can help you make the time zone conversion from the meeting base time zone to the time zone you will be calling from. For those without access to such tools, a printable map of world time zones may be found at www.time.gov/images/worldzones.gif.
7. All meetings are mixed gender, open discussion, and held in English, except as noted.
8. Some meetings follow the Daily Sobriety Renewal (DSR) format, where callers answer the daily renewal questions based on those originally published in *Essay* (2002, issue #4).
9. For the phone meetings in Belgium/Netherlands, please email one of the following to get the number and PIN: info@sexaholicsanonymous.be or info@sa-nederland.nl
10. The number and PIN given for the Belgium/France/Luxembourg meeting is for the United States, but there are additional local access numbers for various European countries. Email Bruno sexoliquesanonymes.eu@gmail.com for local telephone numbers and PINs.
11. Contact contacto@sexolicosanonimos.org for country-specific phone numbers and PINs.
12. Please note that the phone service used at this meeting displays the phone numbers of all callers on an internet dashboard **visible only to the moderator during the meeting** to facilitate his/her moderation of the meeting.

All Phone or VOIP Meetings are encouraged to join the Virtual InterGroup (VIG). The VIG exists to support all Phone and VOIP meetings in resolving issues that affect their specific meeting and to be a forum where meeting representatives can learn about meeting practices that other SA meetings have found beneficial. The VIG meets by phone monthly on Saturday at 3 PM Eastern USA time. If your meeting would like more information about the VIG or wants to join the VIG, please send an eMail to Joe from Cape Cod, VIG Secretary @ jclerico@ibasoftware.com.

Phone Meeting Schedule

Base Time Zone(s)	Meeting Time in Base Time Zone	Days	Type	Phone Number	PIN
<u>United States</u> Eastern Standard Time (UTC-5) Eastern Daylight Time (UTC-4)	05:00 AM	All	DSR	605-475-6700	7138664#
	05:40 AM	All	“Next 24” DSR	302-202-1106 See #12 above	247405
	06:25 AM	All	“Next 24” DSR	712-832-8310	7636210#
	06:30 AM	All	DSR	605-475-6700	7138664#
	07:30 AM	All	DSR	605-475-6700	7138664#
	08:00 AM	All	Book Study	712-832-8310	7636210#
	08:30 AM	All	Men Only; DSR	302-202-1110 See #12 above	727048
	09:15 AM	All	Reflections	712-770-8071 See #12 above	223698
	12:00 PM	All	Book Study / Discussion	712-770-4010 See #12 above	965990
	01:00 PM	Mon	Men Only	605-475-6700	5843285#
	02:00 PM	Mon	Men Only	605-475-6700	5843285#
	03:00 PM	Sun	Women Only	See #4 above	
	04:00 PM	Sat	SA H.O.W. (Honesty, Open Mindedness & Willingness)	712-770-8041	289765
	05:00 PM	Sat	Topic Discussion	605-475-6700	7138664#
	07:30 PM	Tue, Wed, Thu	“Step Into Action” Study	605-475-6700	7138664#
	08:00 PM	Sat (1st non-holiday weekend Sat in month)	Women Only	See #4 above	
	08:00 PM	Sun		605-475-6700	7138664#
	09:00 PM	Sun, Wed	Men with Same Sex Lust	712-832-8310	5714272#
	09:05 PM	Sun	Topic Discussion	712-832-8310	7636210#
		Mon, Thurs thru Sat	Book study/Discussion	605-475-6700	7138664#
		Wed	Steps 1 – 3	605-475-6700	7138664#
		Tue thru Sat	Men Only; Step Study on Thurs	605-475-6700	5843285#
	10:15 PM	All	Nightly Reflections	218-339-7800 See #12 above	8072106#
Midnight	Mon, Fri	Nightly Reflections	712-770-8071	335413	
	Sun, Tue-Thu, Sat	Book Study	See #12 above		

Phone Meeting Schedule

Base Time Zone(s)	Meeting Time in Base Time Zone	Days	Type	Phone Number	PIN
<u>United Kingdom</u> Greenwich Mean Time (UTC+0) British Summer Time (UTC+1)	06:30 AM	All	DSR	712-832-8310	7636210#
	07:00 PM	Thu		605-475-6700	7138664#
<u>Central Europe</u> Central European Time (UTC+1) Central European Summer Time (UTC+2)	07:30 PM	Thu	White Book Study Language: French	424-203-8405 See note #10	430834# See note #10
	07:30 PM	Fri	White Book Study Language: Dutch	See #9 above	
	08:15 PM	Mon, Wed	White Book Study Language: Spanish	See #11 above	
	09:00 PM	Tue, Thu			
	08:00 PM	Fri, Sun			
	09:00 AM	Sat			

Backup Numbers

The backup phone number is 712-432-5620

Base Location	Meeting Time	Days	PIN
<u>United States</u>	05:00 AM	All	5661#
	05:40 AM	All	1339#
	06:25 AM	All	1339#
	06:30 AM	All	5661#
	07:30 AM	All	5661#
	08:00 AM	All	1339#
	08:30 AM	All	5403#
	09:15 AM	Mon thru Sat	5661#
	12:00 PM	All	5661#
	01:00 PM	Mon	5403#
	02:00 PM	Mon	5403#
	05:00 PM	Sat	5661#
	07:30 PM	Tue, Wed, Thu	5661#
	08:00 PM	Sun	5661#
	09:00 PM	Sun, Wed	4272#
	09:05 PM	Sun	1339#
		Mon, Wed thru Sat	5661#
		Tue thru Sat	5403#
	10:15 PM	All	5661#
	Midnight	All	5661#
<u>United Kingdom</u>	06:30 AM	All	1339#
	07:00 PM	Thu	5661#

SA VOIP Meeting

Language	Day	Local Time	Time Zone City	UTC Offset	Host City	Meeting Type	Moderator	Contact E-mail	Phone
English	Mon	18:30 CEST	Berlin, Germany	UTC+1	Hamburg, Germany	White Book Step Study	Michael	Happyday040@gmx.de	
English	Tue Thu Fri	6:00 AEST	Sydney, Australia	UTC+10	Sydney, Australia	Topical using SA approved literature	David	Essay.nsw (Skype ID)	
English	Thu	20.30 EDT 19.30 EST	Hobart, Australia	UTC+11 UTC+10	Ulverstone, Australia	White Book Study	David W.	satasmania@gmail.com	+61497525917
English	Sat	23.00 EDT 22.00 EST	Hobart, Australia	UTC+11 UTC+10	Ulverstone, Australia	White Book Step Study	David W	satasmania@gmail.com	+61497525917
Russian	Wed	21.00 MSK	Moscow, Russia	UTC+4	Moscow, Russia	White Book Study	Roman	Contact SAICO	
Russian	Wed	21.00 MSK	Moscow, Russia	UTC+4	Tallinn, Estonia	White Book Study	Maxim	Maximator.83@mail.ru Russian only	
Russian	Fri	21.00 MSK	Moscow, Russia	UTC+4	Togliatti, Russia	Step Study	Oleg	Oleg4837@yandex.ru Russian only	
Russian	Sun	20.30 MSK	Moscow, Russia	UTC+4	Volgograd, Russia	SA Literature Study	Denis	Denis.odu@gmail.com Russian only	
Russian	Sun	20.30 MSK	Moscow, Russia	UTC+4	Kazan, Russia	White Book Study	Andrei	An.delive@mail.ru Russian only	
Spanish	Tue	19.00 CST	Costa Rica	UTC-6	San José, Costa Rica	Literature & Sharing	Javier	sahispano@gmail.com	Contact SAICO
Spanish	Sun	20.30 CST	Costa Rica	UTC-6	San José, Costa Rica	Literature & Sharing	Javier; Gerardo	sahispano@gmail.com	Contact SAICO
Farsi	Sun Tue Thu	21:00 – 22:30 IRST	Iran	UTC+3:30 UTC+4:30	Tehran, Iran	Tue, Thu. Sun Book Topic	Aida	Aidagh515@gmail.com	

To participate or if you have any questions about a particular meeting, please email the moderator

If two UTC offsets or meeting times are listed, the top one is in effect October-March, the bottom, March-October

Make sure you are online before the meeting start time