

# 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](http://www.sa.org).
4. 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.gove/images/worldzones.gif](http://www.time.gove/images/worldzones.gif).
5. All meetings are mixed gender, open discussion, and held in English (except as noted).
6. 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).
7. For the phone meetings in Belgium/Netherlands, please email one of the following to get the number and PIN: [info@sexaholicsanonymous.be](mailto:info@sexaholicsanonymous.be) or [info@sa-nederland.nl](mailto:info@sa-nederland.nl).
8. 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 [infos@sexoliquesanonymes.eu](mailto:infos@sexoliquesanonymes.eu) for local telephone numbers and PINs.
9. For Spanish speaking phone meetings, please contact [contacto@sexolicosanonimos.org](mailto:contacto@sexolicosanonimos.org) for country-specific phone numbers and PINs.
10. \*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 moderators during the meeting** to facilitate his/her moderation of the meeting.
11. If the primary phone number does not work, there is a **BACKUP NUMBER**. See page 4 for details.

**Help support the Virtual Intergroup! The Virtual Intergroup (VIG) takes responsibility for shared resources, such as this flier and our shared teleconference lines. VIG meetings also provide a forum in which to solve common problems and share group experience, strength, and hope. To support the function of the Virtual Intergroup, phone/VOIP meetings are encouraged to send an elected**

# Phone Meeting Schedule

Base Time Zone(s)	Meeting Time In Base Time Zone	Days	Type	Phone Number	PIN	
<b>Into United States</b>	05:00 AM	ALL	DSR	571-525-1605	4965149	
	05:40 AM	ALL	"Next 24" DSR (see #10 above)*	605 313 5650	2403413#	
	06:25 AM	ALL	"Next 24" DSR	667-770-1260	9735405	
	06:30 AM	ALL	DSR	609-746-1082	743276#	
	07:30 AM	ALL	DSR (see #10 above)*	667-770-1918	8156852	
	08:00 AM	ALL	Book Study (see #10 above)*	605-313-5111	549068#	
	08:00 AM	Friday (Men with Same Sex Lust)  Note: For freeconferencecall.com app Meeting ID is sunday9sa@gmail.com	1st Friday: White Book 2nd Friday: AA Big Book 3rd Friday: AA 12 & 12 4th Friday: Tradition of the Month	1 267-807-9611 (see #10 above)	438285	
	08:30 AM	All	Men Only: DSR (see #10 above)*	857-444-0744	569857	
	09:15 AM	All	Literature Study/Discussion (see #10 above)*	712-770-8071	223698	
	12:00 PM	All	Book Study/Discussion (see #10 above)*	267-807-9611	965990	
	Eastern Standard Time (UTC-5)	02:00 PM	Mon	<b>Men Only</b>	605-475-6700	5843285#
	Eastern Daylight Time (UTC-4)	04:00 PM	All	Men Only: DSR (see #10 above)*	857-444-0744	569857
		04:15 PM	Sun	Big Book Topic Discussion (see #10 above)*	712-770-4010	965990#
		05:00 PM	Sat	Topic Discussion	605-475-6700	7138664#
	05:00 PM	Sun	<b>Men Only</b>	605-468-8718	5278934	
	05:30 PM	Sun	Men Only: "Step Into Action" Study (see #10 above)* Email: <a href="mailto:sundaymensstepstudy@protonmail.com">sundaymensstepstudy@protonmail.com</a>	717-908-1962	286248	
	07:30 PM	Thursday	"Step Into Action" Study (see #10 above)*	712-770-8000	883118	
	08:00 PM	Sun	Men Only White Book Study	605-475-6700	7138664#	
	09:00 PM	Wed	Men with Same Sex Lust  Note: For freeconferencecall.com app Meeting ID is sunday9sa@gmail.com	1 267-807-9611	438285	
	09:05 PM	All	Book Study/Discussion (see #10 above)*	716-427-1083	531646#	
	09:05 PM	Tue, Wed, Fri, Sat	<b>Men Only</b>	605-475-6700	5843285#	
	09:05 PM	Thurs	Men's Step Study	712-832-8330	7138664#	
	10:15 PM	All	Nightly Reflections (see #10 above)*	701-802-5313	3259674#	
	Midnight	Mon, Fri	Nightly Reflections (see #10 above)*	712-770-8071	335413	
	Midnight	Sun, Tue-Thu, Sat	Book Study (see #10 above)*	712-770-8071	335413	

# Phone Meeting Schedule

Base Time Zone(s)	Meeting Time In Base Time Zone	Days	Type	Phone Number	PIN
<p><b><u>United Kingdom</u></b> Greenwich Mean Time (UTC+0) British Summer Time (UTC+1)</p> <p>Different countries have a different dial in and it isn't possible to list them all. Please see the following website for country dial in access phone numbers if you are calling from a non-UK country: <a href="https://www.freeconference.com/dial-ins-rates/">https://www.freeconference.com/dial-ins-rates/</a></p>	06:30 AM	All	DSR	605-475-6700	7636210#
	07:00 PM	Fri		03331130100 Contact: essayglasgow@yahoo.com	2794155#
	07:00 AM	Sat	White Book	00443331130100	6861278#
	07:30 PM	Thu	White Book Study - Language: French	424-203-8405 <b>See Note #8</b>	430834#P
<p><b><u>Central Europe</u></b></p> <p>Central European Time (UTC+1) Central European Summer Time (UTC+2)</p>	07:30 PM	Fri	White Book Study - Language: Dutch	<b>See #7 above</b>	
	08:15 PM	Mon, Wed	White Book Study - Language: Spanish	<b>See #9</b>	
	09:00 PM	Tue, Thu	White Book Study		
	08:00 PM	Fri, Sun	Language: Spanish		
	09:00 AM	Sat			

# SA VOIP MEETING

Language	Day	Local Time	Time Zone City	UTC Offset	Host City	Meeting Type	Moderator	Contact E-Mail	Phone / Internet Connection
English	Thu	2030 EDT 1930 EST	Hobart Australia	UTC+11 UTC+10	Ulverstone Australia	White Book Study	David W	<a href="mailto:satasmnia@gmail.com">satasmnia@gmail.com</a>	+61497525917
English	Sat	2300 EDT 2200 EST	Hobart Australia	UTC+11 UTC+10	Ulverstone Australia	White Book Step Study	David W	<a href="mailto:satasmnia@gmail.com">satasmnia@gmail.com</a>	+61497525917
Farsi	Sun Tue Thu	2100 2230 IRST	Iran	UTC+3:30 UTC+4:30	Tehran Iran	Tue, Thu, Sun Book Topic	Aida	<a href="mailto:Aidagh515@gmail.com">Aidagh515@gmail.com</a>	
French	Mon	1:15 PM	France	UTC+1		Step Into Action Study		<a href="mailto:info@sexoliquesanonymes.eu">info@sexoliquesanonymes.eu</a>	712-770-5569 PIN 430834# See #9 above
French	Thu	7:30 PM	France	UTC+1		White Book Study		<a href="mailto:info@sexoliquesanonymes.eu">info@sexoliquesanonymes.eu</a>	712-770-5569 PIN 430834# See #9 above

# SA VOIP MEETING

Language	Day	Local Time	Time Zone City	UTC Offset	Host City	Meeting Type	Moderator	Contact E-Mail	Phone / Internet Connection
French	Mon Wed Fri	7:30 AM	France	UTC+1		DSR		<a href="mailto:info@sexoliquesanonymes.eu">info@sexoliquesanonymes.eu</a>	712-770-5569 PIN 430834# See #9 above
Lithuanian	Thu	8:00 PM EEST	Vilnius Lithuania	UTC+3	Kaunas Lithuania	Discussion	Arnoldas	<a href="mailto:jautis1971@gmail.com">jautis1971@gmail.com</a>	AS grupe "Laisve"
Russian	Wed	2100 MSK	Moscow Russia	UTC+4	Moscow Russia	White Book Study	Roman	Contact SAICO	
Russian	Wed	2100 MSK	Moscow Russia	UTC+4	Tallinn Estonia	White Book Study	Maxim	<a href="mailto:Maximator.83@mail.ru">Maximator.83@mail.ru</a> Russian only	
Russian	Fri	2100 MSK	Moscow Russia	UTC+4	Togliatti Russia	Step Study	Oleg	<a href="mailto:Oleg4837@yandex.ru">Oleg4837@yandex.ru</a> Russian only	
Russian	Sun	2030 MSK	Moscow Russia	UTC+4	Volgograd Russia	SA Literature Study	Denis	<a href="mailto:Denis.odu@gmail.com">Denis.odu@gmail.com</a> Russian only	
Russian	Sun	2030 MSK	Moscow Russia	UTC+4	Kazan Russia	White Book Study	Andrei	<a href="mailto:An.delive@mail.ru">An.delive@mail.ru</a> Russian only	
Spanish	Tue	1900 CST	Costa Rica	UTC-6	San Jose Costa Rica	Literature & Sharing	Javier	<a href="mailto:sahispano@gmail.com">sahispano@gmail.com</a>	Contact SAICO
Spanish	Sun	2030 CST	Costa Rica	UTC-6	San Jose Costa Rica	Literature & Sharing	Javier; Gerardo	<a href="mailto:sahispano@gmail.com">sahispano@gmail.com</a>	Contact SAICO

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.