



## 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. If the primary phone number doesn't work, there is a **BACKUP NUMBER**. See page 4 for details.
5. 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](http://www.time.gov/images/worldzones.gif).
6. All meetings are mixed gender, open discussion, and held in English, except as noted.
7. 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).
8. 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)
9. 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](mailto:sexoliquesanonymes.eu@gmail.com) for local telephone numbers and PINs.
10. For Spanish speaking phone meetings, please contact [contacto@sexolicosanonimos.org](mailto:contacto@sexolicosanonimos.org) for country-specific phone numbers and PINs.
11. 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.

**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. The VIG meets by phone monthly on Saturday at 3 PM Eastern USA time. All SA members are welcome to attend. To support the function of the Virtual Intergroup, phone/VOIP, meetings are encouraged to send an elected representative (Group Service Rep). Contact [VIGSecretary@gmail.com](mailto:VIGSecretary@gmail.com) for the specific date of the next meeting.**

# Phone Meeting Schedule

Base Time Zone(s)	Meeting Time in Base Time Zone	Days	Type	Phone Number	PIN
United States 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 #11 above	247405
	06:25 AM	All	“Next 24” DSR	605-475-6700	7636210#
	06:30 AM	All	DSR	605-475-6700	7138664#
	07:30 AM	All	DSR	712-770-8061 See #11 above	330912
	08:00 AM	All	Book Study	605-475-6700	7636210#
	08:00 AM	Friday (Men with Same Sex Lust)	1 <sup>st</sup> Friday: White Book	712-770-4010 See #11 above	438285
			2 <sup>nd</sup> Friday: A.A. Big Book		
			3 <sup>rd</sup> Friday: A.A. 12 & 12		
			4 <sup>th</sup> Friday: Tradition of the Month		
	08:30 AM	All	<b>Men Only</b> ; DSR	302-202-1110 See #11 above	727048
	09:15 AM	All	Reflections	712-770-8071 See #11 above	223698
	12:00 PM	All	Book Study / Discussion	712-770-4010 See #11 above	965990
	01:00 PM	Mon	<b>Men Only</b>	605-475-6700	5843285#
	02:00 PM	Mon	<b>Men Only</b>	605-475-6700	5843285#
	03:00 PM	Fri, Sat	Book Study / Discussion	712-770-4010 See #11 above	965990
	04:00 PM	Mon thru Fri	<b>Men Only</b> ; DSR	302-202-1110 See #11 above	727048
	05:00 PM	Sat	Topic Discussion	605-475-6700	7138664#
	07:30 PM	Tue, Wed, Thu	“Step Into Action” Study	712-770-8000 See #11 above	883118
	08:00 PM	Sun		605-475-6700	7138664#
	09:00 PM	Sun, Wed	Men with Same Sex Lust	712-770-4010	438285
	09:05 PM	All	Book study/Discussion	712-775-7270 See #11 above	531646#
		Tue thru Sat	Men Only; Step Study on Thurs	605-475-6700	5843285#
	10:15 PM	All	Nightly Reflections	218-339-7800 See #11 above	8072106#
	11:00 PM	Mon	Men with Same Sex Lust	712-770-4010	438285
	Midnight	Mon, Fri	Nightly Reflections	712-770-8071 See #11 above	335413
Sun, Tue-Thu, Sat		Book Study			

# 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	605-475-6700	7636210#
	07:00 PM	Tue	Week #1 - Step 12&12	00443331130100	Different countries have a different dial in and it isn't possible to list them all, please see the following web site 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>
			Week #2 - Tradition 12&12		
			Week #3 - White Book & Group Conscience		
			Week #4 Alcoholics Anonymous		
07:00 PM	Wed	White Book	00443331130100	4903199	
07:00 AM	Sat	White Book	00443331130100	6861278#	
<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 #9	430834# See note #9
	07:30 PM	Fri	White Book Study Language: Dutch	See #8 above	
	08:15 PM	Mon, Wed	White Book Study Language: Spanish	See #10 above	
	09:00 PM	Tue, Thu			
	08:00 PM	Fri, Sun			
	09:00 AM	Sat			
<u>Brazil</u> (in Brasilia) In the Regular Time (UTC+3) In the Summer Time (UTC+2)	08:15 PM	Tue	Language: Portuguese	605-475-6700 (if in USA) +55 61 4040-4460 (if in Brasil)	961145#
<u>Israel</u> (UTC+2)	07:55AM to 08:20AM	Sun-Fri	SA Readings + 18 Wheeler	0559661084	549351#

# 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/Internet Connection
English	Wed	7:00 PM	England	UTC+0		Discussion	Richard D. 00447801185872	<a href="mailto:essay.aberdeen@hotmail.co.uk">essay.aberdeen@hotmail.co.uk</a>	<a href="https://hello.freeconference.com/conf/call/4903199">https://hello.freeconference.com/conf/call/4903199</a>
English	Tue	7:00 PM	England	UTC+0		Week #1 Step 12&12 Week #2 Tradition 12&12 Week #3 white book & group conscience Week #4 alcoholics anonymous Week #4 90 days	Richard D. 00447801185872	<a href="mailto:essay.aberdeen@hotmail.co.uk">essay.aberdeen@hotmail.co.uk</a>	<a href="https://hello.freeconference.com/conf/call/4903199">https://hello.freeconference.com/conf/call/4903199</a>
English	Sat	7:00 AM	England	UTC+0		White Book	Jamie 00447496362489		<a href="https://hello.freeconference.com/conf/call/6861278">https://hello.freeconference.com/conf/call/6861278</a>
English	Mon	1830 CEST	Berlin Germany	UTC+1	Hamburg Germany	White Book Step Study	Michael	<a href="mailto:Happyday040@gmx.de">Happyday040@gmx.de</a>	
English	Thu Fri	6:00 AEST	Sydney Australia	UTC+10	Sydney Australia	Topical using SA approved literature	David	Essay.nsw (Skype ID)	
English	Thu	2030 EDT 1930 EST	Hobart Australia	UTC+11 UTC+10	Ulverstone Australia	White Book Study	David W.	<a href="mailto:satasmania@gmail.com">satasmania@gmail.com</a>	+61497525917
English	Sat	2300 EDT 22.00 EST	Hobart Australia	UTC+11 UTC+10	Ulverstone Australia	White Book Step Study	David W	<a href="mailto:satasmania@gmail.com">satasmania@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>	
Lithuanian	Thu	8 PM EEST	Vilnius, Lithuania	UCT +3	Kaunas, Lithuania	Discussion	Arnoldas	<a href="mailto:jautis1971@gmail.com">jautis1971@gmail.com</a>	AS grupe "Laisvė"
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	

# SA VOIP Meeting

Language	Day	Local Time	Time Zone City	UTC Offset	Host City	Meeting Type	Moderator	Contact E-mail	Phone/Internet Connection
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 José 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 José 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.