

October '2017

**Directions:** Dial meeting phone number and follow prompt to enter pin number followed by the # sign.  
Keep your phone muted except to share. The meeting leader will give instructions on how to do so.  
It is requested that those sharing have 90 days or more of continuous abstinence.

**Note:** Some meetings are both 'Face to Face' (F2F) + Tel. meetings - callers can participate with local attenders.  
Phone Meetings are 1 hour long (except only Sat. 10am is 1+1/4 hr)

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