

## Mutual Aid Online Meeting List

Alcoholics Anonymous:

Day	Chair	Meeting	Time	Code
Monday	Joel	AA Book 7 Share	12.30pm	139-233-794
	Beth	AA	6.00pm	708-471-780
	Suzanne	AA Jesmond Womens Meeting	11.00am	857-245-501
Tuesday	Dan	AA	7.00 am	704-264-800
	Sharon	AA Big Book	10.30am	895-875-637
	Dan	AA	7.30pm	704-264-800
Wednesday	Emma	Women's Recovery Meeting	4.30pm	938-187-014
	Drew	Promises	6.00pm	239-389-408
	Mark	AA Newcastle Cathedral Step	7.30pm	114-765-271
Thursday	Michael	AA As Bill Sees It	10.30am	851-246-547
	Beryl	AA Speaker	8.00pm	264-721-403
Friday	Michael	AA	10.30am	482-669-655
	Beryl	AA	8.00pm	554-498-857
Saturday?	Sherrie	AA	10.30am	336-707-797
Sunday	Peter	AA	10.30am	336-707-797
	John	AA	7.30pm	532-668-459

Narcotics Anonymous:

Online meetings everyday at 7.30. Monday, Wednesday, Thursday, Friday and Saturday are normal NA meetings. Plus, Social Support (Q+A) groups on Tuesday and Sunday. These are dial up voice only meetings.

Click on link [gotomeet.me/ukna](https://gotomeet.me/ukna) If asked for an email address you can skip it and just choose a username. Accept when asked to use microphone.

There is a smart phone app too. Go to Android Play Store or Apple App Store and search for gotomeeting, download and install. When it opens type ukna or 437-754-909 into the meeting.

NA Zoom meetings:

<b>Day/Time</b>	<b>Meeting ID</b>
Monday 11am	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Monday 4pm	<a href="https://bluejeans.com/375933012">https://bluejeans.com/375933012</a>
Tuesday 4pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Wednesday 5pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Thursday 5pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Friday 2pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Friday 3pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Friday 4pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Saturday 4pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Sunday 4pm	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>
Daily at 7pm-8pm	<a href="https://zoom.us/j/5283214680">https://zoom.us/j/5283214680</a> ID 5283214680