

**7 DAYS A WEEK:**

Morning Meditation @ 10:30 AM  
Meeting ID 243-896-982;  
password: 383138

**MONDAY:**

Walk the Walk @ 7:00 PM  
Meeting ID: 723-006-5582

Cyber Addicts @ 7:00 PM  
Meeting ID: 975-603-4117

**TUESDAY:**

Nothing to Fear @ 7:00 PM – WOMEN’S  
MEETING  
Meeting ID: 937 737 3462  
password: coro\_NA

HP meeting @ 7:00 PM  
Meeting ID: 975 603 4117

**WEDNESDAY:**

H-Town @ 7:00 PM  
Meeting ID: 975 603 4117

**THURSDAY:**

Vintage Recovery @ 7:00 PM  
Meeting ID: 162 436 531;  
Password: Vintage

Grace Street @ 7:00 PM  
Meeting ID: 219 246 9573

Here and Now @ 7:00 PM  
Meeting ID: 875-183-1209

**FRIDAY:**

We Choose Life @ 6:30 PM  
Meeting ID: 842178324

Recovery on Ridge @ 7:00 PM  
Meeting ID: 975 603 4117

There is Hope @ 8:00 PM  
Meeting ID: 161-909-503

**SATURDAY:**

Just for Today @ 6:00 PM  
Meeting ID: 266-423-373

Crossroads @ 7:00 PM  
Meeting ID: 975-603-4117

**SUNDAY:**

On Our Way To Freedom @ 5:30 PM  
Meeting ID: 809-726-8039

Steps to Freedom @ 6:00 PM  
Meeting ID: 158-926-274; password:  
833969

Freedom Seekers @ 8:00 PM  
Meeting ID: 649-807-991

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**ONLINE MEETING SUGGESTIONS FOR ZOOM USERS:**

Don't show your last name. Adjust your profile accordingly.

Be early and check your technical details before the meeting starts.

Mute your microphone when you are not speaking to the group.

People can see you! Behave appropriately. Be dressed (and stay dressed) and don't move around the room. It's distracting for others. If you need to leave the meeting temporarily, just turn off your video feed for that time so we aren't looking at an empty screen.

## **ZOOM HOSTS:**

Help protect anonymity and online safety.

With the rush to shift to online meetings, many of us did not take time to investigate what this meant to the spiritual foundation of our recovery – namely, anonymity. Now that online meetings are accessible, we want to pass on best practices for protecting anonymity.

These have been curated from the membership and online resources.

The default Zoom settings run counter to the fellowship's spiritual foundation of anonymity. The meetings are publicly accessible and full names and faces are often displayed. Additionally, by default, all Zoom meetings are recorded to the cloud. Turning that feature off is simple, fortunately.

There are other settings in the Meeting subtab that can also be adjusted, such as disallowing remote control of devices, file transfer, data sharing with Zoom, and screen sharing.

Here are some suggested settings for your meeting to use. Please note that most, if not all, of the settings below are not the Zoom default:

Go to: Settings > Recording and click off the Local and Cloud recording features.

In the Zoom Settings section, under the Meeting subtab:

- Require Encryption for Third Party Endpoints
- Disable Auto saving chats
- Disable File transfer
- Disable Feedback to Zoom
- Disable Screen sharing
- Disable desktop/screen share for users
- Disable Remote control
  
- Allow Virtual background (this is the Zoom default and allows the user to use a virtual background instead of the inside of their apartment, for example)

In the Zoom Settings section, under the Recording subtab:

- Disable Local recording
- Disable Cloud recording
- Disable Automatic recording

## **INTERNATIONAL MARATHON MEETING 24/7: Meeting ID: 4949655895**

***THE MEETINGS LISTED BELOW ARE ALL  
WOMENS MEETINGS. We are worldwide!***

WOMEN'S MEETINGS:

ENGLAND – GB GB

\* SUNDAY WOMEN'S MEETING (7:00am-8:30am EST).

<https://us04web.zoom.us/j/5871895904>

\* SUNDAY NIGHT WOMEN'S MEETING – NA RECOVERY FAM (3:00pm-4:30pm EST).

<https://zoom.us/j/526077614>

\* TUESDAYS NIGHT WOMENS MEETING – NA RECOVERY FAM (4:30pm-6:00pm EST).

<https://zoom.us/j/898013055>

\* WEDNESDAY WOMEN'S MEETING GILLINGHAM (3:30pm-5:00pm EST).

<https://zoom.us/j/4477389605>

\* WEDNESDAY WEST HAMPSTEAD WOMEN OF WORTH – ONLINE GROUP –  
ZOOM ID: 764269618, PW: 219610 (4:00pm-5:00pm EST).

<https://us04web.zoom.us/j/764269618>

\* WOMEN'S FRIDAY NIGHT (4:00pm-5:00pm EST ).

<https://us04web.zoom.us/j/3370448971>

\* BLACK COUNTRY NA WOMEN'S SATURDAY MEETING (7:00pm-8:30pm EST).

<https://us04web.zoom.us/j/417990544>

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USA us us WOMEN'S MEETINGS

\* ARIZONA

TUESDAY, 10pm EST, Girls Gone Clean (O/W/D)

PRIVATE ZOOM MEETING: ID 814 516 139; text 206-484-4781, identify yourself, and request the meeting password.

\* CALIFORNIA

\* CALIFORNIA INLAND REGION OF NA:

DAILY MEETING, 8:30 PM EST- Daily Dose Women's Meeting ♦ Lower Desert Area - Women's Meeting (Meets Mon-Sun) ♦ <https://us04web.zoom.us/j/3686390247>  
Meeting ID: 368 639 0247

MONDAY, 10:30 PM EST- Women's Meeting, Murrieta

<https://us04web.zoom.us/j/6888210961>

TUESDAY, 9 PM EST Women Together Recover - Women's Mtg

Lower Desert Area - used to meet at Daryll's House

<https://us04web.zoom.us/j/6259969439>

Meeting ID: 625 996 9439

\* HOLLYWOOD NA

WEDNESDAY WOMEN'S MEETING, (11:00pm-12:00am EST).

BHS Hollywood Recovery Center

6838 Sunset Boulevard, Los Angeles, 90028

<https://us04web.zoom.us/j/439873540>

\* GREATER SAN JOSE AREA

WEDNESDAY NIGHT CAMDEN WOMEN'S MEETING 10pm EST

<https://zoom.us/j/333081240>

Meeting ID: 333 081 240

\* SAN FRANCISCO AREA

SUNDAY WE WOMEN DO RECOVER JFT, 1pm EST.

<https://zoom.us/j/332421250>

Twisted Sister's (SKCANA, WA), 1pm EST.

<https://zoom.us/j/4251525575>

Monday Night Women's Meeting CCC, 8:45pm EST.

<https://zoom.us/j/159391020>

TUESDAY WOMEN'S MEETING, 10pm EST.

<https://zoom.us/j/457065336>

TUESDAY UNITY OF WOMEN (AMERICAN RIVER), 10pm EST.

<https://zoom.us/j/221130191>

WEDNESDAY WOMENS SPEAKER DISCUSSION MEETING, 7pm EST.

<https://zoom.us/j/504921043>

WEDNESDAY Women Do Recover (SPSANA), 9:30pm EST.

<https://zoom.us/j/6244181730>

SATURDAY We Women do Recover Mission Peak - CA, 4:30pm EST.

<https://zoom.us/j/552892846>

SATURDAY Women's Late Night Meeting, 12am EST.

<https://zoom.us/j/286037971>

\* SIERRA FOOTHILLS AREA

SUNDAY, COOL WOMENS GROUP, 1:30pm EST.

MEETING ID: 470-053-349.

\* SAN DIEGO REGIONAL OFFICE

MONDAY NIGHT MIRACLES WOMENS MEETING, 9pm EST.

<https://zoom.us/j/120285260>

THURSDAY NORTH COASTAL TELL IT HOW IT IS, 9pm EST.

<https://zoom.us/j/6016482639>

FRIDAY Ladies Living Clean - We use the living clean the journey continues, 9:30pm EST.

<https://zoom.us/j/315275326...>

FRIDAY NORTH COASTAL MEETING MEETING AT THE MANSION, 10pm EST.

<https://zoom.us/j/886796433>

\* NAPA/SOLANO AREA

THURSDAY, VACAVILLE LADIES NIGHT OUT WOMENS MEETING, 8:30pm EST.

MEETING ID: 827 196 219

THURSDAY, BENICIA "CHANGES" WOMENS MEETING, 10pm EST.

MEETING ID: 271 214 313

\* SOUTHERN COAST AREA

THURSDAY, 10pm EST WOMAN LITERATURE STUDY

ONLINE ZOOM MEETING

LINK: <https://us04web.zoom.us/j/8486786653>

MEETING ID: 848 678 6653

FRIDAY LADIES NIGHT, 9:15pm EST.

ONLINE ZOOM MEETING INFO TBD.

\* INLAND EMPIRE FOOTHILLS OF NA

WEDNESDAY, Women Do Recover Zoom Online/Phone Meeting, 10:30pm-11:30pm EST.

Join Code 913742493# Call in numbers 1-669-900-6833,1-346-248-7799, 1-312-626-6799, 1-929-205-6099, 1-253-215-8782, 1-301-715-8592

<https://zoom.us/j/913742493>

\* SANTA CRUZ AREA

THURSDAY WOMEN TOGETHER, 10pm EST.

<https://paloalto.zoom.us/j/6480112708>

FRIDAY WOMENS MEETING, 9pm EST.

<https://zoom.us/j/805992519>

\* GREATER MOJAVE AREA

TUESDAY NIGHT WOMENS MEETING, 10pm EST.

<https://zoom.us/j/2179204870>

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\* COLORADO

\* PIKES PEAK AREA

WEDNESDAY Sisters in Recovery, 8:45pm EST.

Meeting ID 974 979 9498

\* BOULDER AREA

DIAMOND IN THE ROUGH WOMENS MEETING, 7: 30pm-8: 30pm EST.

<https://zoom.us/j/508433389>

\* OFF THE WALL AREA

SUNDAY CLEAN QUEENS, 5:00pm-6:00pm EST.

Phone Meeting - (872) 240-3412

Enter 295-798-605#

\* DELAWARE

\* FREESTATE REGION

THURSDAY NO MORE EXCUSES (WOMENS RAP), 7:30pm-8:30pm EST.

<https://us04web.zoom.us/j/949809162>

\* DISTRICT OF COLUMBIA

\* CHESAPEAKE AND POTOMAC REGION

WEDNESDAY WOMENS RAP (DULLES CORRIDOR) 7:00pm EST.

<https://us04web.zoom.us/j/190391424>

SATURDAY WOMENS MEETING VGONA (FREDERICK AREA) 10:00am EST.

<https://zoom.us/j/5065631632>

MONDAY WOMENS CHOICE (NORTHERN VA) 6:30pm EST.

<https://zoom.us/j/5471172151>

SATURDAY SISTERS IN RECOVERY (NORTHERN VA) 11:00am EST.

<https://us04web.zoom.us/j/898240901>

\* FLORIDA

\* UNCOAST AREA

TUESDAY SERENITY SEEKING SISTERS WOMENS MEETING, 6:30pm-7:30pm EST.

<https://zoom.us/j/167808089>

\* MIDCOAST AREA

TUESDAY FEARLESS WOMEN IN RECOVERY, 7:00pm-8:00pm EST.

<https://zoom.us/j/436327488>

THURSDAY FEARLESS WOMEN IN RECOVERY, 7:00pm-8:00pm EST.

<https://zoom.us/j/436327488>

\* BAY AREA

MONDAY LADIES TO THE CORE, 7:00pm-8:00pm EST.

<https://zoom.us/j/729571951>

\* TAMPA FUNCOAST AREA  
TUESDAY WOMENS HOPE, 7:00pm EST.  
<https://us04web.zoom.us/j/832392466>

\* GEORGIA  
\* GEORGIA REGION  
TUESDAY WOMAN TO WOMAN GROUP, 8:00pm-9:00pm EST.  
<https://zoom.us/877452234>  
Meeting ID: 877-452-234

\* IDAHO  
\* BLUE MOUNTAIN AREA  
FRIDAY WOMEN OF WORTH, 8:30pm EST.  
117-713-921

\* PIERCE COUNTY AREA  
MONDAY The Tacoma Women's Meeting, 8:30pm EST.  
ID 167-315-388 or join at this link <https://zoom.us/j/167315388>.

WEDNESDAY The Puyallup Women's Meeting, 9pm EST.  
ID 904 494 0619 or join at this link <https://us04web.zoom.us/j/9044940619>.

\* SOUTH KING OF COUTY AREA  
TUESDAY CIRCLE OF SISTERS, 9pm EST.  
552971340

SUNDAY TWISTED SISTERS, 12pm EST.  
4251525575

\* ILLINOIS  
\* ACROSS THE RIVERS AREA  
THURSDAY WOMEN OF PURPOSE, 8pm EST.

<https://zoom.us/j/963019962>

\* KANSAS  
\* KANSAS CITY NA  
WEDNESDAY WOMENS RECOVERY NETWORK, 7:30pm-8:30pm EST.  
Zoom, ID # 211-694-716

FRIDAY G.O.D. (Good Orderly Direction) for Women, 7:00pm-8:00pm EST.  
Meeting ID# 911-810-1194

\* LOUISIANA  
\* LOUISIANA REGION OF NA  
TUESDAY Live the NA Steps Online Group - Women's Meeting, 12:30pm-2:00pm EST.



<https://zoom.us/j/245387255>

\* MARYLAND

\* MOUNTAINTAINTER REGION

WEDNESDAY THE TIES THAT BIND US, 7:00pm-8:00pm EST.

MEETING ID: 264-334-1661

\* FREESTATE REGION

THURSDAY NO MORE EXCUSES WOMENS RAP, 7:30pm-8:30pm EST.

<https://us04web.zoom.us/j/949809162>

\* MASSACHUSETTS

\* NEW ENGLAND REGION

WEDNESDAY TABLE OF CONTENTS WOMENS GROUP, 6:30pm-7:45pm EST.

<https://us04web.zoom.us/j/9516897266>

Zoom ID: 951-689-7266

\* MICHIGAN

\* NORTHWEST MICHIGAN AREA OF NA

MONDAY & THURSDAY WOMENS MEETING, 8:30pm EST.

MEETING ID: 461-678-767

\* MINNESOTA

\* NA MINNESOTA REGION

SUNDAY WEEKEND WOMEN WARRIORS, 6:30pm EST.

<https://zoom.us/j/9438706529>

TUESDAY WOMENS NIGHT OUT, 7:30pm EST.

<https://zoom.us/j/282274333>

\* LAKE AGASSIZ AREA

SUNDAY SHE DO RECOVER, 4pm EST.

Meeting ID: 230938119

\* MISSOURI

\* SHOW ME REGION OF NA

WEDNESDAY WOMENS RECOVERY NETWORK, 7:30pm-8:30pm EST.

Zoom, ID # 211-694-716

FRIDAY G.O.D. (Good Orderly Direction) For Women, 7:00pm-8:00pm EST.

Meeting ID# 911-810-1194

\* MONTANA

\* MONTANA REGION OF NA

THURSDAY WOMENS MEETING 10:30pm EST: <https://zoom.us/j/362239376>

Meeting ID: 362 239 376

\* NEVADA

\* SATURDAY CIRCLE OF SISTERS, 1pm EST.

<https://us04web.zoom.us/j/5433929758>

SUNDAY WOMENS HAVEN OF HOPE, 2pm EST.

<https://us04web.zoom.us/j/3563035872>

\* NEW HAMPSHIRE

\* NORTHERN NEW ENGLAND REGION

THURSDAY WOMENS MEETING, 7:00pm EST.

<https://zoom.us/j/328320180>