

EVERY Day	5:30 am Central Time	8:30 am CT
Group Name	Step 11 Daily Meditation	The Next Frontier
Type of Group	EA's Step 11	
Language		
Access Method	Zoom	FreeConferenceCall
Phone #		+1 339-209-6307
Phone password		
Link		
Meeting ID		
Passcode		
Video Component	Optional	
Special Interest		
Notes	The group requires that you introduce yourself with your first name and have that name as the name displayed on the screen. Please contact Kathleen at Kathleene. engel@gmail.com for the Zoom Meeting ID number.	These meetings only have an audio component.
Group Contact	Niesa N. at nspn. nn@gmail.com	Robin C. at +1 917-533-5691; thenextfrontier12@gmail.com
Okay to text?		yes
Last updated by EA:		2/9/26

EVERY Weekday	11 a.m. Central Time	3:30 p.m. CT
Group Name	Overcoming Our Emotions	Share Everything and Anything
Type of Group	Remote	Hybrid - Remote & Face-to-Face
Language	English	English, عربي (Earabiun) [Arabic], हिंदी (Hindee) [Hindi], اردو (Urdu)
Access Method	Zoom	Zoom
Phone #		
Phone password		
Link		
Meeting ID		
Passcode		
Video Component	Required	Required
Special Interest		<p>Special Interest: Multilingual & Diverse Group, Anger, Anxiety/Worry, Panic Disorders, Family Issues & Relationship Trauma</p> <p>This is a multilingual EA group. The meeting is hybrid; accessible locally in-person as well as online through Zoom. This group has an emphasis on an “in this together” attitude.</p>
Notes	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting ID number.	The group contact is also available for one-on-one sponsorship.
Group Contact	Jason F. fieldsjason504@gmail.com	Insha S. at shaikhkerrinsha@gmail.com
Okay to text?	+1 929-448-6381	+1 828-384-1916
Last updated by EA:	Yes	Yes

MONDAYS	1:30 Central Time	12 pm (noon) CT	12:00 PM (Noon) CT	1:15 PM - 1:45 PM CT	1:30 PM CT	4:00 PM - 5:00 PM CT	4:40 PM CT
Group Name	Inner Peace EA	Bend, Oregon EA		Just For Today - Mini EA Meetings	<u>Calgary EA Newcomers</u>	Fall River, Massachusetts Hybrid - Remote & Face-to-Face	
Type of Group	Remote						
Based in Language (if not noted, in English)	Grand Prairie, Alberta, CA						
Access Method	Google Meet	Zoom	Zoom	Phone Call	Zoom	Zoom	Phone Call
Phone Number Access Code				+1-978-990-5065			+1 978-990-5033
Link or Number Meeting ID Passcode	https://meet.google.com/nhp-hjyw-xnb		https://us02web.zoom.us/j/82698636026?pwd=L3RCcnY3ZmdvSUhGeE1sMVI4Skpadz09 826 9863 6026 835365	391049#	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	872 8643 1564 Not Required	3540536#
Video Component	Optional	Optional	Optional			Optional	
Special Interest	Step and Topic				Newcomers Welcome!		
Notes	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.		This meeting only has an audio component. These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.			
Group Contact	Sara S. innerpeaceEA@gmail.com	David K. at eabendor@gmail.com & +1 954-562-8487	Shawna F. at dakotae966@gmail.com & +1 701-552-1083	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651 or Rocky S. at +1 469-547-1367	Karen W. at eanewcomerscalgary@gmail.com	John G. at johnthegman59@gmail.com & +1 401-419-1758 or Thomas R. at +1 508-567-5086	Scott J. at lidablue2@gmail.com & +1 507-276-0323

MONDAYS

Okay to text?

Last updated by EA:

1:30 Central Time

12 pm (noon) CT

12:00 PM (Noon) CT

1:15 PM - 1:45 PM CT

1:30 PM CT

4:00 PM - 5:00 PM CT

4:40 PM CT

2/2/26

MONDAYS	5:10 PM CT	5:30 PM CT	5:45 PM - 7:30 PM CT	6:00 - 7:00 PM CT	6:00 PM - 7:30 PM CT	6:00 PM CT	6:00 PM CT
Group Name			Balance and Harmony Group	Renew Your Mind	Grupo Emociones	Norman/Central Oklahoma Serenity Group	
Type of Group							
Based in Language (if not noted, in English)					Español		
Access Method	Phone Call	Zoom	Zoom	Google Meet	Zoom	Phone Call	Google Meet
Phone Number Access Code	+1 605-313-4162					+1 775-799-9023	
Link or Number Meeting ID Passcode	181510#	834 1790 1642 756YAw	https://us06web.zoom.us/j/86565355069?pwd=TFRPSjJPVUptRmFmckdDN3pDbkFOZz09kdDN3pDbkFOZz09 865 6535 5069 Harmony4ME	https://meet.google.com/dun-zcbh-tcf	952 815 6538 943010	Not Required	
Video Component		Preferred, but not required.	Required		opcional		
Special Interest		All are welcome!				Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.	
Notes		This group also meets on Saturdays at 6:00 PM CT /7:00 PM Eastern Time, using the same Zoom meeting ID and password.	<u>NO weekly meetings are scheduled from July 1st, 2025 to September 1st, 2025. Meetings will resume weekly starting on Monday, September 8th, 2025.</u>				Please ask the group for information. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.
Group Contact	Scott J. at lidablue2@gmail.com & +1 507-276-0323	Adaline W. at adalinew51@gmail.com /517-219-3376	Roy V. at 1-613-267-0828 / emotionesunae@gmail.com or April S. at 1-613-390-0393 / smithals4@outlook.com	727renewalofyourmind@gmail.com	Lizzy R. al +1 787-632-4921/ Jilda R. al +1 787-203-2693	Alice P. at als1pal@aol.com & +1 405-473-7680	Jeff P. at jjp32059@gmail.com & +1 234-320-2570

MONDAYS

Okay to text?

Last updated by EA:

5:10 PM CT

5:30 PM CT

yes

5:45 PM - 7:30 PM CT

yes

6:00 - 7:00 PM CT

6:00 PM - 7:30 PM CT

Si - Jilda

6:00 PM CT

yes

6:00 PM CT

MONDAYS	6:00 PM CT	6:00 PM - 7:30 PM CT	6:30 PM CT	6:30 PM CT	6:30 PM CT /	6:30 PM CT	7:00 PM CT
Group Name	Metro Atlanta, Georgia EA Group	Grupo Emociones		Ann Arbor, Michigan Emotions Anonymous		Vienna, VA	Abundant Life EA Group
Type of Group							
Based in Language (if not noted, in English)			Brooklyn NY		Vienna, VA	Toronto, Canada	
Access Method	Zoom - online & phone	Zoom	Zoom	FreeConferenceCall (FCC)	Zoom		Zoom
Phone Number	Phone: + 1 929-205-6099		+1 646-931-3860		+1 312-626-6799		
Access Code	or +1 646-931-3860 149674#		329703#		74972189018#		
Link or Number			https://us06web.zoom.us/j/83725451223?pwd=htdWpEJaeUOkj2VgOtGVh6xXnB4uM9.1		https://us02web.zoom.us/j/74972189018		https://zoom.us/j/94610092527?pwd=SUFAeGhLR0FLS3o3UVIwZVE0VUZhZz09
Meeting ID	7497 3386	952 815 6538	837 2545 1223		749 7218 9018		946 1009 2527
Passcode	149674	943010	329703		625845		247365
Video Component	Optional	opcional			Optional	Optional	Optional
Special Interest							
Notes				Please contact the group at least 2 hours before the meeting starts for the meeting details.		The meeting is announced each Monday through the group's WhatsApp. The meeting is held through private software. Please contact the group at least 24-48 hours before the meeting starts to be added to the group's WhatsApp group.	
Group Contact	Dede Y. at pastordede30@gmail.com & +1 770-716-7651 (Landline) & +1 770-827-608	Lizzy R. al +1 787-632-4921/ Jilda R. al +1 787-203-2693	eabrooklynngroup@gmail.com & +1 718-663-1469	Kathryn S. at annarboremotionsanonymous@gmail.com & +1 734-926-8667	Scherrone D. at scherrone1@verizon.net & +1 703-522-7862	Claudia A. at +1 416-778-0302	Kelsey W. at knlweez@gmail.com & +1 618-334-6658

MONDAYS

Okay to text?

Last updated by EA:

6:00 PM CT

yes

6:00 PM - 7:30 PM CT

6:30 PM CT

6:30 PM CT

yes

6:30 PM CT /

6:30 PM CT

yes

7:00 PM CT

MONDAYS	7:30 PM - 8:30 PM CT	7:30 PM - 8:30 PM CT	9:30 PM - 10:30 PM CT	7:30 PM - 8:30 PM UK Time	6:30 PM Western European Time (Segunda-feira 18:30 Hora da Europa Ocidental)
Group Name	EA LA SHARE		Riverside EA	Nottingham Step Meeting Online	Caminhar em Esperança
Type of Group					
Based in Language (if not noted, in English)	Los Angeles, California	Austin, Texas	Riverside, California	Nottingham, England, United Kingdom	
Access Method	Zoom	Zoom	FreeConferenceCall (FCC)	Zoom	<u>Portuguese (Português)</u> Skype
Phone Number Access Code			'+1 425-436-6391		
Link or Number	https://us02web.zoom.us/j/87571273675?pwd=ODREQ2hHZDFheWo0ME5hMUFLN0hoZz09	See below		Text Contact for meeting information	
Meeting ID	875 7127 3675	891 2710 0888	215353#	525 442 2635	
Passcode	sharelove	385513		279962	
Video Component		Optional	This meeting only has an audio component.		obrigatório
Special Interest					
Notes		The group asks that new members join 10 minutes prior to the meeting start time at 7:20 PM to get acclimated with how the group operates. If you would like to join remotely by phone please contact the group at least 24-48 hours before the meeting starts to get the phone access information.		Please check https://www.emotionsanonymous.org.uk/find-a-meeting-for-the-most-current-information.	Entre em contato com o grupo para obter detalhes da reunião pelo menos 24 a 48 horas antes da reunião. Sérgio F. a emocionais.a.lisboa@gmail.com & +351 966912091; Lídia L. a emocionais.a.lisboa@gmail.com & +351 964375499
Group Contact	Brent P. at brent.popham@yahoo.com & +1 310-871-7876	Carol H. at jeunef@grandecom.net; Elizabeth at +1 512-320-8623	Fred F. at oldpilot62@gmail.com & +1 909-384-2935	Terron at tevertson@att.net and +1 512 568-6991	

MONDAYS

Okay to text?

Last updated by EA:

7:30 PM - 8:30 PM CT

7:30 PM - 8:30 PM CT

9:30 PM - 10:30 PM CT

7:30 PM - 8:30 PM UK
Time

6:30 PM Western
European Time (Segunda-
feira 18:30 Hora da
Europa Ocidental)

Ok

Tuesdays	10 a .m. GMT	12:00 PM (Noon) - 1:30 PM Central Time / 10:00 AM - 11:30 AM Pacific Time	12:00 PM (Noon) - 1:00 PM Central Time / 1:00 PM-2:00 PM Eastern Time	1:15 PM - 1:45 PM Central Time
<p>Group Name Based in</p> <p>Type of Group Language (if not noted, in English)</p> <p>Access Method Phone Number Access Code</p> <p>Link Meeting ID Passcode Video Component Special Interest</p>	<p>Ea 12 steps 12 traditions New Zealand</p> <p>Remote English and Maori</p> <p>Zoom</p> <p>https://us05web.zoom.us/j/86830993357?pwd=cd4gkL0I9tpxmuO468h2ZfsuUYbdMn.1 86830993357 Ea required</p>	<p>Ukiah, California</p> <p>Zoom</p> <p>+1 669-900-6833 779586# http://us02web.zoom.us/j/2299716767? http://us02web.zoom.us/j/2299716767? 229 971 6767 779586 Please ask the group for information.</p>	<p>Virginia Beach, Virginia</p> <p>Hybrid - Remote & Face-to-Face</p> <p>Zoom</p> <p>+1 305-224-1968 81378126600# https://us06web.zoom.us/j/81378126600 872 2635 3721 Not Required Optional</p>	<p>Just For Today - Mini EA Meetings</p> <p>Phone Call</p> <p>+1-978-990-5065 391049#</p>
Notes	MEETING BEGINS JANUARY 27, 2026. NOT OPEN UNTIL 2026.		These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM Central Time.	
Group Contact Okay to text? If cell is empty then call or email	Wini T.	Eula B. at +1 707-463-3911	Karen G. at kimgratton@gmail.com & +1 948-400-7147; Jerry R. at jerry212@gmail.com	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367

Yes

Tuesdays

10 a .m. GMT

12:00 PM (Noon) - 1:30 PM Central
Time / 10:00 AM - 11:30 AM Pacific
Time

12:00 PM (Noon) - 1:00 PM Central
Time / 1:00 PM-2:00 PM Eastern Time

1:15 PM - 1:45 PM Central Time

Last updated by EA:

Tuesdays

Last updated by EA:

12:00 PM (Noon) - 1:00 PM Central
Time / 5:00 PM GMT

5:00 PM - 6:00 PM Central Time / 6:00
PM - 7:00 PM Eastern Time

5:30 PM Central Time / 6:30 PM
Eastern Time

5:30 PM Central Time / 6:30 PM
Eastern Time

Tuesdays	6:00 PM Central Time	6:00 PM Central Time / 7:00 PM Eastern Time	6:00 PM Central Time / 7:00 PM Eastern Time	6:00 PM Central Time / 7:00 PM Eastern Standard Time
Group Name Based in	Milwaukee, Wisconsin		Niagara Falls, Ontario, Canada	EA Work IT
Type of Group Language (if not noted, in English)				Specialized Group (Does NOT Follow EAI's Meeting Format)
Access Method Phone Number Access Code	Zoom	Zoom	Zoom	Zoom
Link				https://us02web.zoom.us/j/81825877847?pwd=ci9aY1hFQQFaUnV1dm9QZ2tJSEs4Zz09
Meeting ID Passcode				818 2587 7847 workit
Video Component Special Interest	Please ask the group for information.	Please ask the group for information.		Please ask the group for information. Introduction to the 12 Steps This group alternates between three different series of meetings: An EA-HOW DOES IT WORK? (Beginner/Refresher, offered once a year) Series During this series, the group uses the Emotions Anonymous "Blue Book" to study the basics/foundations of EA. REFLECTIONS ON THE STEPS (Beginner/Intermediate) Series During this series, the group reflects on the 12 Steps using the Emotions Anonymous "Blue Book." Members take turns reading passages on a step, then sharing and reflecting on the step readings. A WORKING THE STEPS (Advanced) Series During this series, the group uses EA's "12 By 12" Workbook (Item #12) and includes a 15-minute writing session.
Notes	<i>As possible, please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>	<i>Please contact the group before 6:00 PM Eastern Time on Tuesdays for the meeting details.</i>	<i>Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.</i>	
Group Contact Okay to text? If cell is empty then call or email	Jeani at +1 414-254-1997; jeaniflute@gmail.com	Rosemary H. at +1 586-943-7629; Dwight H. at +1 586-776-3886	Melissa E. at missisc2@hotmail.com	eaworkit2021@gmail.com ; Ninfa L. at +1 607-273-3876 ; Matthew S. at +1 607-279-0128
	Yes	Yes		Text only

Tuesdays

Last updated by EA:

6:00 PM Central Time

6:00 PM Central Time / 7:00 PM
Eastern Time

6:00 PM Central Time / 7:00 PM
Eastern Time

6:00 PM Central Time / 7:00 PM Eastern
Standard Time

Tuesdays	6 PM CT/7PM ET	6:30 PM Central Time / 7:30 PM Eastern Time	7:00 PM Central Time	7:00 PM Central Time
<p>Group Name Based in</p> <p>Type of Group Language (if not noted, in English)</p> <p>Access Method Phone Number Access Code</p> <p>Link Meeting ID Passcode Video Component Special Interest</p>	<p>New Way of Life Meeting of Emotions Anonymous</p> <p>Regular Group (Follows EAI's Standard Meeting Format)</p> <p>Zoom</p> <p>https://us02web.zoom.us/j/89292999287?pwd=cU5xWkFIWIM1Q2ZwZWxsU0tWVldsZz09</p> <p>892 9299 9287 734588</p> <p>Video is OPTIONAL All are welcome</p>	<p>Ithaca, NY EA Group Ithaca, New York</p> <p>Zoom</p> <p>Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.</p> <p>Optional</p>	<p>EA Kansas City Metro Kansas City Metro, Missouri/Kansas</p> <p>Zoom</p> <p>822 7071 1933 ea Optional</p> <p>If reaching out to the group contact Ann-Marie by phone call, please leave a voicemail -- She's having problems with spam robocalls!</p>	<p>EA Abilene Abilene, Texas</p> <p>Facebook Messenger</p> <p>https://www.facebook.com/</p> <p>To access the meeting search ea. abilenetx@gmail.com or EA Abilene on Facebook to "friend" the group or simply direct message EA Abilene.</p> <p>Jess L. at ea.abilenetx@gmail.com & +1 325-668-027; Brenda C. at brencinna@yahoo.com & +1 325-307-8569</p>
<p>Notes</p> <p>Group Contact Okay to text? If cell is empty then call or email</p>	<p>Sponsored by Roswell GA In-person Group</p> <p>Andy Spencer acspencer121457@gmail.com 404 863 1162</p> <p>yes</p>	<p>Tom F. at 607-220-9959 and tlf11@cornell.edu; Barbara M. at 607-377-7069 & bmgoeast@gmail.com</p> <p>Text Barbara</p>	<p>Ann-Marie K. at +1 785-797-4084 & annmarieanonymous@gmail.com</p>	<p>Text to Jess</p>

Tuesdays

6 PM CT/7PM ET

6:30 PM Central Time / 7:30 PM
Eastern Time

7:00 PM Central Time

7:00 PM Central Time

Last updated by EA:

1/26/26

Tuesdays	7:15 PM - 8:30 PM Central Time	7:00-8:00 PM Pacific Time	7:00 PM Central Time / 5:00 PM Pacific Time	8:00 PM Central Time
Group Name Based in	Apple Valley Chapter Burnsville/Apple Valley, Minnesota	The Path to Serenity		Always Hope Houston, Texas
Type of Group Language (if not noted, in English)				
Access Method Phone Number Access Code	Zoom	Google Meet	Zoom +1 346-248-7799 7586320810#/Passcode 215791#	Zoom
Link		https://meet.google.com/bhg-yvzk-msi	https://us04web.zoom.us/j/7586320810	
Meeting ID Passcode	984905917 44838		758 632 0810 EAgles	
Video Component Special Interest		Optional	Optional	Please ask the group for information.
Notes	Group Meditation on Zoom from 7:15 PM to 7:30 PM Central Time. Group Meeting on Zoom from 7:30 PM to 8:30 PM Central Time.	This same group ALSO meets online on Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. 7:00-8:00 Denise P. at replies99@aol.com & +1 503-310-7220		<i>Please email the group with your first name and email address to where the meeting details should be sent at least 24-48 hours before the meeting starts.</i>
Group Contact Okay to text? If cell is empty then call or email	Kathleen E., kathleene.engel@gmail.com , +1 320-267-2040	Lauren A. at laurenamoto104@yahoo.com and +1 503-349-0134 yes	Michael J. at mjohnson3@cox.net & +1 760-644-8366	Becky I. at houstoneaintergroup@gmail.com & +1 832-902-4736

Tuesdays

7:15 PM - 8:30 PM Central Time

7:00-8:00 PM Pacific Time

7:00 PM Central Time / 5:00 PM
Pacific Time

8:00 PM Central Time

Last updated by EA:

2/13/26

Tuesdays	8:30 PM Central Time / 6:30 PM Pacific Time	7:00-8:00 PM Pacific Time	10:00 PM Central Time / 8:00 PM Pacific Time	6:30 PM - 8:00 PM UK Time	8:00 PM-10:00 PM (Terça-feira 20 às 22 horas) Brasilia Time
Group Name Based in	Discuss the Solution Sacramento, CA	The Path to Serenity		Newcastle Online Newcastle, England, United Kingdom	
Type of Group					
Language (if not noted, in English)					Português
Access Method		Google Meet	Zoom	Zoom	WhatsApp
Phone Number			+1 346-248-7799		
Access Code			7586320810#/Passcode 215791#		
Link		https://meet.google.com/bhg-yvzk-msi	https://us04web.zoom.us/j/7586320810		
Meeting ID			758 632 0810	896 219 0662	
Passcode			EAgles		
Video Component	Please ask the group for information.	Optional	Optional		Peça informações ao grupo.
Special Interest	Newcomers Welcome!				
Notes	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>	This same group ALSO meets online on Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link.			Entre em contato com o grupo pelo menos 24 a 48 horas antes do início da reunião para obter os detalhes da reunião. https://www.facebook.com/emocionaisanonimos.recife
Group Contact	Barbara M.-C. at bmayclark@gmail.com & +1 916-743-8134	Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamoto104@yahoo.com and +1 503-349-0134	Michael J. at mjohnson3@cox.net & +1 760-644-8366	Peter at pefprodev@yahoo.co.uk and 07850-714376	Teresa C. em teresacristiane@gmail.com & +55 81992144727; Sérgio L. em emocionaisanonimos@gmail.com
Okay to text? If cell is empty then call or email		yes			

Tuesdays

Last updated by EA:

8:30 PM Central Time / 6:30 PM
Pacific Time

7:00-8:00 PM Pacific Time

10:00 PM Central Time / 8:00 PM
Pacific Time

6:30 PM - 8:00 PM UK Time

8:00 PM-10:00 PM (Terça-feira 20 às
22 horas) Brasilia Time

Tuesdays

Group Name
Based in

Type of Group
Language (if not noted, in English)

Access Method
Phone Number
Access Code

Link
Meeting ID
Passcode
Video Component
Special Interest

Notes

Group Contact
Okay to text? If cell is empty then call
or email

Tuesdays

Last updated by EA:

Wednesdays	9:55 AM - 10:55 AM Central Time	10:30 AM CT	12:00 PM (Noon) CT	1:00 PM CT	1:15 PM - 1:45 PM CT	6:00 PM CT	6:30 PM CT
Group Name	EA Rhode Island	Emotional Factors and Clutter Addiction			Just For Today - Mini EA Meetings	EA a Place of Healing	Emotional Anonymous
Based in	Providence, Rhode Island		Bend, Oregon	Yreka, California	Mesquite, Texas		Edmonton, AB, Canada Regular Group (Follows EAI's Standard Meeting Format)
Type of Group Language (if not noted, in English)	Hybrid - Remote & Face-to-Face						
Access Method Phone Number Access Code	Zoom +1 646-558-8656	Zoom	Zoom	Zoom		Zoom	Google Meet
Link Meeting ID Passcode	https://app.zoom.us/jc/7295446882			470 602 7634 336600			https://meet.google.com/guv-kwhe-jzw
Video Component		Optional	Optional	Please ask the group for information.		Please ask the group for information.	It is PREFERRED, but not required
Special Interest							
Notes	NOTE: This group meets only on the 1st and 3rd Wednesdays of the month, NOT every week.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.	The meeting is on the 2nd & 4th Wednesday of the month.	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details	Meeting begins Nov. 5, 2025
Group Contact Okay to text?	John G. at johnthegman59@gmail.com & +1 401-419-1758	Mike K. at mikeka61@gmail.com & +1 301-442-9883 yes	David K. at eabendor@gmail.com & +1 954-562-8487	Leeann C. at +1 530-841-0810; Virginia S. at vschnep@nvcss.org	Mary Alice R. at marichwit@gmail.com & +1 214-952-365; Rocky S. at rocky.com & +1 469-547-1367	Tony N. at tonynewman98@yahoo.com & +1 404-453-0194	Amanda A Email: eaedmonton2025@gmail.com Phone:7809644475 yes
Last updated by EA:	1/25/26						

Wednesdays	6:30 PM CT	7 PM CT	7:00 PM CT	7:00 PM CT	8 PM Central Time	8:00 PM - 9:00 PM CT	9:00 PM - 10:15 PM CT
Group Name	Winston-Salem EA Winston-Salem, North Carolina	Recovery is Real	Sanctuary For All		Inner Peace EA		
Based in		Texas			Remote		Oakland, California
Type of Group Language (if not noted, in English)		Remost		Specialized Group (Does NOT Follow EAI's Meeting Format)	Grand Prairie, Alberta, CA	Specialized Group (Does NOT Follow EAI's Meeting Format)	Hybrid - Remote & Face-to-Face
Access Method	Jitsi Meet	Zoom	Zoom	Zoom	Google Meet	Zoom	Zoom
Phone Number							+1 669-900-6833
Access Code							9524174615#
Link		https://www.zoom.com/	https://us05web.zoom.us/j/6064810721?pwd=RGICcWtPc0xiK05CMXl1UINMUHlrQT09		https://meet.google.com/nhp-hjyw-xnb		https://us02web.zoom.us/j/9524174615
Meeting ID		516348500	606 481 0721				952 417 4615
Passcode			metime2021				Not Required
Video Component	Please ask the group for information.	Required		Preferred, but not required.	Optional	Optional	
Special Interest				#83 Workbook Study Group	Step and Topic		
Notes	Link to Instructions on How to Join: http://www.triadea.org/ Open Meeting - Everyone is Welcome (Including Newcomers)!			Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	The group will read an EA step per week. Please contact the group to find out what step they will be reading. Please contact the group for meeting details at least 24-48 hours before the "meeting" starts.	Please wait in the Zoom "waiting room" until the host lets you in.
Group Contact	Liz G. at jama7378@gmail.com & +1 336-283-1758	Leah V. ttttb2017@yahoo.com 9794125035 Or Helen S. 9175027572	Caro W. at sanctuarynyc2021@gmail.com	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Sara S. innerpeaceEA@gmail.com	Rosemary H. at +1 586-943-7629; Dwight H. at +1 586-776-3886	Dan S. at danjeffstrauss@gmail.com & +1 510-504-4765; Betty K. at bettykohn374@gmail.com & +1 925-329-7720
Okay to text?		Yes				yes	
Last updated by EA:		1/26/26			2/2/26		

Wednesdays	7:30 PM - 8:30 PM UK Time	5:00 PM Greenwich Mean Time +3
Group Name	London Online	Connete
Based in	London, England, United Kingdom	
Type of Group		
Language (if not noted, in English)		English and Kiswahili
Access Method	Zoom	Zoom and Google Meet
Phone Number		
Access Code		
Link	https://us02web.zoom.us/j/88518842227?pwd=ThC5dbbOb9lhk4PgFa2tYbLSDcNhaS.1	
Meeting ID	885 1884 2227	
Passcode	224363	
Video Component	Required	preferred, but not required.
Special Interest		Networking with Resourceful People. Young Adults (18-35 years old) and Adults.
Notes		This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.
Group Contact	Jason S. at emotionsanonymousointhe.city@gmail.com	Denis M. at denismuchira1998@gmail.com , or wachiradean@gmail.com , and phone number +254 0799398180
Okay to text?		yes
Last updated by EA:		

Thursdays	12:30 PM CT/ 6:30 PM - 8:00 PM UK Time	1:00 PM CT	1:15 PM - 1:45 PM CT	4:00 PM - 6:00 PM CT	5PM CT	5:00 PM CT	5:00 PM - 6:15 PM CT	5:30 PM CT
<p data-bbox="242 687 313 713">Notes</p> <p data-bbox="158 1016 366 1084">Group Contact Okay to text?</p> <p data-bbox="158 1130 397 1157">Last updated by EA:</p>	<p data-bbox="2262 364 2529 713">This group is working through the "It Works If You Work It" book, beginning in April 2025. Members can reach out to the group contact if they would like to know which section the group is currently working on.</p>							
	<p data-bbox="444 909 708 1044">Peter at pefprodev@yahoo. co.uk and 07850- 714376</p>	<p data-bbox="739 802 1019 1084">Nazareign W. at nazhopewilliams@gmail.com & +1 571-578-1660; Synthia L. at synthialouis@gmail.com and +1 703-554-9279 Yes to Nazareign</p>	<p data-bbox="1050 546 1330 1044">These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.</p> <p data-bbox="1050 874 1330 1044">Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367</p>	<p data-bbox="1345 802 1625 1084">Monique (Nikki P) P. at gone0705@icloud.com & +1 (312) 982-5535; Rick W. at richardw1944@sbcglobal.net & +1 (773) 504-4980 Yes</p>	<p data-bbox="1656 471 1936 1084">This same group ALSO meets online on Tuesdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. 7:00-8:00</p> <p data-bbox="1656 768 1936 862">Denise P. at replys99@aol.com & +1 503-310-7220</p> <p data-bbox="1656 909 1936 1084">Lauren A. at laurenamoto104@yahoo.com and +1 503-349-0134 yes</p> <p data-bbox="1734 1130 1846 1157">2/13/26</p>	<p data-bbox="1951 909 2231 1084">Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 Yes</p>	<p data-bbox="2247 874 2526 1084">Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text) Yes</p>	<p data-bbox="2557 802 2837 1084">Donna G. at dsvg257.1@gmail.com & +1 267-221-8876; Michael J. at stinkybait49@yahoo.com & +1 610-761-0019 Yes</p>

Thursdays

6:00 PM CT

6:00 PM - 7:30 PM CT

6:00 PM - 7:30 PM CT

6:30 PM CT

6:30 PM CT

7:00 PM CT

7:00 PM CT

7:30 PM CT

Notes

Please contact Steve C. at least 24-48 hours before the meeting starts for the meeting details.

If you are a newcomer to the meeting please join the meeting at 3:45 PM for assistance.

The Zoom Room opens at 7:00 PM Eastern Time so that the meeting can start on time.

If you will be participating virtually, please contact the group at least 24-48 hours before the meeting starts for the meeting details and login information.

Please contact the group at least 24-48 hours before the meeting starts for the meeting details.

Group Contact
Okay to text?

Last updated by EA:

[Steve C. at scarh10428@aol.com](mailto:Steve.C.at_scarh10428@aol.com) & [+1 978-407-8454](tel:+19784078454); [Barbara & Duncan M. at bdmac77@aol.com](mailto:Barbara.Duncan.M.at_bdmac77@aol.com) & [+1 978-462-4647](tel:+19784624647)

Eula B. at +1 707-463-3911

Lizzy R. at +1 787-632-4921/ Jilda R. at +1 787-203-2693
Si - Jilda

emotionsanon@yahoo.com & [+1 234-206-1232](tel:+12342061232); [Dan J. at +1 330-388-4597](tel:+13303884597)

Jimi A., email: ea.columbia.
thursday@gmail.com

Nadine A. at +1 319-835-5350

[Shannon U. at saunderwood65@gmail.com](mailto:Shannon.U.at_saunderwood65@gmail.com) & [+1 346-248-7799](tel:+13462487799)

[Anita K. at anitakoffler@gmail.com](mailto:Anita.K.at_anitakoffler@gmail.com) & [+1 646-744-7993](tel:+16467447993); [Sharon P. at outofthebullpen@gmail.com](mailto:Sharon.P.at_outofthebullpen@gmail.com) & [+1 347-752-2198](tel:+13477522198)

Thursdays	9:00 PM CT	9:00 - 10:00 PM CT	7-8 pm Indian Standard Time	9:00 - 10:15 PM CT	9:30 PM CT	10:00 PM CT	11:00 AM New Zealand Time	6:30 -8:00 PM GMT (UK)
<p>Notes</p> <p><i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i></p> <p>Group Contact Okay to text?</p> <p>Last updated by EA:</p>	<p>Scott K. at eascottk@gmail.com & +1 774-277-1888</p>		<p>Prakul (+91 9910008614) or Alok (+91 9711000011) at emotionsanonymousindia@gmail.com yes</p>	<p>Heidi M. at heidimathat@gmail.com</p>	<p>This meeting does not have an audio or video component. It uses chat only. Please search for "Emotions Anonymous Vancouver" on Paltalk approximately five minutes prior to the meeting start time.</p> <p>eavancouver@hotmail.ca</p>	<p>Hank K. at hjayk2@yahoo.com or +1 213-210-4912</p>	<p>Susan P. at sparkernz@hotmail.com or +64 210 714 220 & Peti E. at +64 21 154 5832 Yes to both</p>	<p>Jan at janney@hotmail.co.uk and +44 7951 940134</p>

Thursdays	6:30 - 7:30 PM GMT (UK)
Group Name	Emotions Anonymous St. Albans Online
Based in	St. Albans, England, United Kingdom
Type of Group Language* if not noted, in English	
Access Method Phone Number	Zoom
Access Code	
Link Meeting ID	https://us02web.zoom. us/j/88204202317? pwd=PoVAb5zaZq4om1 jAHje06aB9ZaC4Ge.1 882 0420 2317
Passcode	792620
Video Component	Required
Special Interest	

Thursdays

6:30 - 7:30 PM GMT
(UK)

Notes

This group meets every Thursday. The third Thursday of each month will be a longer Step Study meeting, from 6:30 - 8:00 PM UK Time During this meeting, the group will look at the step that ties in with the month number. For example, Step 3 in March (the third month), Step 4 in April, etc.

Group Contact
Okay to text?

Anne H. at
eastalbans@gmail.com

Last updated by EA:

Fridays	10:00 AM CT	12:30 PM - 2:00 PM CT	12:30 PM - 2:00 PM CT	1:15 PM - 2:15PM Central Time	1:40 PM CT	2:00 PM CT	4:00 PM - 4:30 PM CT
Group Name	EA Rhode Island			Just For Today - Main Meeting	TGIF	Thoughts Vs. Emotions	EA Friday Micro Meeting
Based in	Providence, Rhode Island	California, USA	Woodland Hills, California	Mesquite, Texas		San Diego, California Specialized Group (Does NOT Follow EAI's Standard Meeting Format)	
Type of Group Language (if not noted, in English)	Hybrid - Remote & Face-to-Face						
Access Method	Zoom		Zoom	Phone Call	Phone Call	Zoom	Zoom
Phone Number	646-558-8656			+1-978-990-5065	+1 425-436-6369		+1 929-436-2866
Access Code					823190#		56304#
Link	https://app.zoom.us/jc/7295446882		Please ask the group for information. 307 008 9039			https://app.zoom.us/j/87226243407	https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ0lDR1YrSVdGVHRUQT09
Meeting ID							
Passcode			serenity	391049#		2z2skw	56304
Video Component	Optional						
Special Interest	Newcomers welcome! Students respecting anonymity guidelines are welcome. The group alternates reading a step one week, then a story of recovery another week, from the basic EA text. The group then shares, reads a pamphlet, and then shares again.	Open Meeting - Newcomers Welcome!				Includes Reiki & Meditation	
Notes	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> John G. at johnthegman59@gmail.com & +1 401-419-1758; Charles F. at cfeldmanri@gmail.com and +1 401-432-7621	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> Richard B. at balsamre@gmail.com & +1 310-857-4774; Cliff B. at +1 310-913-1210	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> Rebecca C.-S. at rscs-gps@msn.com & +1 818-609-9843	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> Mary Alice R. at marichwit@gmail.com & +1 214-952-3651 or Rocky S. at +1 469-547-1367	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> Scott J. at lidablue2@gmail.com & +1 507-276-0323	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> Mia Cara at caramia555@yahoo.com and 716-998-9102	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i> There is a 15-minute meditation before the meeting from 3:45 PM - 4:00 PM CT. Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040
Group Contact Okay to text?	Calls only to Charles	yes				Yes	yes

Fridays

Last updated by EA:

10:00 AM CT

1/25/26

12:30 PM - 2:00 PM CT

12:30 PM - 2:00 PM CT

1:15 PM - 2:15PM

Central Time

1:40 PM CT

2:00 PM CT

1/25/26

4:00 PM - 4:30 PM CT

Fridays	5:30 PM CT	6:00 PM CT	6:00 PM CT	7:00 PM CT	8:00 PM CT	7:00 PM - 8:00 PM <u>UK</u> Time
Group Name		Norman/Central Oklahoma Serenity Group	EA Happy Hour	Dayton Avenue Chapter		Friday Night London Online
Based in	Decatur/Atlanta, Georgia		Miami, Florida	St. Paul, Minnesota	Houston, Texas	London, England, United Kingdom
Type of Group Language (if not noted, in English)			This is not a formal EA meeting.	Hybrid - Remote & Face- to-Face		
Access Method	Zoom	Phone Call			Zoom	Zoom
Phone Number	+1 312-626-6799	+1 775-799-9023	+1 (312) 626-6799	+1 240-591-0215		
Access Code	5394705128#		854 6089 5191	722360#		
Link	https://us04web.zoom.us/j/5394705128		https://us06web.zoom.us/j/85460895191?pwd=K0xtWEkrQlAxcnNRbGpoZmJ4Wmo4QT0985460895191			
Meeting ID	539 470 5128		854 6089 5191			313 401 7970
Passcode		Not Required	Please reach out to the group contact at least an hour or two before the meeting starts for the meeting passcode.			
Video Component	Optional		Optional			
Special Interest		Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.	An hour of fellowship time. Join us for an hour or more of fun, fellowship, and enjoying one another.			
Notes	Also meets on Tuesdays				<i>Please send an email including your first name and email address to which the meeting details should be sent.</i>	
Group Contact	Cliff E. at cliffedge@att.net & +1 404-403-4353	Alice P. at als1pal@aol.com & +1 405-473-7680	Shani C. at inahs444@gmail.com and +1 786-306-4418	Paul W. at wehrweinp@earthlink.net & +1 651-402-6774; Faith J. at faithjohnson27@gmail.com	Becky I. at houstoneaintergroup@gmail.com & +1 832-902-4736	Jason S. at eafridaynightonline@gmail.com & +44 07549 256393 (You can also contact Jason via WhatsApp.)
Okay to text?		yes	yes			

Fridays

Last updated by EA:

5:30 PM CT

6:00 PM CT

6:00 PM CT

7:00 PM CT

8:00 PM CT

7:00 PM - 8:00 PM UK
Time

Saturdays	5:00 PM Greenwich Mean Time +3	10:00 AM - 11:00 AM Central Time	10:00 AM CT	12:00 PM (Noon) CT	12:00 PM (Noon) CT	12:30 PM CT	1:00 PM CT
Group Name	Connete	The Path to Serenity	Maximum Service	Saturday EA Inspiration		Help Is Here Saturday Group	EA Vancouver
Based in				California	Costa Mesa, California		Vancouver, British Columbia, Canada
Type of Group Language (if not noted, in English)	English and Kiswahili						
Access Method Phone Number Access Code	Zoom and Google Meet	Google Meet	Zoom	Zoom	Zoom	Zoom	Paltalk App
Link Meeting ID		https://meet.google.com/bhg-yvzk-msi		https://app.zoom.us/join 869 8925 1159 Please reach out to a group contact for the Zoom meeting password at least 24-48 hours before the meeting starts.	878 2293 0357	https://us02web.zoom.us/j/84764228754 847 6422 8754	https://www.paltalk.com/downloads
Passcode					bQ6EqY	Not Required	
Video Component	preferred, but not required.	Optional	Please ask the group for information.	Preferred, not required.	Optional	Please ask the group for information.	
Special Interest	Networking with Resourceful People. Young Adults (18-35 years old) and Adults.						

Saturdays	5:00 PM Greenwich Mean Time +3	10:00 AM - 11:00 AM Central Time	10:00 AM CT	12:00 PM (Noon) CT	12:00 PM (Noon) CT	12:30 PM CT	1:00 PM CT
<p>Notes</p> <p>This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.</p>	<p>This same group ALSO meets online on Tuesdays and Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. 7:00-8:00</p>	<p>Please contact the group at least one hour before the meeting starts for the meeting details. If this is your first meeting, please join the meeting at least 15 minutes before the meeting starts. Newcomers usually don't share at their first meeting, but you will have a chance to talk to an experienced member of EA one-on-one after the meeting. http://eamaximumservice.weebly.com/</p>	<p>This meeting does not have an audio or video component. It uses chat only. Please search for "Emotions Anonymous Vancouver" on Paltalk approximately five minutes prior to the start time. Optional Step Meetings are held on the fourth Saturday of each month, from 3:00 PM - 4:30 PM CT / 1:00 - 2:30 PM Pacific Time, directly following the regular Saturday meeting.</p>	<p>Group Contact Okay to text?</p>	<p>Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180 yes</p>	<p>Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamoto104@yahoo.com and +1 503-349-0134 yes</p>	<p>Jeff D. at eamaximumService@gmail.com, and +1 217-377-2897; Whit H. at whitheintz@gmail.com, and +1 217-714-5760</p> <p>Kerry M. and Aleksandra J. at SaturdayEAIInspiration@gmail.com</p> <p>Chuck S. at staff@socal.rr.com & +1 714-915-6129 yes</p> <p>Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 yes</p> <p>Doug D. at atma2010@yahoo.ca and +1 604-688-4276; eavancouver@hotmail.ca</p>
<p>Last updated by EA:</p>							

Saturdays	1:15 PM - 1:45 PM CT	3:00 - 4:00 PM CT	4:00 PM CT	5:30 PM CT	6:00 PM CT	7:00 PM CT /	7:00 PM CT
Group Name	Just For Today - Mini EA Meetings	"Welcoming the Spiritual Awakening Within Me" Workbook Study Group				Emotional Addiction, Trauma & Co-Dependency	
Based in							Virginia Beach, Virginia
Type of Group Language (if not noted, in English)		<i>Specialized Group (Does NOT Follow EAI's Meeting Format)</i>	<i>Specialized Group (Does NOT Follow EAI's Meeting Format)</i>				
Access Method	Phone Call	Phone Call	Zoom	Phone Call	Zoom	Zoom	Zoom
Phone Number	+1 978-990-5065	+1 605-313-4162		+1 425-436-6369			
Access Code	391049#	181510#		823190#			
Link			https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenUOUWNBaXRUU1hDZz09				https://us02web.zoom.us/j/78728329336
Meeting ID			922 343 325		834 1790 1642		787 2832 9336
Passcode			12		756YAw		Not Required
Video Component			Please ask the group for information.		Preferred, but not required.		Please ask the group for information.
Special Interest			Literature Study Group				

Saturdays	1:15 PM - 1:45 PM CT	3:00 - 4:00 PM CT	4:00 PM CT	5:30 PM CT	6:00 PM CT	7:00 PM CT /	7:00 PM CT
<p>Notes</p> <p>These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM CT.</p> <p>It is strongly recommended that you have your own workbook (#83). Elana P. at greatfulg6@gmail.com & +1 618-771-9655 (Pacific Time); Yvonne P. at yvonneptoday@gmail.com & +1 503-490-5186 (Pacific Time); Tracie B., please text: +1 915-566-8424 (Mountain time) Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367</p> <p>Group Contact Okay to text?</p> <p>Last updated by EA:</p>	<p>This group also meets on Mondays at 5:30 PM CT / 6:30 PM Eastern Time, using the same Zoom meeting ID and password.</p> <p>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</p>	<p>Helga at frustratedgoddess@gmail.com</p> <p>Yes for Tracie B.</p>	<p>Ellen J. at jettea@charter.net & +1 757-572-1155</p> <p>Yes</p>	<p>Adaline W. at adalinew51@gmail.com and 517-219-3376</p> <p>Yes</p>	<p>Mike K. at mikeka61@gmail.com & +1 301-442-9883</p>	<p>Jenny N. at tigergirl986@yahoo.com; Kirsten S. at kasantiannido@gmail.com & +1 757-620-6781</p>	

Saturdays	9:30 PM CT	11:00 AM - 12:00 PM (Noon) <u>UK Time</u>	5:00 PM Greenwich Mean Time +3
Group Name		Saturday UK Online	Connete
Based in	Cupertino, California	United Kingdom	
Type of Group Language (if not noted, in English)			English and Kiswahili
Access Method Phone Number Access Code	Zoom	Zoom	Zoom and Google Meet
Link Meeting ID		https://us02web.zoom.us/j/84497530993pwd=aNqjKvPZKpZNVCuBPm99f4cd7c8h0J.1 844 9753 0993	
Passcode		171452	
Video Component	Please ask the group for information.	We encourage members to have their video on, but it is not required. "The only requirement for EA membership is a desire to become well emotionally," as stated in Tradition 3. All are welcome.	Video is preferred, but not required. Networking with Resourceful People. Young Adults (18-35 years old) and Adults.
Special Interest			

Saturdays	9:30 PM CT	11:00 AM - 12:00 PM (Noon) <u>UK Time</u>	5:00 PM Greenwich Mean Time +3
Notes	<p><i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i></p>	<p>Please visit the UK EA website for the most up-to-date meeting and contact information at <u>https://www.emotionsanonymous.org.uk/find-a-meeting</u>. We <u>meet online through Zoom and utilize the waiting room for the safety of our members.</u></p>	<p>This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.</p>
Group Contact Okay to text?	<p>Gloria B. at <u>burdlady@gmail.com</u> & +1 408-636-8453</p>	<p>Marc at <u>ea_saturday_meeting@yahoo.com</u></p>	<p>Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180</p> <p>Yes</p>
Last updated by EA:			

Sundays	10:00 AM Central Time / 8:00 AM Pacific Time	11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time	11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time	12:00 PM (Noon) Central Time / 1:00 PM Eastern Time	1:30 PM Central Time / 2:30 PM Eastern Time	2:30 PM Central Time / 3:30 PM Eastern Time	4:00 PM - 4:40 PM Central Time / 5:00 PM - 5:40 PM Eastern Time	5:30 PM Central Time
Group Name	Sunday Morning Serenity	EA International Meeting		One Day At a Time		BIPOC of EA II	Core Emotions: Back to Basics	
Based in								
Type of Group	One hour phone meeting					does not follow EA's standard meeting format	This group follows a non-standard EA meeting format, and is open for anyone to join. These are shorter 40-minute meetings.	
Language (if not noted, in English)								
Access Method	FreeConferenceCall	Zoom	Zoom	Zoom	Zoom	Zoom	Zoom	Zoom
Phone Number	+1 718-362-6360	+1 669-900-6833				+1 312-626-6799	+1 (312) 626-6799	
Access Code	1813110#	84608549857#				850906#		
Link		https://us02web.zoom.us/j/84608549857?pwd=NTITMyt5c2VldmpNeYwNkFSNjQwQT09				https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aER		https://us04web.zoom.us/j/4604771285?pwd=WWR5K3IrOU1yTmVvV2hLOWN6endHdz09
Meeting ID		846 0854 9857				825 8861 3001	745 746 7707	460 477 1285
Passcode		893674				850906	Joy	583374
Video Component		Optional	Optional	Optional	Please ask the group for information.	Required	Optional (But video is preferred)	Optional
Special Interest	Newcomers Welcome					BIPOC only – Black (African American), Indigenous (Native American), People of Color. This meeting is for EA members who identify as Black (African American), Indigenous (Native American), and People of Color only. *People of Color include Latinx/Hispanic, Asian, Pacific Islander, Middle Eastern, etc.* If you do not identify as BIPOC the best way that you can support the group is by not attending the meeting in order to honor this sacred meeting space. There are many other remote EA meetings on this list available to attend. Thank you!		

Sundays	10:00 AM Central Time / 8:00 AM Pacific Time	11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time	11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time	12:00 PM (Noon) Central Time / 1:00 PM Eastern Time	1:30 PM Central Time / 2:30 PM Eastern Time	2:30 PM Central Time / 3:30 PM Eastern Time	4:00 PM - 4:40 PM Central Time / 5:00 PM - 5:40 PM Eastern Time	5:30 PM Central Time
Notes	Feel free to join and just listen in.		Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	The remote space will open at 2:00 PM Eastern Time for casual conversation. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	This group also meets on Sundays at the same time, using the same Zoom meeting details.	Meeting topics by request. For group contact or topic requests, please email msjuniper74@gmail.com.	
Group Contact	Barbara M.-C. at +1 916-743-8134	Heidi M. at heidimathat@gmail.com	Tommy G. at tommygrant1964@gmail.com & +1 626-376-8293; Jessie G. at jessiegrant026@gmail.com & +1 626-360-6853	Manny R. at eagroupmeet@aol.com & +1 954-639-9989	Rosemary H. at 586-943-7629; Dwight H. at 586-776-3886	Mrs. Re Re, bipocofea@gmail.com , +1 213-255-8631	Jennifer P. at +1 716-418-6713; msjuniper74@gmail.com	Lynne S. at lynesmith50@hotmail.com & +1 712-420-2058
Okay to text?	yes				Yes	yes	Yes to Jennifer - No calls	
Last updated by EA:								

Sundays	5:30 PM - 7:00 PM Central Time	6:00 PM - 7:30 PM Central Time / 7:00 PM - 8:30 PM Eastern Time	6:00 PM CT	7:00 PM Central Time / 8:00 PM Eastern Time	7:00 PM Central Time / 8:00 PM Eastern Time	7:30 PM - 8:30 PM Central Time / 6:30 PM - 7:30 PM Mountain Time	4:00 PM <u>UK Time</u>	
Group Name	We Don't Come for Other People	Twelve Steps to Emotional Recovery		EA International Women's Co-Sponsoring Group	Emotional Addiction, Trauma & Co-Dependency	Boulder, Colorado EA Group	Reading, UK	
Based in		Winchendon, Massachusetts				Boulder, Colorado	Reading, England, United Kingdom	
Type of Group				Specialized Group (Does NOT Follow EA's Standard Meeting Format)				
Language (if not noted, in English)								
Access Method	Zoom	Free Conference Call	Zoom	Zoom	Zoom	Zoom	Zoom	
Phone Number		+1 605-313-5681				+1 719-359-4580		
Access Code		7631169#				230782#		
Link	https://us06web.zoom.us/j/83059886204?pwd=885vI0C1hgMXNSmRcv3Q1MeHTYZRMu.1		https://us02web.zoom.us/j/88538884325?pwd=vH6xj9z9M6nN7cVkJVe8a7wPqaR49zb.1	https://us06web.zoom.us/j/88538884325?pwd=vH6xj9z9M6nN7cVkJVe8a7wPqaR49zb.1		https://us02web.zoom.us/j/83826734484?pwd=V2VsTUpiOEVOU3lyblIzblJlC05qdz09		
Meeting ID	830 5988 6204	poolerrobert	6911825392	885 3888 4325		838 2673 4484	838 6828 1259	
Passcode	789706	000000	S32tBy	ea		230782	25758	
Video Component	Preferred, but not required.	Preferred, but not required. Video component is highly recommended.	Optional	Optional	Please ask the group for information.		Required	
Special Interest				Women's Only Group, Co-Sponsorship & Newcomers Welcome!			"Welcoming the Spiritual Awakening Within Me" Workbook	

Sundays	5:30 PM - 7:00 PM Central Time	6:00 PM - 7:30 PM Central Time / 7:00 PM - 8:30 PM Eastern Time	6:00 PM CT	7:00 PM Central Time / 8:00 PM Eastern Time	7:00 PM Central Time / 8:00 PM Eastern Time	7:30 PM - 8:30 PM Central Time / 6:30 PM - 7:30 PM Mountain Time	4:00 PM <u>UK Time</u>	
Notes		This is a weekly step meeting. Each week we read from "The Yellow Pamphlet," the "Today" Book, and the "EA Big Book." When a newcomer attends, we read Step One during that meeting, and the following week the step sequence is resumed. It is highly recommended that members have copies of the pamphlet and the two books we use.			<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>			
Group Contact	Bernadette F. at msbernik11@gmail.com and +1 773-607-9108; Lo Lo S. at lspry23@gmail.com and 360-815-3891	Bob P. at pooler_robert@yahoo.com, and +1 978-424-3850	203-982-5856 davidrecove	Ann-Marie at annmarieanonymous@gmail.com and +1 (785) 979-4084	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Randy H. at rhickernell6727@gmail.com & +1 720-876-8099	Matt S. at fpnarrative+ea@gmail.com; Christopher G. at christopher@douaiabbey.org.uk and +44 77 7266 2219	
Okay to text?	Yes	Yes	Yes	Yes			Yes	
Last updated by EA:								