EVERY Day	5:30 am Central Time	8:30 am CT	6:00 pm CT
Group Name	Step 11 Daily Meditation	The Next Frontier	Showing Up (Virtually)
Type of Group	EA's Step 11		New Jersey
Language			
Access Method	**Zoom**	**FreeConferenceCall**	
Phone #		+1 339-209-6307	**Google Meet**
Phone password			
Link			
Meeting ID			https://meet.google.com/kgf-
Passcode			
Video Component	Optional		
Special Interest			required
Notes	The group requires that	These meetings only have	
Group Contact	rachelkb123@gmail.com	thenextfrontier12@gmail.co	Meetings begin July 1, 2026
Okay to text?	no		Michael G;
Okay to email	yes		Yes
Okay to call?	no		Yes
New group?			Yes
Last updated by EA:	6/29/26	6/17/26	Yes - 7/1/26
			8/3/26

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		**Special Interest:** Multilingual & Diverse Group, Anger, Anxiety/Worry, Panic Disorders, Family Issues & Relationship Trauma
Notes	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting ID number.	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. The group contact is also available for one-on-one sponsorship.
Group Contact	Jason F: fieldsjason504@gmail.com & +1 929-448-6381	Insha S. at shaikhkerriinsha@gmail.com & +1 828-384-1916
Okay to text?	Yes	Yes
Okay to email		
Okay to call?		
New group?		
Last Updated by EAI		

MUNDATS	1:30 Central Time	12 pm (noon) CT	12:00 PM (Noon) CT	1:15 PM - 1:45 PM CT	1:30 PM CT	4:40 PM CT	5:00 CT	5:10 PM CT	5:30 PM CT	5:45 PM - 7:30 PM CT	6:00 PM - 7:30 PM CT	6:00 PM CT	6:00 PM CT	6:00 PM CT	6:00 PM - 7:30 PM CT	6:00 PM CT	6:30 PM CT	6:30 PM CT	6:30 PM CT /	6:30 PM CT	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	6:30 PM Western
Group Name	Inner Peace EA	Bend, Oregon EA		Just For Today - Mini EA	Calgary EA Newcomers		Women Seeking Serenity			Balance and Harmony	Grupo Emociones	Norman/Central		Metro Atlanta, Georgia EA	Grupo Emociones	Empowering Through		Ann Arbor, Michigan		Vienna, VA	EA LA SHARE		Riverside EA	Nottingham Step Meeting	Caminhar em Esperança
Type of Group	Remote															Hybrid - Remote & Face-to-									
Based in	Grand Prairie, Alberta, CA						Utah									Wellsboro, PA	Brooklyn NY		Vienna, VA	Toronto, Canada	Los Angeles, California	Austin, Texas	Riverside, California	Nottingham, England,	
Language (if not noted, in											Español				Español										Portuguese (Português)
Access Method	**Google Meet**	**Zoom**	**Zoom**	**Phone Call**	**Zoom**	**Phone Call**	FreeConferenceCall	**Phone Call**	**Zoom**	**Zoom**	**Zoom**	**Phone Call**	**Google Meet**	**Zoom - online & phone**	**Zoom**	**Google Meet**	**Zoom**	**FreeConferenceCall (FCC)**	**Zoom**		**Zoom**	**Zoom**	**FreeConferenceCall (FCC)**	**Zoom**	**Skype**
Phone Number				+1-978-990-5065		+1 978-990-5033	(609) 663-5848	+1 605-313-4162				+1 775-799-8023		Phone: + 1 929-205-6099			+1 646-931-3860		+1 312-626-6799				+1 425-436-6391		
Access Code														149674#			329703#		749721890 18#						
Link or Number	https://meet.google.com/n		https://us02web.zoom.us/j		Please contact the group		https://www.freeconferenc		https://app.zoom.us/wc/jo	https://us06web.zoom.us/j						https://meet.google.com/zy	https://us06web.zoom.us/j		https://us02web.zoom.us/j		https://us02web.zoom.us/j	See below		Text Contact for meeting	
Meeting ID			826 9863 6026				wseekingserenity		834 1790 1642	865 6535 5069	952 815 6538			7497 3386	952 815 6538		837 2545 1223		749 7218 9018		875 7127 3675	891 2710 0888		525 442 2635	
Passcode			835365	391049#		3540536#		181510#	750Yaw	HarmonyKME	943010	Not Required		149674	943010		329703		621845		sharelove	385513	215353#	279962	
Video Component	Optional	Optional	Optional						Preferred, but not required.	Required	opcional			Optional	opcional				Optional	Optional		Optional	This meeting only has an		obrigatório
Special Interest	Step and Topic				Newcomers Welcome!		Women only		All are welcome!			Readings from the Today													
Notes	Please contact the group	Please contact the group		This meeting only has an			To join by cellphone or		This group also meets on	NO weekly meetings are			Please ask the group for			Meeting virtually at 7pm		Please contact the group		The meeting is announced		The group asks that new		Please check	Entre em contato com o
Group Contact	Sara S.	David K. at	Shawna F.	Mary Alice R.	Karen W.	Scott J.	Ester F. at	Scott J. at	Adaline W. at	Roy V. at 1-613-267-0828	Lizzy R. al +1 787-632-	Alice P. at	Jeff P. at	Dede Y. at	Lizzy R. al +1 787-632-	Emily L.	eabrooklyngroup@gmail.c	Kathryn S. at	Scherrone D. at	Claudia A. at +1 416-778-	Brent P. at	Carol H. at	Fred F. at	Terron at	Sérgio F. a
Okay to text?							no			yes	**SI - Jilda**	yes		yes		Yes		yes		yes					Oi.
Okay to email							Yes									Yes									
Okay to call?							No									Yes									
New group?							6/29/26									8/17/26									
Last updated by EA:	2/2/26						7/1/26			4/10/26						8/5/26									

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	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	6:00 PM Central Time	6:00 PM Central Time / 7:00 PM Eastern Time	6:00 PM Central Time / 7:00 PM Eastern Standard Time	6 PM CT/7PM ET	6:30 PM Central Time / 7:30 PM Eastern Time	10:00 PM Central Time / 8:00 PM Pacific Time	7:00 PM Central Time	7:00 PM Central Time	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	8:30 PM Central Time / 6:30 PM Pacific Time	7:00-8:00 PM Pacific Time
Group Name Based in	Ex 12 steps 12 traditions New Zealand	Ukiah, California	Virginia Beach, Virginia	Just For Today - Mini EA Meetings	A guide through the EA 12 steps	GenZiery **Method: *Specialized Group*** *(Does NOT Follow EA's Meeting Format)*	Decatur/Atlanta, Georgia		Milwaukee, Wisconsin	Niagara Falls, Ontario, Canada	EA Work IT ***Specialized Group*** *(Does NOT Follow EA's Meeting Format)*	New Way of Life Meeting of Emotions Anonymous Regular Group (Follows EA's Standard Meeting Format)	**Ithaca, NY EA Group** Ithaca, New York		EA Kansas City Metro Kansas City Metro, Missouri/Kansas	EA Abilene Abilene, Texas	Apple Valley Chapter Burnsville/Apple Valley, Minnesota	The Path to Serenity		Always Hope Houston, Texas	Discuss the Solution Sacramento, CA	The Path to Serenity
Type of Group Language (if not noted, is English) **Access Method** Phone Number Access Code	Remote English and Maori **Zoom** https://us06web.zoom.us/j/86830993357?pwd=czdqb1ZRQzmuOE4BR2Tfsu1JRtyMEn.1 86830993357 Ea required	**Zoom** +1 669-900-6833 779586# http://us06web.zoom.us/j/2998758797?pwd=cXdpUXRhcnpqWHE1ai0NQ1c4eXJDUT09.1 2997587797 779586 Please ask the group for information.	Hybrid - Remote & Face-to-Face **Zoom** +1 305-224-1968 81378126800# https://us06web.zoom.us/j/81378126800 872 2635 3711 Not Required Optional	**Phone Call** +1-978-990-5065 39104# Via united methodist church 2nd floor	**Zoom**	**Zoom**	**Zoom** +1 312-626-6799 539470512# https://us06web.zoom.us/j/539470512# 539 470 512# Optional	**FreeConferenceCall** 978-990-5065 902090 paul36 None	**Zoom**	**Zoom**	**Zoom** https://us06web.zoom.us/j/89282587847?pwd=m9brY2tFQDFqUzV1Rm9QZXdEcEZzQ9 818 2587 9847 work!! 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.	Zoom https://us06web.zoom.us/j/89292993937?pwd=cUcVeWNMWU0Z2w0NxzUC09WOWb2z09 892 9299 3937 734588 Video is OPTIONAL All are welcome	**Zoom** Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details. Optional	**Zoom** +1 346-248-7799 758 632 0810#password=EAgles https://us06web.zoom.us/j/7586320810?pwd=dk9USlM3ZmI4S3dxbkFJMzJ0cT3BZz09 758 632 0810 EAgles Optional	**Zoom** 822 7071 1933 ea Optional	**Facebook Messenger** https://www.facebook.com/	**Zoom** 984905917 44838	**Google Meet** https://meet.google.com/bhp-yvzk-msi Optional	**Zoom** +1 346-248-7799 7586320810#password=2137914#	**Zoom** 758632081OA/Passcode 2137914 758 632 0810 EAgles Optional	**Google Meet** https://meet.google.com/bhp-yvzk-msi Optional
Notes	MEETING BEGINS JANUARY 27, 2026. NOT OPEN UNTIL 2026.		In-person hald at: 212 19th St, Virginia Beach, VA 23451. VA. United Methodist church 2nd Floor	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM Central Time.		**This meeting is for EA members that are young adults. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.** yoshia_c_at.yahoo@gmail.com & +1 703-554-9276.	Also meets on Fridays	***Please contact the group before 6:00 PM Eastern Time on Tuesdays for the meeting details.***	***As possible, 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.***		Sponsored by Roswell GA In-person Group		If reaching out to the group contact Ann-Marie by phone call, please leave a voicemail – She's having problems with spam robocalls!	To access the meeting search: ea.abilene@gmail.com or EA Abilene on Facebook to "friend" the group or simply direct message EA Abilene.	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 replu99@aol.com & +1 503-310-7220 Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134 yes		***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.***	***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***	This same group ALSO meets online on Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. Ronda M. at rondaroshmojo@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134 yes
Group Contact Okay to text? Okay to email Okay to call? New group? Last updated by EA:	Wini T.	Eula B. at +1 707-463-3911 4/13/26	Karen G. at kmcarston@gmail.com & +1 948-400-7147; Jerry A. at jerry212@gmail.com Yes	Mary Alice R. at marichwil@gmail.com & +1 214-952-3651; Becky S. at +1 469-547-1367	Esther at esther@ea.is & +1546992676; Lily K. at lilykinslow@gmail.com & +15469919442 Yes to Lily	Group's Second Contact: Nazamiyn W. at nachazewellons@gmail.com & +1 571-578-1680; Yes to Syrnthia	OPF E. at offedee@att.net & +1 404-403-4353	Paul N. at pNKkrfoundation@gmail.com & +1 509-399-6515	Jean at +1 414-254-1997; jeanflute@gmail.com Yes	Melissa E. at missic2@hotmail.com	epeach2021@gmail.com; Neha L. at +1 607-273-3876; Matthew S. at +1 607-279-0128 Text only	Andy Spencer acspencer121457@gmail.com 404 863 1182 yes 1/26/26	Tom F. at 607-220-9959 and tf911@cornell.edu; Barbara M. at 607-377-7060 & bmgoieson@gmail.com Text Barbara	Michael J. at mphmorrl@roe.net & +1 760-644-8366 5/6/26	Ann-Marie K. at +1 785-797-4084 & annmariekenyonpu@gmail.com	Jess L. at ea.abilene@gmail.com & +1 325-668-021; Brenda C. at breecreag@yahoo.com & +1 325-307-8569 Text to Jess	Kathleen E., kathleene.engel@gmail.com, +1 320-267-2040 2/13/26	Michael J. at mphmorrl@roe.net & +1 760-644-8366	houstoneatmeetgroup@gmail.com & +1 832-902-4736 Becky L. at	Barbara M.-C. at bmacclark@gmail.com & +1 916-743-8134	

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) Brasília Time
	Newcastle Online Newcastle, England, United Kingdom	
Zoom +1 346-248-7799 758 631 0810/Passcode: EAgles https://us02web.zoom.us/j/7586310810?pwd=cBc1UdEMcnI0SXptaUMzUXJTZ0ZzQ0 758 631 0810 EAgles Optional	**Zoom** 896 219 0662	Português **WhatsApp** Peça informações ao grupo.
		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/emocionaleanonimos.recife**
Michael E. at mjohnson3@cox.net & +1 760-644-8366	Peter at pefprodev@yahoo.co.uk and 07850-714376	Teresa C. em teresacristina@email.com & +55 81992164272; Sergio L. em emocionaleanonimos@gmail.com

5/6/26

Wednesdays	9 - 10 a.m. CT	9:55 AM - 10:55 AM	10:30 AM CT	12:00 CT (6PM GMT)	12:00 PM (Noon) CT	1:00 PM CT	1:15 PM - 1:45 PM CT	1:30 - 2:30 PM CT / 7:30 -	6:00 PM CT	6:00 PM CT	6:30 PM CT	6:30 PM CT	7 PM CT	7:00 PM CT	7:00 PM CT	7:30 PM - 8:30 PM CT	8 PM Central Time	9:00 PM - 10:15 PM CT
Group Name	EA Medical Focus - 1st & 3rd	EA Rhode Island	Emotional Factors and	WABHARM FOUNDATION			Just For Today - Mini EA	London Online	Newcomer Chat	EA a Place of Healing	Wednesday Evening	Winston-Salem EA	Recovery is Real	Sanctuary For All		IL-Michigan EA	Inner Peace EA	
Based in	Minnesota	Providence, Rhode Island		Ghana	Bend, Oregon	Yreka, California	Mesquite, Texas	London, England, United	Tallmadge, Ohio			Winston-Salem, North	Texas				Remote	Oakland, California
Type of Group	Remote	Hybrid - Remote & Face-to-		Hybrid - remote & Face to Face									Remote		Specialized Group (Does	Closed Meeting (Follows	Grand Prairie, Alberta, CA	Hybrid - Remote & Face-to-
Language (if not noted, in																		
Access Method	**Zoom**	**Zoom**	**Zoom**	Google Meet	**Zoom**	**Zoom**		**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Jitsi Meet**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Google Meet**	**Zoom**
Phone Number		+1 646-558-8656					+1 978-990-5065											+1 669-900-6833
Access Code							391049#											9524174615#
Link	Contact:	https://app.zoom.us/wc/join		meet.google.com/zyj-ihan-qwr				https://us02web.zoom.us/j/88	https://us05web.zoom.us/j/82		https://us02web.zoom.us/j/86		https://app.zoom.us/wc/join	https://us05web.zoom.us/j/60			https://meet.google.com/n	https://us02web.zoom.us/j/95
Meeting ID		729 544 6882		meet.google.com/zyj-ihan-qwr		470 602 7634		885 1884 2227	829 1887 6797		863 0957 4665		516348500	606 481 0721				952 417 4615
Passcode						336600		224363	6P5x0		343065			metime2021				Not Required
Video Component	Required		Optional	Optional	Optional	Please ask the group for		Required	Optional	Please ask the group for	It is PREFERRED, but not	Please ask the group for	Required		Preferred, but not required.	Optional	Optional	
Special Interest	Chronic Medical Conditions	3rd Wednesday of every		EVERYONE IS WELCOME											#83 Workbook Study Group		Step and Topic	
Notes	1st Wednesday of every month	Meetings are closed	Please contact the group at	Meeting begins May 13,	Please contact the group at	The meeting is on the 2nd	These are mini "meetings."		Begins April 1, 2026.	Please contact the group at	6:30 PM CT - 8 PM CT,	Link to Instructions on How			Please contact the group at	The group will read an EA	Please contact the group at	Please wait in the Zoom
Group Contact	Kathleen E;	John G. at	Mike K. at	MOHAMMED A.;	David K. at	Leeann C. at +1 530-841-	Mary Alice R.	Jason S. at	Dave T.	Tony N. at	Sarah V. (203-927-9538) and	Liz G. at	Leah V.	Caro W. at	Mike K. at	Linda B 312-659-9705 (OK	Sara S.	Dan S. at
Okay to text?	No		yes	no					no		Yes		Yes			yes		
Okay to email	Yes			yes							Yes					yes		
Okay to call?	No			no							Yes for Sarah only							
New group?	Yes - August 5 ,2026			yes - 5/13/26					yes		yes							
Last updated by EA:	6/22/26	1/25/26		5/4/26					3/16/26		6/1/26		3/2/26			6/10/26	2/2/26	

Thursdays	12 noon - 2 PM	12:30 PM CT/ 6:30 PM -	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	6:00 PM CT	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	8:00 PM CT	9:00 PM CT	9:00 - 10:00 PM CT	7-8 pm Indian Standard	10:00 PM CT	11:00 AM New Zealand	6:30 -8:00 PM GMT	6:30 - 7:30 PM GMT
Group Name		Newcastle Online	GenStory	Just For Today - Mini	Growing in Serenity	The Path to Serenity	Help Is Here, Thursday	Utilizing Not Analyzing	A Time To Heal	We Have Purpose					EA Serenity Seekers		EA Atlanta		Thoughts vs Emotions			Emotional Sobriety			Newcastle Online	Emotions Anonymous
Based in		Newcastle, England,		Mesquite, TX	Chicago, Illinois			Meditation, Step	Dublin, Pennsylvania		Newburyport/Beverly,	Ukiah, California			Columbia, Maryland	Burlington, Iowa	Atlanta, Georgia		San Diego, CA (6 p.m. PT)			Delhi	Culver City, California	Hillsborough,	Newcastle Upon Tyne,	St. Albans, England,
Type of Group	Hybrid												Grupo Emociones	EA - Take It Or Leave It	Hybrid Meeting -				Specialized Group (Does			Regular Group		Hybrid - Remote and In-		
Language* if not noted,													Español	Cuyahoga Falls, Ohio								English and Hindi				
Access Method	Carepatron	**Zoom**	**Zoom**	**Phone Call**	**Phone Call**	**Google Meet**	**Zoom**	**Zoom**	**Google Meet**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Band application**	**Phone Call**	**Zoom**	**Phone Call**	**Zoom**	**Zoom**			**Zoom**	**Zoom**	**Zoom**	**Zoom**
Phone Number				+1 978-990-5065	+1 312-667-4792							+1 669-900-6833	+1 720-707-2699	**Phone Passcode:**				+1 646-744-7993								
Access Code				3910494#	279396#							779586						Not Required								
Link	https://app.carepatron.		https://us04web.zoom.			https://meet.google.co	https://us02web.zoom.	https://us02web.zoom.	https://meet.google.co	https://us04web.zoom.u		https://us02web.zoom.		https://us02web.zoom.					https://app.zoom.us/join			https://us06web.zoom.	https://us02web.zoom.	Please contact the	https://us02web.zoom.	https://us02web.zoom.
Meeting ID		896 219 0662					851 8702 5377	892 8595 1319	/muy-hbsn-oux	770 4895 9153		229 971 6767	952 815 6538	536 104 306			847 0927 5117		844 6719 5450			727 932 3505	899 4007 0635		891 7950 2163	882 0420 2317
Passcode							Not Required	148197	Preferred, but not	Recovery		779586	943010	**Online Passcode:**			419564		Peace			1111	sharelove		599414	792620
Video Component							Optional	Please ask the group			Please ask the group		opcional	Please ask the group			Please ask the group					Optional			Optional	Required
Special Interest								There is an optional												Please ask the group						
Notes	Estill Springs United			These are mini		This same group ALSO		**This group is working**		40 to 60 Minutes in	**Please contact Steve C.**	If you are a newcomer		The Zoom Room opens	If you will be	***Please contact the***			Includes Reiki &							This group meets every
Group Contact	dswink@thrivecounseli	Peter	Nazareign W.	Mary Alice R.	Monique (Nikki P) P. at		Dana J. at	Kathleen E. at	Donna G.	Mickey.pegasus@yahoo	Steve C. at	Eula B. at +1 707-463-	Lizzy R. al +1 787-632-	emotionsanon@yahoo.	Jimi A., email:	Nadine A. at +1 319-	Shannon U.	Anita K. at	Positive Experiences	***Please contact the***		Prakul (+91	Hanik K. at	Susan P. at	Jan at	Anne H. at
Okay to text?	Yes		Yes to Nazareign		Yes	yes	Yes		Yes				**Si - Jida**						Mia C. at	Scott K. at		yes		Yes to both		
Okay to email																			Yes							
Okay to call?																										
New Group? Date:	5/7/26									5/7/26									1/25/26							
Last updated by EA:	4/27/26					2/13/26				4/29/26				3/16/26					7/27/26							

Fridays	10:00 AM CT	12:30 PM - 2:00 PM CT	12:30 PM - 2:00 PM CT	1:15 PM - 2:15PM	1:40 PM CT	2 PM CT (Noon PT)	2:30 PM CT	4:00 PM - 4:30 PM CT	5:30 PM CT	6:00 PM CT	6:00 PM CT	7:00 PM CT	8:00 PM CT	8:00 PM CT	7:00 PM - 8:00 PM UK
Group Name	EA Rhode Island			Just For Today - Main	TGIF	Spiritual Awakening STUDY	Pathfinders EA Group	EA Friday Micro Meeting		Norman/Central	EA Happy Hour	Dayton Avenue Chapter		Emotional Anonymous	Friday Night London
Based in	Providence, Rhode Island	California, USA	Woodland Hills, California	Mesquite, Texas		San Diego, CA	Pikesville MN		Decatur/Atlanta, Georgia		Miami, Florida	St. Paul, Minnesota	Houston, Texas	Edmonton, AB, Canada	London, England, United
Type of Group	Hybrid - Remote & Face-					Specialized Group- DOES	Regular Group (Follows				This is not a formal EA	Hybrid - Remote & Face-		Regular Group (Follows	
Language (if not noted, in															
Access Method	**Zoom**		**Zoom**	**Phone Call**	**Phone Call**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Phone Call**			**Zoom**	**Google Meet**	**Zoom**
Phone Number	646-558-8656			+1-978-990-5065	+1 425-436-6369			+1 929-436-2866	+1 312-626-6799	+1 775-799-9023	+1 (312) 626-6799	+1 240-591-0215			
Access Code					823190#			56304#	5394705128#		854 6089 5191	722360#			
Link	https://app.zoom.us/wc/		Please ask the group for			http://us06web.zoom.us/j/	https://us02web.zoom.us/j/8	https://us02web.zoom.us	https://us04web.zoom.us		https://us06web.zoom.us			https://meet.google.com/g	
Meeting ID	729 544 6882		307 008 9039			872 2624b3407	822 3000 4105	848 8144 6966	539 470 5128		854 6089 5191				313 401 7970
Passcode			serenity	391049#		Peace	476656	56304		Not Required	Please reach out to the				
Video Component	Optional						It is PREFERRED, but not		Optional		Optional			It is PREFERRED, but not	
Special Interest	Newcomers welcome!	Open Meeting -								Readings from the Today	An hour of fellowship				
Notes	The group alternates	*Please contact the group*				Includes Meditation &	Hybrid meeting: Meeting	There is a 15-minute	Also meets on Tuesdays				*Please send an email*	Meeting begins April 17,	
Group Contact	John G. at	Richard B. at	Rebecca C.-S. at rscs-	Mary Alice R.	Scott J. at	Mia C. (716) 998-9102	Bryan J.:	Kathleen E. at	Cliff E.	Alice P. at	Shani C.	Paul W. at	Becky I. at	Amanda A Email:	Jason S. at
Okay to text?		yes					yes	yes		yes	yes			yes	
Okay to email?															
Okay to call?															
Last updated by EA:	4/10/26					7/13/26	3/2/26							4/13/26	

Saturdays	**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**	**1:00 PM CT**	**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**	**9:30 PM CT**	**11:00 AM - 12:00 PM (Noon) UK Time**
Group Name	The Path to Serenity	Maximum Service	Saturday EA Inspiration		Help Is Here Saturday Group	EA Vancouver Vancouver, British Columbia, Canada		Just For Today - Mini EA Meetings	"Welcoming the Spiritual Awakening Within Me" Workbook Study Group				Emotional Addiction, Trauma & Co-Dependency			Saturday UK Online
Based in			California	Costa Mesa, California			Virginia Beach, VA							Virginia Beach, Virginia	Cupertino, California	United Kingdom
Type of Group									***Specialized Group*** *(Does NOT Follow EAI's Meeting Format)*	***Specialized Group*** *(Does NOT Follow EAI's Meeting Format)*						
Language (if not noted, in English)																
Access Method	**Google Meet**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Paltalk App**	**Zoom**	**Phone Call**	**Phone Call**	**Zoom**	**Phone Call**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**
Phone Number								+1 978-990-5065	+1 605-313-4162		+1 425-436-6369					
Access Code								391049#	181510#		823190#					
Link	https://meet.google.com/bhg-yvzk-msi		https://app.zoom.us/join		https://us02web.zoom.us/j/84764228754	https://www.paltalk.com/downloads	Zoom: https://us02web.zoom.us/j/85616048716			https://us02web.zoom.us/j/9223433257?pwd=TzNDSUVwcWNLenUQUWNBaXRUU1hDZz09				https://us02web.zoom.us/j/78728329336		https://us02web.zoom.us/j/84497530993?pwd=aNqjkvPZKpZNVCuBPm99f4cd7c8h0J.1
Meeting ID			869 8925 1159	878 2293 0357	847 6422 8754					922 343 325		834 1790 1642		787 2832 9336		844 9753 0993
Passcode			Please reach out to a group contact for the Zoom meeting password at least 24-48 hours before the meeting starts.	bQ6EqY	Not Required		Not Required			12		756YAw		Not Required		171452
Video Component	Optional	Please ask the group for information.	Preferred, not required.	Optional	Please ask the group for information.					Please ask the group for information.		Preferred, but not required.		Please ask the group for information.	Please ask the group for information.	We encourage members to have their video on, but it is not required.
Special Interest										Literature Study Group						"The only requirement for EA membership is a desire to become well emotionally," as stated in Tradition 3. All are welcome.
Notes	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	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/		NOTE: This is a step study meeting.		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.	Hybrid - also meets in person Potters House 1709 Pacific Ave, Virginia Beach, VA 23451	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM CT.	It is strongly recommended that you have your own workbook (#83).			This group also meets on Mondays at 5:30 PM CT / 6:30 PM Eastern Time, using the same Zoom meeting ID and password.	***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.***	Please visit the UK EA website for the most up-to-date meeting and contact information at https://www.emotionsanonymous.org.uk/find-a-meeting. We meet online through Zoom and utilize the waiting room for the safety of our members.
Group Contact	Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134	Jeff D. at eamaximumService@gmail.com, and +1 217-377-2897; Esteban G. at egarciatx87@gmail.com and +1 214-881-0260	Kerry M. and Aleksandra J. at SaturdayEAInspiration@gmail.com	Chuck S. at staff@socal.rr.com & +1 714-915-6129	Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312	Doug D. at atma2010@yahoo.ca and +1 604-688-4276; eavancouver@hotmail.ca	tigergirl986@yahoo.com	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367	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)	Helga at frustratedgoddess@gmail.com	Ellen J. at jettea@charter.net & +1 757-572-1155	Adaline W. at adalinew51@gmail.com and 517-219-3376	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Jenny N. at tigergirl986@yahoo.com; Kirsten S. at kasantiannido@gmail.com & +1 757-620-6781	Gloria B. at burdlady@gmail.com & +1 408-636-8453	Marc at ea_saturday_meeting@yahoo.com
Okay to text?									Yes for Tracie B.		Yes	Yes				
Okay to email?																
Okay to call?																
New Group?																
Last updated by EA:		4/13/26		4/10/26			4/13/26							4/13/26		

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	**5:30 PM Central Time**	**5:30 PM - 7:00 PM Central Time**	**6:00 PM CT / 7:00 PM Eastern Time**	**7:00 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 UK Time**	
Group Name	Sunday Morning Serenity	EA International Meeting		One Day At a Time		BIPOC of EA II		We Don't Come for Other People	Bethel EA	Abundant Life EA Group	EA International Women's Co-Sponsoring Group	Emotional Addiction, Trauma & Co-Dependency	Boulder, Colorado EA Group	Reading, UK	
Based in									Bethel, Connecticut				Boulder, Colorado	Reading, England, United Kingdom	
Type of Group	One hour phone meeting				Closed Meeting (Follows EAI Format)	does not follow EA's standard meeting format					Specialized Group *(Does NOT Follow EA's Standard Meeting Format)*				
Language (if not noted, in English)															
Access Method	**FreeConferenceCall**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	
Phone Number	+1 718-362-6360	+1 669-900-6833				+1 312-626-6799							+1 719-359-4580		
Access Code	1813110#	84608549857#				850906#							230782#		
Link		https://us02web.zoom.us/j/84608549857?pwd=NTlTMyt5c2VldmpNelYwNkF5NjQwQT09				https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aER	https://us04web.zoom.us/j/4604771285?pwd=WWR5K3IrOU1yTmVvV2hIOWN6endHdz09	https://us06web.zoom.us/j/83059886204?pwd=885vi0C1hgMXNSmRcv3Q1MeHTYZRMu.1	https://us06web.zoom.us/j/6911825392?pwd=jXToiQdq0RJQvf9Mroa37dHer4FJbt.1	https://zoom.us/j/946100925277?pwd=SUFaeGhLR0FLS3o3UVIWZVE0VUZhZz09	https://us06web.zoom.us/j/88538884325?pwd=vH6xj9z9M6nN7cVkVe8a7wPqaR49zb.1		https://us02web.zoom.us/j/83826734484?pwd=V2VsTUpiOEV0U3IybllzbjlCc05qdz09	
Meeting ID		846 0854 9857				825 8861 3001	460 477 1285	830 5988 6204	691 182 5392	946 1009 2527	885 3888 4325		838 2673 4484	838 6828 1259	
Passcode		893674				850906	583374	789706	S3t2By	247365	ea		230782	25758	
Video Component		Optional	Optional	Optional	Please ask the group for information.	Required	Optional	Preferred, but not required.	Optional	Optional	Optional	Please ask the group for information.		Required	
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!					Women's Only Group, Co-Sponsorship & Newcomers Welcome!			"Welcoming the Spiritual Awakening Within Me" Workbook	
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.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details. The remote space will open at 1:15 PM Central Time for casual conversation.	This group also meets on Sundays at the same time, using the same Zoom meeting details.						***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***			
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	Linda B 312-659-9705 Email lindab142@yahoo.com	Mrs. Re Re, bipocofea@gmail.com, +1 213-255-8631	Lynne S. at lynnesmith50@hotmail.com & +1 712-420-2058	Bernadette F. at msbernik11@gmail.com and +1 773-607-9108; Lo Lo S. at lspry23@gmail.com and 360-815-3891	Dave R. at 203-982-5856 ar	Kelsey W. at woodriverea@gmail.com & +1 618-334-6658	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		Yes			Yes	
Okay to email?					yes										
Okay to call?															
New group?															
Last updated by EAI:					6/10/26				6/1/26						