

CURRENT BBA MEETINGS May 24 UPDATE (please let me know the ones I've missed)
recoveredFrom@gmail.com

CURRENT BBA MEETINGS ALL ADDICTS, ALCOHOLICS & ALANONS ARE WELCOME
TO GET AN UPDATED LIST EVERY MONTH CHECK:
<https://recoveredfrom.com/index.php/calendar-upcoming-events/>

EVERYDAY: "DAILY MEETING ON ZOOM"

BBA ONLINE 12 NOON PACIFIC (8pm BST) (7am AEDT)
DAILY WORLDWIDE BIG BOOK AWAKENING MEETING
<https://bit.ly/DAILY12BBA>
MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

***** NEW**

30-minute BBA On Awakening Meditation Group
This will be open every Monday, Tuesday and Wednesday morning 7.00-7.30 AM (UK time).
8.00am Europe, 11.00pm Pacific, 2.00am Eastern, 4.00pm Melbourne, Australia
<https://us06web.zoom.us/j/89310278345>
ID: 838 9062 1438
Passcode: 24ahead

MONDAY: BBA UK All Addictions Zoom meeting
11am PDT/2pm EDT/7pm British Standard Time/London
19:00 WEST – 20:00 CEST – 21:00 EEST 11 am PST – 2 pm EDT – 19:00 BST (6am AEDT)
<https://us06web.zoom.us/j/83701469747>
Meeting ID: 837 0146 9747
Passcode: 776747

MONDAY on zoom:
BBA DEL MAR 7PM
JOIN ZOOM MEETING BY 6:45 PM PST
<http://bit.ly/BBAMondayDelMar> pw: BBA
MEETING ID: 847 9416 2270 PASSWORD: BBA

MONDAY in person :

EASTLAKE BBA IN PERSON 7PM
EASTLAKE COMMUNITY CHURCH
990 Lane Ave. Chula Vista, CA 91914

Tuesday: BBA 164 Food Addiction Meeting
Morning BBA Meeting for compulsive eaters & food addicts
8am PST 11am EST (11PM EDT / 4PM GMT)
<http://bit.ly/BBAFood164>
Meeting ID: 221 536 9648 Passcode: steps Contact Claudia I. cbioanes@gmail.com

Tuesday Evening: BBA Meeting for compulsive eaters & food addicts 6 pm PST

<http://bit.ly/BBAFoodOAMeeting>

Meeting ID is 884-598-2106

The passcode is 1205 Contact Ann-Marie 619-300-6215

Tuesday in person :

San Diego BBA IN PERSON 7PM - 8:15PM

FIRST UNITED METHODIST CHURCH

2111 Camino del Rio South

San Diego, CA 92108

TUESDAY: MELBOURNE BBA WOMEN'S MEETING

9PM PST (MIDNIGHT EST)

AUSTRALIA LOCAL WEDNESDAY 7PM AEDT

Melbournebbameetings@gmail.com

Contact: Di H. 0401 227 331

<https://bit.ly/MELBOURNEBBA>

MEETING ID: 898 6408 3579

WEDNESDAY: BBA Vienna Wednesdays

[Chaos creator focus, all addictions most welcome!!]

9am-10am PST Wednesdays 18:00 CET

<http://bit.ly/BBAViennaWeds>

Meeting ID: 895 9774 6336

Password: 048032

The room is open from 17:45 CET Meeting starts 18:00 CET

WEDNESDAY: BBA FOR COMPULSIVE EATERS MEETING 11AM PST

Wednesdays 11am PDT/2pm EDT/7pm British Standard Time/London

<https://bit.ly/BBACompulsiveEatersMtg>

ID 961921529 Password 562657

or <https://us04web.zoom.us/j/961921529?pwd=R2VzV291UTdoVTJJb1oyT20zaXNSUT09>

WEDNESDAY NIGHT: SAN DIEGO BBA MEETING 7PM

(ORIGINAL OLD TOWN SAN DIEGO MEETING)

LOGIN STARTS@6:45PM PST (2pm AEDT)

<http://bit.ly/BBASanDiego>

MEETING ID: 269 748 573 **PASSWORD:** BBA

THURSDAY: BBA Meeting for compulsive eaters & food addicts 10am PST/ 1pm EST/ Euro: 6pm GET / 7pm CET

<http://bit.ly/BBAMeeting>

MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

*** NEW

THURSDAY EASTCOAST EMOTIONAL SOBRIETY MEETING

Thursdays at 7 Eastern and 4 Pacific.

<https://us02web.zoom.us/j/71994768665>

MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

THURSDAY: BBA CENTRAL ALCOHOLICS ANONYMOUS MEETING
6:00PM PST 8PM CENTRAL

<https://bit.ly/BBACentralAAmeeting>

MEETING ID: 999 600 2717 PASSWORD: CENTRALBBA

THURSDAY night: BBA EMOTIONAL SOBRIETY 7:15PM FOCUSED
ON THE TOOLS INSPIRED BY ALANON AND CODA 7:15-8:30 ALL 12
STEP MEMBERS WELCOME

<https://bit.ly/DAILY12BBA>

MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK CONTACT
RACHEL P. FOR MORE INFORMATION: 858-336-7115

Meditation Room for Beginners Time announced via email.

Contact Chris to be added: chris.knuth510@gmail.com

We'll start the session by answering any questions you may have since
working with the techniques. Chris K

<https://us02web.zoom.us/j/83872422063?pwd=d1Z6Tjd3V1FvaGwxajNiZm9BWTVuZz09>

Meeting ID: 838 7242 2063 Passcode: 775112

SATURDAY:

Saturday Women's BBA Meeting Big Book Awakening Format

Saturdays 9am PST 11am CST 12noon Eastern

<https://zoom.us/j/71994768665>

MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

SATURDAY: SYDNEY BBA MEETING 3PM PST (6PM EST)

AUSTRALIA LOCAL SUNDAY 10AM AEST

LOGIN EARLY PLEASE

<https://bit.ly/BBASYDNEYNEW>

MEETING ID: 876 8396 6095 password: BIGBOOK

SUNDAY: BBA EMOTIONAL SOBRIETY MEETING

Sundays 12 noon Pacific 3pm EST (8pm BST) (Mon 5am AEDT)

[all addictions are welcome]

<https://bit.ly/DAILY12BBA>

MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

SUNDAY EVENING: EASTLAKE BBA MEETING 7PM (Mon 12noon AEDT)

<https://bit.ly/SUNDEASTLAKEBBA> MEETING ID: 898 466 559 password: eastlake [all lower case]