

CURRENT BBA MEETINGS Nov 24 UPDATE (please let me know the ones I've missed)  
[recoveredFrom@gmail.com](mailto: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

this meeting hosted Thursdays and Fridays, using a different link:

ID: 718 1493 8994 <https://us06web.zoom.us/j/71814938994>

Passcode: Light

**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 :**

The Way Out Meeting AA in person 6.30PM

(focused on Big Book readings and considerations)

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](mailto: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 AA Meeting 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](mailto:Melbournebbameetings@gmail.com)

Contact: Di H. 0401 227 331

<https://bit.ly/MELBOURNEBBA>

MEETING ID: 898 6408 3579

**NEW\*\*** Meditation Room for Beginners Wednesdays at 7:00 am

Pacific Time- 10:00 Eastern Contact Chris to be added:

[chris.knuth510@gmail.com](mailto: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>

Meeting ID: 838 7242 2063 Passcode: 775112

**\*\*\*\*\*WEDNESDAY:** BBA Wednesday Emotional Sobriety Meeting

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

9am-10am PST (12pm EST) Wednesdays 18:00 CET

**\*\*\*\*\*** <https://bit.ly/DAILY12BBA>

**\*\*\*\*\*** NEW MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

The room is open 15 minutes early, meeting starts 9am PST

**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>

**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

~~**FRIDAY:** \* NEW BIG BOOK AWAKENING MEETING \*  
FRIDAYS 4pm PST 6pm CST 7pm EST  
BBA Meeting for Recovery from Compulsive Cluttering  
"Stepping Into Clarity" <https://bit.ly/DAILY12BBA>  
All 12 Step Members are welcome to attend.  
The focus of this meeting will be on recovery from Compulsive Cluttering  
MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK~~

**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]