

CURRENT BBA MEETINGS Sept '25 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 3pm EST (8pm BST) (7am AEDT)

DAILY WORLDWIDE BIG BOOK AWAKENING MEETING

<https://bit.ly/DAILY12BBA>

MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

**EVERYDAY:** Daily BBA Meditation Meetings

30 Minutes On Awakening Meditation:

7.00am UK 8.00am Europe 11.00pm Pacific

30 Minutes When We Retire at Night Meditation:

8.30pm UK 9.30pm Europe 12.30pm Pacific

<https://us06web.zoom.us/j/81089275984?pwd=hmH9AHeytyWsn1ulE1sotDYUQqaQlo.1> ID: 810 8927 5984 PW: 24Ahead

**MONDAY thru FRIDAY**

Two Way Prayer meditation meeting.

5.30am PST 8:30 am Eastern Mon-Fri

<https://bit.ly/DAILY12BBA>

ID: 719 9476 8665 PW: BIGBOOK

**Weekly Big Book Awakening Meetings**

**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:** “How to Listen to God” MEETING

Reading through the book, “How to Listen to God; Overcoming Addiction

Through Practice of Two-Way Prayer”

3pm PDT/ 6pm EDT/ 11pm BST/ 12am CET

ID \*348 465 9179\* PW \*RECOVERY\*

**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

**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 no password required

**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 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  
MEETING ID: 719 9476 8665 PASSWORD: BIGBOOK

**NEW TIME 615pm pst THURSDAY night:**  
BBA EMOTIONAL SOBRIETY MEETING 6:15PM  
FOCUSED ON THE TOOLS INSPIRED BY ALANON AND CODA  
6:15-7:30 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:** WE READ THE BOOK ON FRIDAYS  
PAGES 104 AND BEYOND MEETING.  
8.30am PST 11:30am EST <https://bit.ly/DAILY12BBA>  
All 12 Step Members are welcome to attend.  
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

**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:** BBA MEETING FOR COMPULSIVE EATERS & FOOD ADDICTS

Sundays 4pm PST/ 7pm EST

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

Meeting ID: 719 9476 8665 Passcode: BIGBOOK

**SUNDAY EVENING:** \*\*\*NEW FORMAT\*\*\*

SUNDAY EVENING BIG BOOK AWAKENING MEETING

[all addictions are welcome]

7pm PST 10pm EST (Mon 12noon AEDT)

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

Meeting ID: 719 9476 8665 Passcode: BIGBOOK