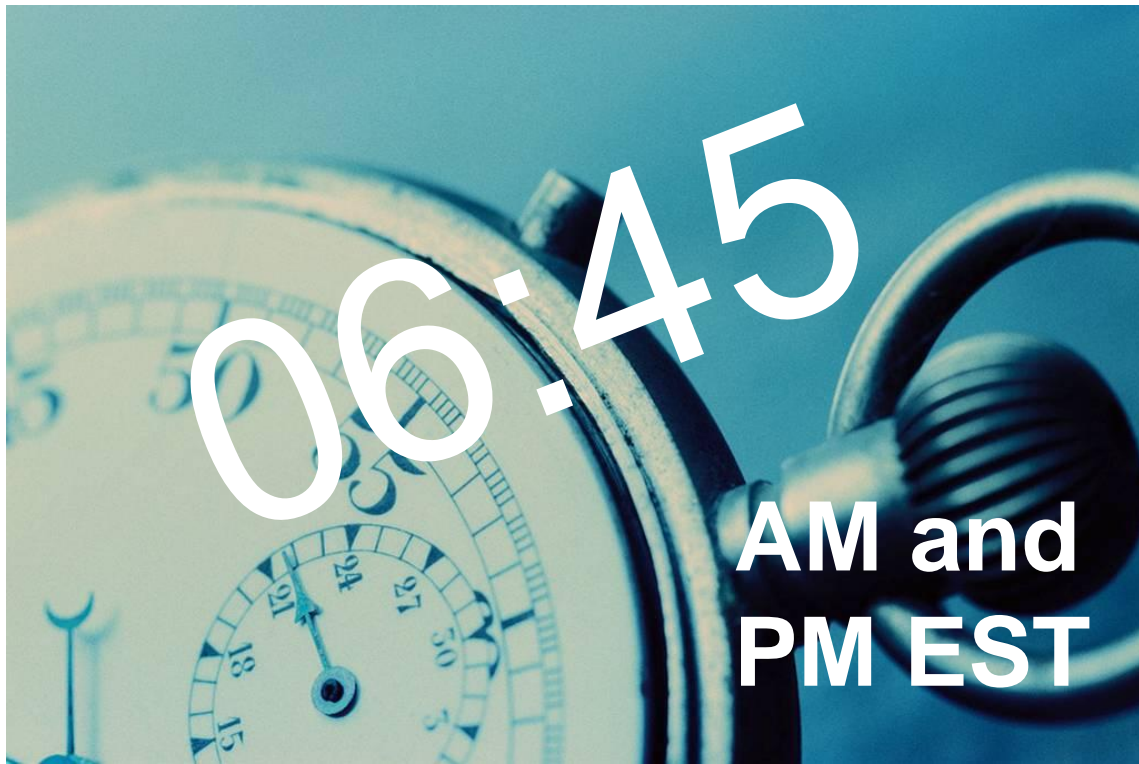


A wonderful way to start and end your day -  
with morning and evening meetings!



Morning and Evening Phone Meetings

Twice a Day, Every Day 6:45 AM and PM EST

Dial **1-712-432-3900** and then **4285115#**  
to join the meeting

Readings from Big Book, For Today, and Voices of Recovery

Contacts: Amy or Jim 703-204-0181 or Diane 703-813-6313