GreySheeters Anonymous Phone Bridge Meeting Schedule

(Updated January 2025) **ALL MEETINGS EASTERN TIME**

Time/Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 AM	**Relapse/Recovery (12:00 am - 12:30 am)**	**Relapse/Recovery (12:00 am - 12:30 am)**	**Relapse/Recovery (12:00 am - 12:30 am)**		**Relapse/Recovery (12:00 am - 12:30 am)**	**Relapse/Recovery (12:00 am - 12:30 am)**	**Relapse/Recovery (12:00 am - 12:30 am)**
5:30 AM	5:30 Qualification ® (5:30 am - 6:50 am)	AA Big Book ® (5:30 am - 6:30 am)	AA 12 & 12 ® (5:30 am - 6:30 am)	AA/GSA Literature ® (5:30 am - 6:30 am)	Qualification ® (5:30 am - 6: 30 am)	AA Daily Reflections ® (5: 30 am - 6:30 am)	5:30 Tools ® (5:30 am - 6:50 am)
7:00 AM	Qualification ® (7:00 am - 8: 30 am)	Qualification ® (7:00 am - 8: 30 am)	Qualification ® (7:00 am - 8: 30 am)	Qualification ® (7:00 am - 8: 30 am)	Qualification ® (7:00 am - 8: 30 am)	Qualification ® (7:00 am - 8: 30 am)	Qualification ® (7:00 am - 8: 30 am)
9:00 AM	Qualification Relapse/Recovery ® (9:00 am - 9:30 am)	Qualification Relapse/Recovery ® (9:00 am - 9:30 am)	Qualification Relapse/Recovery ® (9:00 am - 9:30 am)	Qualification Relapse/Recovery ® (9:00 am - 9:30 am)	Qualification Relapse/Recovery ® (9:00 am - 9:30 am)	Qualification Relapse/Recovery ® (9:00 am - 9:30 am)	Qualification Relapse/Recovery ® (9:00 am - 9:30 am) Michigan F2F/Phone Hybrid Qualification* (9:00 am --10:30 am)
10:00 AM	Rotating AA Literature Study ® (10:00 am - 11:00 am)	AA Big Book ® (10:00 am - 11:00 am)	AA 12 & 12 ® (10:00 am - 11:00 am)	Qualification ® (10:00 am - 11:00 am)	Qualification ® (10:00 am - 11:00 am)	Qualification ® (10:00 am - 11:00 am)	As Bill Sees It ® (10:00 am - 11:00 am)
12:00 PM			Slogans Meeting (12:00pm - 12:30pm)**		50 and over Womens Qualification ® (12:00 pm - 1:00 pm)	**Living Abstinent @ (12:00 pm - 1:00 pm)**	
2:00 PM	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)	Qualification Relapse/Recovery ® (2:00 pm - 2:30 pm)
5:00 PM	Beginners' Meeting ® (5:00 pm - 5:30 pm)	Beginners' Meeting ® (5:00 pm - 5:30 pm)	Beginners' Meeting ® (5:00 pm - 5:30 pm)	Beginners' Meeting ® (5:00 pm - 5:30 pm)	Beginners' Meeting ® (5:00 pm - 5:30 pm)	Beginners' Meeting ® (5:00 pm - 5:30 pm)	Beginners' Meeting ® (5:00 pm - 5:30 pm)
6:00 PM		Living Abstinent ® (5:30 pm - 6:30 pm)		No Matter What (6:00 pm - 7:00 pm)		WE - W/out Except ® (5:30 pm - 6:30 pm)	
8:00 PM	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)	Qualification Relapse/Recovery ® (8:00 pm - 8:30 pm)
9:00 PM	Qualification ® (9:00 pm - 10:00 pm)	Qualification ® (9:00 pm - 10:00 pm)	Qualification ® (9:00 pm - 10:00 pm)	Qualification ® (9:00 pm - 10:00 pm)	Qualification ® (9:00 pm - 10:00 pm)	Qualification ® (9:00 pm - 10:00 pm)	Qualification ® (9:00 pm - 10:00 pm)
*** = Use Intergroup pin**							
**** = With option to go longer based on group conscience**							
Holiday Marathons (5:30am-10:00pm): New Years Day, Easter, Memorial Day, July 4th, Labor Day, Halloween, Thanksgiving and Christmas.							

For meeting formats, see https://greysheetmeetings.org/phone-meeting-formats

Obtain Phone Bridge Phone # and Meeting/Intergroup PINs https://greysheetmeetings.org/request-a-phone-bridge-number-pin