

# Virtual Meetings WSO 2-16-2023

Day-of-Week	Language	Start-Time	Time-Zone	Meeting-Name	Contact-Email
Sunday	English	11:00 AM	Mountain Time	Partners in Naranon   138-032 (V)	<a href="mailto:partnersinnaranon@gmail.com">partnersinnaranon@gmail.com</a>
Sunday	English	9:00 AM	Pacific Time	Sunday Support   136-023 (V)	<a href="mailto:hm.naranonfamilygroup@gmail.com">hm.naranonfamilygroup@gmail.com</a>
Sunday	English	12:00 PM	Pacific Time	Step Study   131-035 (V)	<a href="mailto:SundayNFGStepStudy@gmail.com">SundayNFGStepStudy@gmail.com</a>
Sunday	English	1:00 PM	Pacific Time	Step Study   131-117 (V)	<a href="mailto:SundayNFGStepStudy@gmail.com">SundayNFGStepStudy@gmail.com</a>
Sunday	English	7:00 PM	Pacific Time	Peace and Serenity on Sunday   131-011	<a href="mailto:srawland@yahoo.com">srawland@yahoo.com</a>
Sunday	English	7:00 PM	Eastern Time	Newcomer Serenity Group   16-096 (V)	<a href="mailto:serenity1newcomermeeting@gmail.com">serenity1newcomermeeting@gmail.com</a>
Sunday	English	7:00 PM	Eastern Time	Sunday Night Serenity   102-076 (V)	<a href="mailto:eaglevillennaranon@gmail.com">eaglevillennaranon@gmail.com</a>
Sunday	English	12:30 PM	Central Time	Serenity Seekers   130-006 (V)	<a href="mailto:BobalooDJ@Hotmail.com">BobalooDJ@Hotmail.com</a>
Sunday	English	6:30 PM	Central Time	Hwy 64 Nar-Anon   121-037 (V)	<a href="mailto:aperret@att.net">aperret@att.net</a>
Sunday	English	7:30 PM	Eastern Time	Virtual Serenity   111-105 (V)	<a href="mailto:virtualeserenitysunday@gmail.com">virtualeserenitysunday@gmail.com</a>
Sunday	English	9:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Sunday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Monday	English	7:00 PM	New Zealand	New Zealand Nar-Anon   64-003 (V)	<a href="mailto:aucklandnfg@gmail.com">aucklandnfg@gmail.com</a>
Monday	English	11:00 AM	Mountain Time	Monday Miracles   138-027(V)	<a href="mailto:MondayMiracles365@gmail.com">MondayMiracles365@gmail.com</a>
Monday	English	9:00 AM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Monday	English	5:00 PM	Eastern Time	Journey To Serenity   109-001 (V)	<a href="mailto:Natanonfamilygroupnh@gmail.com">Natanonfamilygroupnh@gmail.com</a>
Monday	English	6:00 PM	Eastern Time	Hope Starts Here   112-059 (V)	<a href="mailto:MRS.DRWELCH2015@GMAIL.COM">MRS.DRWELCH2015@GMAIL.COM</a>
Monday	English	6:30 PM	Eastern Time	Attitude of Gratitude   104-051 (V)	<a href="mailto:tsalcedo56@yahoo.com">tsalcedo56@yahoo.com</a>
Monday	English	7:00 PM	Eastern Time	New Tampa   127-088 (V)	<a href="mailto:naranonbonnie@gmail.com">naranonbonnie@gmail.com</a>
Monday	English	6:30 PM	Eastern Time	Paths to Recovery: Newcomer Meeting   153-002 (V)	<a href="mailto:newcomersoutreachvptr@gmail.com">newcomersoutreachvptr@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Serenity Through Recovery   102-015 (V)	<a href="mailto:jenkintownnaranon@gmail.com">jenkintownnaranon@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Paths to Recovery: A Place for Grace   153-003 (V)	<a href="mailto:virtualpathstorecovery@gmail.com">virtualpathstorecovery@gmail.com</a>

Monday	English	7:00 PM	Eastern Time	Monday Night NFG   127-099 (V)	<a href="mailto:MondayNightNarAnonZOOM@gmail.com">MondayNightNarAnonZOOM@gmail.com</a>
Monday	English	6:00 PM	Central Time	Saving Our Selves   124-029 (V)	<a href="mailto:monsosnfgtm@gmail.com">monsosnfgtm@gmail.com</a>
Monday	English	7:00 PM	Central Time	Mom Offering Moms Support   128-042 (V)	<a href="mailto:naranonmomsntx@gmail.com">naranonmomsntx@gmail.com</a>
Monday	English	7:30 PM	Eastern Time	Message of Hope   16-101 (V)	<a href="mailto:hope.nolongeralone@gmail.com">hope.nolongeralone@gmail.com</a>
Monday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Monday	English	6:30 PM	Mountain Time	Courage to Change   148-006 (V)	<a href="mailto:couragetochangeinquiry@gmail.com">couragetochangeinquiry@gmail.com</a>
Monday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Monday	English	7:00 AM	Eastern Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Monday	English	7:00 PM	Pacific Time	A Better Way To Live   131-069 (V)	<a href="mailto:TemeculaNarAnon@Gmail.com">TemeculaNarAnon@Gmail.com</a>
Monday	English	7:00 PM	Pacific Time	The Next Step   142-025 (V)	<a href="mailto:tcia95@gmail.com">tcia95@gmail.com</a>
Monday	English	7:30 PM	Pacific Time	Nar-Anon Recovery   148-017 (V)	<a href="mailto:debora_killeen@yahoo.com">debora_killeen@yahoo.com</a>
Tuesday	English	7:30 PM	South Africa Time	NFG Tuesday online SA   2717 (V)	<a href="mailto:Debbiejanepriinsloo@gmail.com">Debbiejanepriinsloo@gmail.com</a>
Tuesday	English	6:00 PM	Pacific Time	Candle Light   133-033 (V)	<a href="mailto:centralcoastlarry@gmail.com">centralcoastlarry@gmail.com</a>
Tuesday	English	6:00 PM	Pacific Time	Just for Today NFG   153-007 (V)	<a href="mailto:jftnaranondiscord@gmail.com">jftnaranondiscord@gmail.com</a>
Tuesday	English	6:15 PM	Pacific Time	Hope In Healing   131-097 (V)	<a href="mailto:roseannreynolds1@gmail.com">roseannreynolds1@gmail.com</a>
Tuesday	English	7:00 PM	Pacific Time	Holding On To Hope   131-007(V)	<a href="mailto:lindat5776@gmail.com">lindat5776@gmail.com</a>
Tuesday	English	6:15 PM	Eastern Time	Journey to Hope   104-052 (V)	<a href="mailto:simonwillo@gmail.com">simonwillo@gmail.com</a>
Tuesday	English	6:00 PM	Central Time	Austin NFG Virtual   128-039 (V)	<a href="mailto:karol@whidbey.com">karol@whidbey.com</a>
Tuesday	English	8:00 PM	Eastern Time	We Belong   122-016 (V)	<a href="mailto:Naranonwebelong@yahoo.com">Naranonwebelong@yahoo.com</a>
Tuesday	English	7:00 PM	Eastern Time	Just for Me   105-016 (V)	<a href="mailto:mdpuziello@gmail.com">mdpuziello@gmail.com</a>
Tuesday	English	7:00 PM	Eastern Time	A New Way of Life   127-063 (V)	<a href="mailto:jogo118@gmail.com">jogo118@gmail.com</a>
Tuesday	English	7:00 PM	Eastern Time	Serenity   16-093 (V)	<a href="mailto:serenitynaranon@gmail.com">serenitynaranon@gmail.com</a>
Tuesday	English	7:30 PM	Eastern Time	The Circle of Hope	<a href="mailto:steve.circle2@gmail.com">steve.circle2@gmail.com</a>
Tuesday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>

Tuesday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Wednesday	English	9:00 AM	Pacific	Men Sharing Recovery   142-048 (V)	<a href="mailto:discovershtoday@gmail.com">discovershtoday@gmail.com</a>
Wednesday	English	6:00 PM	Australian Eastern Time	Melbourne NFG   61-021 (V)	<a href="mailto:melbournenfg@gmail.com">melbournenfg@gmail.com</a>
Wednesday	English	11:00 AM	Mountain Time	Moms Offering Moms Serenity   138- 030(V)	<a href="mailto:naranonmoms@gmail.com">naranonmoms@gmail.com</a>
Wednesday	English	11:00 AM	Pacific Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Wednesday	English	8:00 AM	Easten Time	Sunnyside Up NFG   153-006(V)	<a href="mailto:sunnysideupnfg@gmail.com">sunnysideupnfg@gmail.com</a>
Wednesday	English	12:00 PM	Easten Time	Twelve At 12   116-038 (V)	<a href="mailto:virtual@naranoncentral.org">virtual@naranoncentral.org</a>
Wednesday	English	3:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Wednesday	English	6:00 PM	Easten Time	Just for Today Doylestown   102-009 (V)	<a href="mailto:Moore.Patricia794@gmail.com">Moore.Patricia794@gmail.com</a>
Wednesday	English	7:00 PM	Easten Time	Virtual Serenity, Barrie NFG   16-106 (V)	<a href="mailto:virtualeserenitybarrie@gmail.com">virtualeserenitybarrie@gmail.com</a>
Wednesday	English	7:00 PM	Easten Time	Message of Hope   16-101(V)	<a href="mailto:hope.nolongeralone@gmail.com">hope.nolongeralone@gmail.com</a>
Wednesday	English	7:00 PM	Eastern Time	Paths to Recovery: H.O.P.E; Hold On, Pain Ends   153-004 (V)	<a href="mailto:virtualpathstorecovery@gmail.com">virtualpathstorecovery@gmail.com</a>
Wednesday	English	8:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Wednesday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Wednesday	English	6:30 PM	Pacific Time	Inland Empire Virtual Meeting   131-140 (V)	<a href="mailto:ievirtualmeetinggroup@gmail.com">ievirtualmeetinggroup@gmail.com</a>
Thursday	English	8:00 PM	United Kingdom	Open Share   44-04 (V)	<a href="mailto:info@nar-anon.co.uk">info@nar-anon.co.uk</a>
Thursday	English	12:00 PM	Alaska	Steps to Serenity   149-007 (V)	<a href="mailto:cleveland.wendy@gmail.com">cleveland.wendy@gmail.com</a>
Thursday	English	9:00 AM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Thursday	English	11:00 AM	Mountain Time	We Begin Here   138-028 (V)	<a href="mailto:webeginhere365@gmail.com">webeginhere365@gmail.com</a>
Thursday	English	6:30 PM	Eastern Time	CR Peace in the Storm   117-074 (V)	<a href="mailto:virtual@naranoncentral.org">virtual@naranoncentral.org</a>
Thursday	English	7:00 PM	Eastern Time	Land O'Lakes NFG   127-023 (V)	<a href="mailto:imarin07.im@gmail.com">imarin07.im@gmail.com</a>
Thursday	English	7:00 PM	Eastern Time	No Longer Alone   16-098 (V)	<a href="mailto:naranonvirtual@hotmail.com">naranonvirtual@hotmail.com</a>

Thursday	English	7:00 PM	Eastern Time	Serenity Today   16-104 (V)	<a href="mailto:serenitytoday333@gmail.com">serenitytoday333@gmail.com</a>
Thursday	English	7:00 PM	Eastern Time	Family Serenity   102-130 (V)	<a href="mailto:wcf101950@cs.com">wcf101950@cs.com</a>
Thursday	English	7:00 PM	Eastern Time	Steps To Serenity   16-100 (V)	<a href="mailto:stepstoserenitylondon@gmail.com">stepstoserenitylondon@gmail.com</a>
Thursday	English	7:30 PM	Eastern Time	Serene on Screen   102-131 (V)	<a href="mailto:sereneonscreen@gmail.com">sereneonscreen@gmail.com</a>
Thursday	English	7:45 PM	Eastern Time	Virtual Serenity NFG   104-054 (V)	<a href="mailto:contactvirtualserenity@gmail.com">contactvirtualserenity@gmail.com</a>
Thursday	English	12:00 PM	Central Time	Pathway to Hope   124-027 (V)	<a href="mailto:rosemary3751@att.net">rosemary3751@att.net</a>
Thursday	English	6:30 PM	Central Time	WI NFG Area Zoom meeting   130-031 (V)	<a href="mailto:scoty1@solarus.net">scoty1@solarus.net</a>
Thursday	English	9:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Thursday	English	9:00 AM	Pacific Time	Virtual Step Study   131-156 (V)	<a href="mailto:virtualstepstudy@gmail.com">virtualstepstudy@gmail.com</a>
Thursday	English	5:30 PM	Pacific Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Thursday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Thursday	English	6:00 PM	Pacific Time	Just for Today NFG   153-007 (V)	<a href="mailto:jftnaranondiscord@gmail.com">jftnaranondiscord@gmail.com</a>
Thursday	English	7:00 PM	Pacific Time	Secular Serenity   16-092 (V)	<a href="mailto:aprilhards@gmail.com">aprilhards@gmail.com</a>
Thursday	English	7:00 PM	Pacific Time	Winds of Change   131-138 (V)	<a href="mailto:WindsofChangevirtual@gmail.com">WindsofChangevirtual@gmail.com</a>
Thursday	English	7:30 PM	Pacific Time	Guide to Serenity  131-009 (V)	<a href="mailto:miracleliz73@gmail.com">miracleliz73@gmail.com</a>
Friday	English	1:00 PM	South Africa Time	Friday Lunchtime Online Group   2719 (V)	<a href="mailto:nfglunchtimefriday@gmail.com">nfglunchtimefriday@gmail.com</a>
Friday	English	7:30 PM	South Africa Time	Friday Night Online Meeting South Africa   2720 (V)	<a href="mailto:nfglunchtimefriday@gmail.com">nfglunchtimefriday@gmail.com</a>
Friday	English	11:00 AM	Mountain Time	Freedom on Fridays   138-026(V)	<a href="mailto:virtualnfgco@gmail.com">virtualnfgco@gmail.com</a>
Friday	English	7:00 PM	Eastern Time	Paths to Recovery: Fridays With Friends   153-005 (V)	<a href="mailto:virtualpathstorecovery@gmail.com">virtualpathstorecovery@gmail.com</a>
Friday	English	8:30 PM	Eastern Time	We Belong   122-016 (V)	<a href="mailto:Naranonwebelong@yahoo.com">Naranonwebelong@yahoo.com</a>
Friday	English	7:30 PM	Eastern Time	Helping Hand and Heart   16-112 (V)	<a href="mailto:helpinghandandheart22@gmail.com">helpinghandandheart22@gmail.com</a>
Friday	English	10:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>
Friday	English	7:00 PM	Hawaii Time	Aloha NFG   150-001(V)	<a href="mailto:alohaNFG@gmail.com">alohaNFG@gmail.com</a>
Friday	English	5:30 PM	Pacific Time	Men Sharing - TOHPIF   136-022 (V)	<a href="mailto:discovershtoday@gmail.com">discovershtoday@gmail.com</a>

Friday	English	6:00 PM	Pacific Time	I Can Be Free   131-066(V)	<a href="mailto:Webmaster@NarAnonSantaBarbara.org">Webmaster@NarAnonSantaBarbara.org</a>
Friday	English	7:00 PM	Pacific Time	Change Your Life Today   131-050(V)	<a href="mailto:LakewoodNFG@gmail.com">LakewoodNFG@gmail.com</a>
Friday	English	7:00 PM	Mountain Time	It Starts With Us NFG   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Saturday	English	11:00 AM	Atlantic Time	Woodlawn NFG   16-114 (V)	<a href="mailto:woodlawnnfg@gmail.com">woodlawnnfg@gmail.com</a>
Saturday	English	10:00 AM	Eastern Time	Journey To Recovery   105-003 (V)	<a href="mailto:journeytorecoverysatehnaranon@gmail.com">journeytorecoverysatehnaranon@gmail.com</a>
Saturday	English	11:00 AM	Eastern Time	Serenity Hour Virtual   104-057 (V)	<a href="mailto:jenniferhanford@hotmail.com">jenniferhanford@hotmail.com</a>
Saturday	English	10:00 AM	Central Time	Lakes Hope and Support   132-014 (V)	<a href="mailto:davidduvall6@icloud.com">davidduvall6@icloud.com</a>
Saturday	English	11:00 AM	Pacific Time	Hope After Loss   153-001(V)	<a href="mailto:info@naranonhopeafterloss.org">info@naranonhopeafterloss.org</a>
Saturday	English	1:00 PM	Central Time	Serenity on Saturday   134-018 (V)	<a href="mailto:satsosnfgtm@gmail.com">satsosnfgtm@gmail.com</a>
Saturday	English	7:00 PM	Mountain Time	It Starts With Us NFG (speaker)   138-025 (V)	<a href="mailto:Contact.ISWU@gmail.com">Contact.ISWU@gmail.com</a>
Saturday	English	7:00 PM	Eastern Time	Saturday Night Survivors   111-043 (V)	<a href="mailto:saturdaynightsurvivornfg@gmail.com">saturdaynightsurvivornfg@gmail.com</a>
Saturday	English	7:30 PM	Eastern Time	Saturday Night Serenity   103-001 (V)	<a href="mailto:saturdayserenityNFG@mail.com">saturdayserenityNFG@mail.com</a>
Saturday	English	5:00 PM	Eastern Time	Feeling, Dealing, and Healing Through Recovery   106-025(V)	<a href="mailto:feeldealheal2020@gmail.com">feeldealheal2020@gmail.com</a>