

# CLA Telephone Bridge & Skype<sup>®</sup> Meetings Downloadable Directory

CLA Telephone Bridge Meetings – in English 

Day	Pacific Time	Eastern Time	Meeting Topic	U.S. Phone Number (* = international)	Access Code	Mute	Unmute
Monday	6 a.m.	9 a.m.	Monday International Reflection	712-770-4010 (*)	852600 #	*6	*6
Monday	5 p.m.	8 p.m.	CLA Literature & Traditions (First Monday)	515-604-9021 (*)	102163 #	*6	*6
Tuesday	9 a.m.	12 p.m.	Tuesday Steps and Traditions	712-770-4010 (*)	852600 #	*6	*6
Tuesday	5 p.m.	8 p.m.	CLA Steps 1, 2, and 3	515-604-9021 (*)	102163 #	*6	*6
Wednesday	9 a.m.	12 p.m.	Wednesday Self-Nurture	712-770-4010 (*)	852600 #	*6	*6
Wednesday	12 noon	3 p.m.	CLA Literature, Topics Vary	712-770-5505 (*)	161441 #	*6	*6
Wednesday	5 p.m.	8 p.m.	Topic or Speaker	515-604-9021 (*)	102163 #	*6	*6
Wednesday	6:30 p.m.	9:30 p.m.	Steps & Traditions Study, CLA & A.A. Literature	605-313-5104	457671 #	*6	*6
Thursday	5 a.m.	8 a.m.	Devotional and Steps Meeting	515-604-9932 (*)	537636#	*6	*6
Thursday	4 p.m.	7 p.m.	The Original Beginners' Meeting	515-604-9932 (*)	537636#	*6	*6
Thursday	4 p.m.	7 p.m.	Newcomers 101: Is CLA for You?	515-604-9021 (*)	102163 #	*6	*6
Thursday	5 p.m.	8 p.m.	Nonphysical Clutter, CLA Literature	515-604-9021 (*)	102163 #	*6	*6
Friday	5 p.m.	8 p.m.	Step 10, Writing & Sharing	515-604-9021 (*)	102163 #	*6	*6
Saturday	5 a.m.	8 a.m.	CLA Literature	515-604-9932 (*)	537636#	*6	*6
Saturday	5 p.m.	8 p.m.	CLA Literature "Home: Our Sacred Place"	515-604-9021 (*)	102163 #	*6	*6

Problems? See "Alternate Phone Numbers" page (<https://clutterersanonymous.org/meetings/alternate-phone-numbers/>).

CLA Telephone Bridge Meetings – in English  (Continued)

Day	Pacific Time	Eastern Time	Meeting Topic	U.S. Phone Number (* = international)	Access Code	Mute	Unmute
Saturday	8:30 p.m.	11:30 p.m.	Saturday Night Live and Let Live	712-770-4035 (*)	794364 #	*6	*6
Sunday	3 p.m.	6 p.m.	Devotional and Literature Meeting	515-604-9932 (*)	537636 #	*6	*6
Sunday	5 p.m.	8 p.m.	Nonphysical Clutter, CLA Literature & Writing	515-604-9021 (*)	102163 #	*6	*6
Sunday	6:30 p.m.	9:30 p.m.	Sunday Plan Your Week with the 9 <sup>th</sup> Leaflet	712-770-4010 (*)	852600 #	*6	*6

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Skype® Meeting

Day	Time Zone	Time	Access Information
Thursday	GMT	7:30 to 8:30 p.m.	Search for CLA.UK on Skype and send a contact request to be added to meeting

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