**Mutual Aid Online Meeting List**

Alcoholics Anonymous:

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|  | **Meeting** | **Associated Physical Meeting** | **Time** | **Zoom Code** | **Password** |  |  |
| **Monday** | AA Living Sober | George Street | 7,30am | 820-947-234 | Not Required |  |  |
|  | AA Jesmond Womens Meeting | AA Jesmond Women's Meeting | 11.00am | 910-193-9810 | unity |  |  |
|  | AA | Rosetti Studio | 10.30am | 488-685-477 | 103012 |  |  |
|  | AA Book & Share | New Meeting | 12.30pm | 139-233-794 | Not Required |  |  |
|  | AA Newcomers | Wallsend Newcomers | 6.30pm | 790-597-1352 | Not Required |  |  |
|  | AA As Bill Sees It | Cramlington Monday | 7,00pm | 564-691-1969 | Not Required |  |  |
| **Tuesday** | AA Daily Reflections | George Street | 7.30am | 820-947-234 | Not Required |  |  |
|  | AA Chair & Share | George Street | 10.30am | 895-875-637 | Not Required |  |  |
|  | AA | Prudhoe 'How we recovered' | 7.oopm | 926-914-752 | unity |  |  |
|  | AA Tuesday Big Book | New Meeting | 7.00pm | 207-096-804 | 058860 |  |  |
|  | AA | New Meeting - Washington | 7.30pm | 437-528-553 | unity |  |  |
|  | AA | Shiremoor | 7.00pm | 704-264-800 |  |  |  |
|  | AA Chair & Share | Ponteland | 7.45pm | 190-587-208 | unity |  |  |
| **Wednesday** | AA As Bill Sees It | George Street | 7,30am | 820-947-234 | Not Required |  |  |
|  | AA Meeting - Just For Today | George Street | 10.30am | 736-577-7126 |  |  |  |
|  | AA Newcomers | Wallsend Newcomers | 2.00pm | 672-187-034 | unity |  |  |
|  | Women's Recovery Meeting | Women's Recovery Meeting | 4.30pm | 938-187-014 | Not Required |  |  |
|  | The Promises (Cross Fellowship) | George Street | 6.00pm | 133-102-601 |  |  |  |
|  | AA Newcastle Cathedral Step | Newcastle Cathedral | 7.30pm | 654-439-434 | unity |  |  |
|  | AA | Jarrow | 7.30pm | 630-263-226 | 072783 |  |  |
| **Thursday** | AA Step/Tradition | George Street | 7,30am | 820-947-234 | Not Required |  |  |
|  | AA Chair n Share | George Street | 10.30am | 912-620-547 |  |  |  |
|  | AA Daily Reflections | Brunswick Methodist Church | 1.30pm | 889-969-448 |  |  |  |
|  | AA Jesmond Womens Meeting | Jesmond Women's Meeting | 4.00pm | 910-193-9810 | unity |  |  |
|  | AA Daily Reflections | Seghill | 6.30pm | 738-665-434 | unity |  |  |
|  | AA Beyond Belief | George Street | 7.00pm | 524-030-592 | unity |  |  |
|  | AA Big Book | Gosforth Big Book | 7.00pm | 847-835-204 | unity |  |  |
|  | NarAnon | George Street | 8.00pm | 891-083-846 |  |  |  |
|  | AA Speaker | George Street - New Meeting | 8.00pm | 264-721-403 |  |  |  |
| **Friday** | AA Just For Today | George Street | 7,30am | 820-947-234 | Not Required |  |  |
|  | AA | ? | 10.30am | 482-669-655 |  |  |  |
|  | AA | South Shields | 12.30pm | 777-675-991 | 724870 |  |  |
|  | AA General Share | Whitley Bay | 6.30pm | 823-765-620 | unity |  |  |
|  | AA | Jarrow Foglifters | 7.00pm | 687-654-458 | 043434 |  |  |
|  | AA | George Street - New Meeting | 8.00pm | 554-498-857 |  |  |  |
| **Saturday** | AA | George Street | 7,30am | 820-947-234 | Not Required |  |  |
|  | AA Big Book | Brunswick Methodist Church | 10.30am | 662-083-055 | unity |  |  |
|  | AA | Killingworth | 6.00pm | 567-000-480 | unity |  |  |
|  | AA Saturday Step Meeting | Jarrow | 7.00pm | 968-955-277 | 032154 |  |  |
|  | AA | Rosetti Studio | 7.30pm | 856-188-321 |  |  |  |
|  | AA | Washington | 7.30pm | 437-528-553 |  |  |  |
| **Sunday** | AA Chair & Share | George Street | 7,30am | 820-947-234 | Not Required |  |  |
|  | AA LGBTQ | Rosetti LGBTQ 'Intimacy' | 10.30am | 336-707-797 | Not Required |  |  |
|  | AA | Prudhoe 'How we recovered' | 5.00pm | 107-927-120 | unity |  |  |
|  | AA | ? | 7.30pm | 532-668-459 | Not Required |  |  |
|  | AA Step Meeting | Whitley Bay Step | 7.15pm | 639-563-347 | unity |  |  |
|  | AA Step Meeting | Jarrow Step | 7.00pm | 448-021-603 | 042191 |  |  |

Narcotics Anonymous:

Online meetings everyday at 7.30. Monday, Wednesday, Thursday, Friday and Saturday are normal NA meetings. Plus, Social Support (Q+A) groups on Tuesday and Sunday. These are dial up voice only meetings.

Click on link [gotomeet.me/ukna](file:///\\ad\dfs\Home\Home1\79434\Desktop\gotomeet.me\ukna) If asked for an email address you can skip it and just choose a username. Accept when asked to use microphone.

There is a smart phone app too. Go to Android Play Store or Apple App Store and search for gotomeeting, download and install. When it opens type ukna or 437-754-909 into the meeting.

NA Zoom meetings:

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| **Day/Time** | **Meeting ID** |
| Monday 11am | https://zoom.us/j/756488015 |
| Monday 4pm | <https://bluejeans.com/375933012> |
| Tuesday 4pm | https://zoom.us/j/756488015 |
| Wednesday 5pm | https://zoom.us/j/756488015 |
| Thursday 5pm | https://zoom.us/j/756488015 |
| Friday 2pm | https://zoom.us/j/756488015 |
| Friday 3pm | https://zoom.us/j/756488015 |
| Friday 4pm | https://zoom.us/j/756488015 |
| Saturday 4pm | https://zoom.us/j/756488015 |
| Sunday 4pm | https://zoom.us/j/756488015 |
| Daily at 7pm-8pm | <https://zoom.us/j/5283214680>  ID 5283214680 |