

Men Who Trudge – Daily Meeting Schedule

Join the Men Who Trudge seven days a week to begin your day with prayer and sober experience.



Monday – Daily Reflections: 7:30 a.m. ET



Tuesday – As Bill Sees It: 7:30 a.m. ET



Wednesday – Group Meditation: 7:30 a.m. ET



Thursday – Step of the Month: 7:30 a.m. ET



Friday – Big Book Study: 7:30 a.m. ET



Saturday – Open Discussion: 7:30 a.m. ET



Sunday – Speaker Meeting: 7:30 a.m. ET

To join the meeting, visit the Men Who Trudge website at www.menwhotrudge.org, or [join us on Zoom!](#)