# Builders of the Adytum

## B.O.T.A. Online Meeting Schedules by TIME ZONE

<table>
<thead>
<tr>
<th>TIME ZONE</th>
<th>STUDY GROUPS Open to the public</th>
<th>COORDINATORS</th>
<th>EMAIL</th>
<th>MEETING DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>US EASTERN</strong></td>
<td>SOUTHEAST Regional SG</td>
<td>Angie</td>
<td><a href="mailto:26lvx26@gmail.com">26lvx26@gmail.com</a></td>
<td>3rd Wednesday</td>
<td>8:00 - 9:30 pm</td>
</tr>
<tr>
<td>(EST)</td>
<td>Columbus, OH SG</td>
<td>Mark</td>
<td><a href="mailto:mekagylvx@gmail.com">mekagylvx@gmail.com</a></td>
<td>2nd Tuesday</td>
<td>7:30 – 9:00 pm</td>
</tr>
<tr>
<td><strong>US CENTRAL</strong></td>
<td>MIDWEST Regional SG</td>
<td>Virginia &amp; Marc</td>
<td><a href="mailto:vsmith22@gmail.com">vsmith22@gmail.com</a></td>
<td>1st Thursday</td>
<td>7:00 - 8:30 pm</td>
</tr>
<tr>
<td>(CST)</td>
<td>SOUTHWEST Regional SG</td>
<td>Roberto</td>
<td><a href="mailto:BotaSWRegion@gmail.com">BotaSWRegion@gmail.com</a></td>
<td>3rd Thursday</td>
<td>7:00 – 8:30 pm</td>
</tr>
<tr>
<td></td>
<td>Chicago/Milwaukee SG</td>
<td>Peter &amp; Mike</td>
<td><a href="mailto:petostic2000@yahoo.com">petostic2000@yahoo.com</a></td>
<td>1st Saturday</td>
<td>1:00 - 3:00 pm</td>
</tr>
<tr>
<td><strong>US MOUNTAIN</strong></td>
<td>Phoenix, AZ SG</td>
<td>Darin</td>
<td><a href="mailto:darin@dragon.org">darin@dragon.org</a></td>
<td>2nd Sunday</td>
<td>2:00 - 3:30 pm</td>
</tr>
<tr>
<td>(MST)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>US PACIFIC</strong></td>
<td>Palo Alto, CA SG</td>
<td>Jame'e</td>
<td><a href="mailto:jameeb2001@yahoo.com">jameeb2001@yahoo.com</a></td>
<td>4th Saturday</td>
<td>10:30 am – 12:00 pm</td>
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<tr>
<td>(PST)</td>
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</table>

### MEDITATION MEETINGS

- **CENTRAL (CST)**  
  - Sunday Meditation  
  - Sharon & Margaret  
  - sharjoy@joysounds.net  
  - 1st & 3rd Sundays  
  - 10:00 - 11:30 am
- **EASTERN (EST)**  
  - Thursday Meditation  
  - Angie & Del  
  - 26lvx26@gmail.com  
  - 2nd & 4th Thursdays  
  - 8:00 - 9:30 pm

### STUDY GROUPS OUTSIDE THE U.S.

- **US CENTRAL (CST)**  
  - AFRICAN  
  - Study Group in English  
  - Peter  
  - petostic2000@yahoo.com (Coordinator resides in U.S.A.)  
  - 2nd Saturday  
  - 10:00am - 12:00 pm  
  - Use Time Converter to check African time zones
- **GMT (London)**  
  - UK English Study Group  
  - Wendy  
  - Studygroup.bota@gmail.com  
  - 1st Thursday  
  - 7-8:30pm

### AMÉRICA LATINA

- **En Español**  
  - Grupos de estudio y meditación  
  - Visite la página web para más información:  
  - https://www.bota.org/group_work/msa.html

**NOTE:** This information is updated periodically as new groups form and other groups go back to in-person meetings. You may contact any of the coordinators in these areas that are convenient to you. See Regional Activities tab at bota.org https://www.bota.org/group_work/index.html

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Rev10,2022