

SPEAKER MEETINGS

Al-Anon Speakers meeting

These meetings have speakers who share recovery, how they came to Al-Anon, what it has done for them and why they keep returning - their experience, strength and hope.

Reflections 2nd Friday of the month 7:30 pm
OHSU School of Dentistry
611 SW Campus Drive SW PTLD

Al-Anon and AA Speakers meeting

Rule 62 3rd Saturday of the month
Central Bible Church 7:00pm
8815 NE Glisan St Portland

The Circle 4th Saturday of the month
Tigard-Orenomah Masonic Lodge 7:30pm
13680 SW Pacific HWY Tigard

NEW GROUPS

These groups have registered and await their Al-Anon World Service Office ID#.

Monthly meetings

Manual Study

First Saturday of the month 9:30am-noon
Judy J's House
14911 SE Woodland Way Milwaukie

For those with 5+ yrs. in Al-Anon

Five Plus 6:30 pm
Grace Memorial Church 2nd Monday of month
1535 NE 17th & Weidler NE PTLD

Other websites of interest

National (WSO) World Service Office

www.al-anon.alateen.org

State (meetings through out the state)

www.oregonal-anon.org

Codes

A=AA meeting same place **B**=Babysitting available

AL=Al-Anon mtg same place

C=Closed meeting, only for Al-Anons and prospective Members

GLBT= Gay, Lesbian, Bi, Trans

GLBTQQ=Gay, Lesbian, Bi, Trans, Queer, Questioning

K=Adult Children of Alcoholic Parents

T=Alateen mtg. same place

W=Wheelchair access

X=No children allowed

ABOUT AL-ANON

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the 12 Steps, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic.

"When our information service office lists a group, at their request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep its doors open to any Al-Anon member. Listing in the directory does not constitute approval of any group's manner of practicing the Al-Anon program. If the group you attend is not right for you, please try another. There is help available in Al-Anon.

What is the Al-Anon Information Service (AIS) & Literature Distribution Center (LDC)?

AIS is a literature center and bookstore for Conference Approved Literature. AIS maintains an office and bookstore in Portland. Anyone seeking help may call for information. AIS serves all Al-Anon groups in the metro area and adjoining counties. We sell literature to groups and individuals. AIS publishes a newsletter with articles for all groups and members. AIS provides speakers and information to social service agencies, treatment centers, schools and other organizations to acquaint the public with Al-Anon.

"Distorted relationships due to alcoholism and its effect on the drinker and us take time to heal. We have found that faithful attendance at Al-Anon meetings, frequent contact with other members and daily reading of Al-Anon literature, have brought about wonderful changes in our situation."

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Al-Anon Alateen

for families & friends of alcoholics

Meeting Schedule Summer 2010

Metropolitan Portland, Oregon & Vancouver, Washington

Al-Anon Information Service

1750 SW Skyline Blvd. #133

Portland, OR 97221

(503) 292-1333

Business (503) 297-3551

Hours: 9:00 am - 5:00 pm, M – F

Spanish Information 503-916-9913

9am-5pm M-F 10am-5pm Sat & Sun

Website: al-anonportlandoregon.org

Email: ais@al-anonportlandoregon.org

Alcoholics Anon. - PtlD. 503-223-8569

Salem OR Al-Anon 503-370-7363

Eugene OR Al-Anon 541-741-2841

Vancouver WA Al-Anon 360-693-5781

Group Address Codes Time/Area
 USA & Canada 1-888-425-2666

This schedule is updated regularly.

**PORTLAND/ VANCOUVER AREA
 ALATEEN MEETINGS**

For teens affected by another person's drinking.

MONDAY

Steps to Freedom C, A,AL 7:00pm
 Cascade Presbyterian Church (Five Corners)
 9503 NE 86th St VANCOUVER

Courage To Live A,AL,W 7:30 pm
 St. Johns Catholic Church 11 - 20yrs
 10955 S.E. 25th & Washington MILWAUKIE

Tigard Alateen A,AL,W 7:30 pm
 St. James Episcopal Church 12 - 19yrs
 11511 SW Bull Mountain Rd. TIGARD

TUESDAY

Walk it, Talk it, Know it, Show it AL, W 7:30pm
 Christ Episcopal 12+
 1060 Chandler Rd. LAKE OSWEGO

WEDNESDAY

Together We Can Make It 7:30 pm
 Unity Church 12 - 19 yrs
 12650 SW 5th St Corner of 5th & Angel St BEAVERTON

THURSDAY

Happy Now Alateen AL 7:30pm
 St Luke's Lutheran Church
 6835 SW 46th Ave SW Portland

Soaring Serenity A 7:30pm
 East Co Alano Club Age 11-20 yr old
 1015 NE Roberts Gresham

Group Address Codes Time/Area

• AL-ANON MEETINGS •

MONDAY

NW at Noon (M-F) A Noon
 Pild. Alano Club 3rd floor loft
 909 NW 24th & Kearney NW PTLD

Sojourners W 5:15 pm
 St Michael Church
 424 SW Mill SW PTLD

Mock's Crest 5:30 pm
 St. John's Christian Church
 8044 N. Richmond entrance on Central N PTLD

Weekend Survivors 5:45 pm
 Pild Alano Club 2nd floor
 909 NW 24th & Kearney NW PTLD

Courage to Change on the Mountain 6:00pm
 The Next Church in Brightwood
 61300 E. Hwy 26 Welches

Eastside Beginner Meeting 6:45pm
 St. John The Baptist Catholic
 10955 SE 25th and Washington MILWAUKIE

Primarily Parents Too W 7:00 pm
 St Michael Church doors locked at 7:15 pm
 424 SW Mill (enter thru basement door) SW PTLD

Monday Night Live 7:00 pm
 1st Lutheran Church enter 4th St. side
 360 Wyeth St. ST.HELENS

Valor para Cambiar (Spanish) W 7:00 pm
 Meridian United Church of God
 6750 SW Boekman Rd WILSONVILLE

Una Luz En El Camino (Spanish) 7:00 pm
 St Paul Lutheran Church
 3880 SE Brooklyn St SE PTLD

Melrose W 7:30 pm
 Second United Church of Christ
 2941 NE Ainsworth NE PTLD

New Beginnings 7:30 pm
 St. Paul Lutheran Church basement
 3880 SE Brooklyn SE PTLD

Set Free A, W, X, T 7:30 pm
 St. John's Catholic Church
 10955 SE 25th & Washington MILWAUKIE

Group Address Codes Time/Area

Tigard Mon. Night A, T 7:30 pm
 St. James Episcopal Church
 11511 SW Bull Mountain Rd TIGARD
Up the Steps A 7:30pm
 Springbrook Treatment Center
 1901 Esther St NEWBERG

Aloha Monday Night W 7:30 pm
 Aloha United Methodist
 2270 SW 198th ALOHA

Clatskanie Mon. Nite W 8:00 pm
 Presbyterian Church
 215 S Nehalem CLATSKANIE

TUESDAY

Faith & Freedom (also on Friday) 7:00 am
 Grace Memorial Church
 1535 NE 17th & Weidler NE PTLD

Gresham Daytimers W 10:00 am
 St. Henry's Catholic Church Parish Center
 346 NW 1st Street GRESHAM

Recovery W 10:30 am
 12x12 Club
 7035 NE Glisan NE PTLD

NW at Noon-Step Mtg. see Monday noon

24 Horas Portland (Spanish) Noon
 St. Peter & Paul Episcopal Church
 8147 SE Pine SE Portland

Keep it Simple 7:00pm
 Unity Church lower level
 4525 SE Stark St SE PTLD

Recovery in Progress A, W 7:00pm
 URS Club
 17200 SE Stark St SE PTLD

North Plains Tuesday B 7:00 pm
 North Plains Christian Church
 31231 NW Commercial Ave NORTH PLAINS

Solutions and Serenity 7:00 pm
 Trinity Episcopal Cathedral room D
 147 NW 19th Ave (enter thru courtyard) NW PTLD

Hood River 7:00 pm
 St. Mark's Episcopal Church
 11th & Eugene Sts. Nursery room available HOOD RIVER

How It Works A,B,W 7:00pm
 Eastridge Church
 14100 SE Sunnyside Rd Clackamas

Gresham New Hearts A, W 7:30 pm

Group Address	Codes	Time/Area
East Co. Alano Club 1015 NE Roberts (old DMV near MAX)		GRESHAM
Courage to Change Living Hope Baptist Church south side 3130 SE 148	A, W 3 legacies study	7:30 pm SE PTLD
Family Lake Oswego Christ Episcopal Church 1060 Chandler Rd.	T, W	7:30 pm LAKE OSWEGO

WEDNESDAY

Adult Sons & Daughters St. Matthew Lutheran Church rm. 209 10390 SW Canyon Rd.	W, K, X	10:00 am BEAVERTON
Tower AFG Mead Building 421 SW 5th	W 6th flr conference Rm B	Noon SW PTLD
NW at Noon	see Monday noon	NW PTLD
Stepping Up – Step Mtg. United Methodist Church 1520 N Holly	W	2:00 pm CANBY
Growing to Wisdom-Men's Issues Ptld. Alano Club- 3rd. Floor loft 909 NW 24th & Kearney		6:00 pm NW PTLD
Overlook Kaiser Hospital Town Hall Bldg. 3704 N Interstate (corner of Overlook)	A, W Rm C	6:30 pm N PTLD
Una Luz En El Camino (Spanish) St Paul Lutheran Church 3880 SE Brooklyn St		7:00 pm SE PTLD
Nueva Vida SPANISH SPEAKING GROUP Community Center 11905 SW 91 st Ave	W	7:00pm TIGARD
Renacer (Spanish) Oak Grove United Methodist Church 14700 SE Rupert		7:00pm OAK GROVE
H.U.G.S. Oak Grove United Methodist Church main level 14700 SE Rupert	W, X	7:30 pm OAK GROVE
Beaverton Hearts - 1st United Methodist Church fireside room 12555 SW 4th & Watson	A, W	7:30 pm BEAVERTON
Wednesday Night Hope Christie School Sign on HWY 17600 Hwy 43 ground fl	W	7:30pm MARYHURST
Good Life		8:00 pm

Group Address	Codes	Time/Area
Ptld. Alano Club clock rm 909 NW 24th & Kearney		NW PTLD 8:00 pm
Molalla Church of Nazarene 920 E. Shirley St.	A	MOLALLA
From Survival to Recovery Sherwood Senior Center 21907 SW Sherwood Blvd.	A, W	8:00 pm SHERWOOD

THURSDAY

Valley Valley Community Church rm. 14 8060 SW Brentwood	W	10:00 am BEAVERTON
Mt. Pleasant Faith Church 3615 SE Hill Rd.	W new location	10:00 am Milwauikie
Safe Haven St. Pius Catholic Church 1280 NW Saltzman Rd	W	10:00am CEDAR MILL
NW at Noon	see Monday noon	NW PTLD
Riverview AFG Medical Office Building 1700 E 19 th St		12:30pm The Dalles
Men on the path to Recovery Alano Club (dad's meeting) 909 NW 24 th Ave 3 rd floor loft		5:30pm NW PTLD
Nimbus AI-ANON Parkside Business Center (RM 150 use Hall St. Entrance) 8285 SW Nimbus Ave	W	6:00 pm BEAVERTON
Thursday Rainbow Recovery Bethlehem Lutheran Church 1244 NE 39th & Senate (GLBTQQ)		6:15 pm NE PTLD
24 Horas Portland (Spanish) St. Peter & Paul Episcopal Church 8147 SE Pine		6:30pm SE Portland
Thursday Night Live 1st Lutheran Church, enter 4th St. side 360 Wyeth St.		7:00 pm ST. HELENS
Valor para Cambiar (Spanish) Meridian United Church of God 6750 SW Boekman Rd	W	7:00 pm WILSONVILLE
Parents Aren't Perfect St. Luke's Lutheran Church (Fellowship Hall, basement) 6835 SW 46 th Ave. Focus on Parents of Alcoholics Off 45 th and Vermont	W	7:30 pm SW PTLD
Progress Bethany Lutheran Church	W basement	7:30 pm

Group Address	Codes	Time/Area
4330 NE 37thAve & Skidmore Happy Destiny Real Life Christian Church 423 N 10 th St. (upstairs in classroom)	A	NE PTLD 7:30pm CORNELIUS

FRIDAY

Faith & Freedom Grace Memorial Church (See Tues @ 7am) 1535 NE 17 th & Weidler		7:00 am NE PTLD
Morning Glory Waverly Heights Cong. Church 3300 SE Woodward St.	B	9:30 am SE PTLD
Friday Nooners King City Club House 15245 SW 116 th Ave		Noon King City
NW at Noon	see Monday noon	NW PTLD
Double Winners 12 x 12 Club 7035 NE Glisan	W	1:30 pm NE PTLD
Un dia a la vez Ascension Church 7507 SE Yamhill	W SPANISH SPEAKING GROUP	7:00pm SE PTLD
Nueva Vida SPANISH SPEAKING GROUP Community Center 11905 SW 91 st Ave	W	7:00pm TIGARD
Hillsboro Friday Night Congregational Church 494 E Main St downstairs corner classroom		7:00 pm HILLSBORO
Serenity Seekers Mt. Hood Medical Ctr (Cascade Rm. Behind Hosp.) 24800 SE Stark	W	7:30 pm GRESHAM
No Mad Luther Memorial Church 4800 NE 72nd & Wygant	A, W	8:00 pm NE PTLD
Serenity Trails St. John the Apostle Catholic Church 516 5th Street	A	8:00 pm OREGON CITY
TGIF Study Group St. Vincent Hospital 2nd floor, conf Rm. # 3 9205 SW Barnes Rd.	A, W	8:00 pm CEDAR HILLS
Just For Me Living Savior Lutheran Church 8740 SW Sagert St corner of Boones Ferry		8:00 pm TUALATIN

SATURDAY

Group Address	Codes	Time/Area
Westside Newcomers Meeting New Thought Center for Spiritual Living (new location) 1040 C Ave Choir room LAKE OSWEGO	W	9:00 am

Steps To Serenity W 9:00am
St. Andrews Presbyterian Church (Steps Focus)
3228 SW Sunset Blvd. SW PTLD

Love, Gifts & Gratitude B, W 10:00 am
New Thought Center for Spiritual Living (**new location**)
1040 C Ave Fireside room LAKE OSWEGO

One Step at a Time C, K 10:00 am
Grace Memorial Church
1535 NE 17th & Weidler NE PTLD

Saturday Sanity C, W 3:00 pm
East Co. Alano Club old DMV building near MAX
1015 NE Roberts GRESHAM

Discovering Choices W 5:00pm
Kaiser Sunnyside (Brookside Center)
10180 SE Sunnyside Rd Clackamas

We Care 5:30 pm
Pfld Alano Club clock room
909 NW 24th & Kearney NW PTLD

Laurelhurst Family W 7:00 pm
Bethlehem Lutheran Church
1244 NE 39th & Senate (next to I-84) NE PTLD

Came To Believe A, W 7:00 pm
Providence Hospital Main floor hospital
4805 NE Glisan Room HCC6 NE PTLD

SUNDAY

Early Morning Meditation 8:30 am
Pfld Alano Club (begins with 20 min meditation)
909 NW 24th & Kearney(SE/2nd floor) NW PTLD

Sunday Strength 10:00am
Portland Alano Club 1st Floor Clock rm
909 NW 24th Corner of Kearney NW PTLD

Sunday Serenity B 10:30 am
Woodstock Community Center
5905 SE 43rd SE PTLD

Sunday Over the Rainbow AFG 5:15 pm
First Unitarian Church (GLBTQQ) scent free
1011 SW 12th SW PTLD

Love & Service W 5:30pm
Beaverton 7th Day Adventist Church
14645 SW Davis Rd BEAVERTON

Sunday Night Winners A 7:00 pm
Christ Lutheran Church
15029 2nd St NE AURORA

Let Go Too A, B, W 7:00pm
St. Bedes Episcopal
1609 Elm St Forest Grove

New Me A, W 7:30 pm
Meridian Park Hospital Education cntr. rm107
19300 SW 65th (Lower Level) TUALATIN

Mf. Tabor A 8:00 pm
Paulist Center
2408 SE 16th & Division SE PTLD

West Linn A, W 8:00 pm
Emanuel Presbyterian Church
19200 Willamette Drive WEST LINN

Vancouver Area/SW Washington

Monday

Survival to Recovery C, W focus ACOA women 1:30pm
Church of the Good Shepherds
805 SE Ellsworth

Aprendiendo A Ser Libre Spanish C 5:00 pm
10214 SE Mill Plain Blvd Suite E

Esperanza Para Hoy Spanish C 5:00 pm
5701 McArthur Blvd Room #19

New Hope - 5 Corners A,T,C 7:00 pm
Cascades Presbyterian Church
9503 NE 86th St

Monday Night Men's meeting W 7:00pm
SWMC education wing Classroom 1
600 NE 92nd Ave.

TUESDAY

Rock Cove AFG T,W 6:00pm
United Methodist Church
SW corner of Jefferson/School St Stevenson

5+ Study Group C 7:00pm
Messiah Lutheran Church
905 NW 94TH ST (basement)

Peaceful Thoughts A 7:30pm
Columbia Presbyterian Church (basement)
805 Columbia Ridge Drive

WEDNESDAY

Gratitude Group C, X 10:00am
Orchard Methodist Church
11000 4th Plain (use basement door)

Aprendiendo A Ser Libre Spanish C 5:00 pm
10214 SE Mill Plain Blvd Suite E

Esperanza Para Hoy Spanish C 5:00 pm

GLBT In the Couve C 7:00 pm
Vanc. Hts Methodist Church
5701 McArthur Blvd Room #19

Hope Group C,W 7:30 pm
Community Baptist Church
409 S Parkway Battle Ground

THURSDAY

Progress AFG C,A 7:00pm
Elim Lutheran Church of Hockinson
15815 NE 182nd Ave. (Nursery) Brush Prairie

Women Adult Children AFG C, W 7:00pm
St. Andrew Lutheran Church
5706 NE Gher Rd Enter front door (Rm 1)

Hazel Dell Group A 7:15 pm
Messiah Lutheran Church (upstairs)
905 NW 94th St.

FRIDAY

T.G.I.F. A 7:00 pm
Columbia Presbyterian Church (Chapel)
805 Columbia Ridge Drive

SATURDAY

Aprendiendo A Ser Libre Spanish C 10:00am
10214 SE Mill Plain Blvd Suite E

Stepping Stones A, W, B 12:00pm
Church of the Good Shepherd
805 SE Ellsworth Rd.

Newcomers Meeting W, A 7:30pm
SW Washington Medical Center
600 NE 92nd Ave (Educ.Wing, Class Rm 5)

SUNDAY

Progress AFG A, C 7:00pm
Elim Lutheran Church of Hockinson
15815 NE 182nd Ave. (fireside rm) Brush Prairie

Gateway to Serenity 7:00pm
Camas Friends Church
1004 NE 4th Ave Camas

**For Further Information on S.W. Washington
area Al-Anon & Alateen Meetings call the
Answering Service (360) 693-5781**