

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.”

Reprinted from [This is Al-Anon](#) 1967 (rev. 1981) by Al-Anon Family Group Hdqtrs.

Other websites of interest

National (WSO) World Service Office

<http://www.al-anon.org>

State (meetings through out the state)

www.oregonal-anon.org



for families & friends of alcoholics

Meeting Schedule 2024 Metropolitan Portland, Oregon

Last updated **5/1/24**

Al-Anon Information Service

1750 SW Skyline Blvd. #133
Portland, OR 97221

(503) 292-1333

Business (503) 297-3551

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 |
| USA & Canada | 1-888-425-2666 |

Virtual and in person meetings listed below

The meetings listed below are the most current information we have, if you find the information does not work please email us at ais@al-anonportlandoregon.org

****Sunday/domingo****

Early Morning Meditation AFG 8:15-9:30 am Alano Club 909 NW 24th in NE Room. Portland 97210

**Early Morning Meditation AFG 8:15-9:30am <https://us02web.zoom.us/j/5846931435?pwd=OSttYm1Zb3RsaUN0Qm5qMWFmL215Zz09>
Zoom Meeting ID: 584 693 1435 Passcode: 051520**

Eastside 11th Step AFG 8:30 am Community Church of Joy 8051 SE 16th Ave Portland OR 97202 “Meeting begins with 20 minutes of silence.”

Sunday Hope and Courage 9am Zoom id 968 8781 6838 passcode 014115

Serenidad En Accion GFA Spanish Speaking 9:00 am 560 SE 4th Ave Suite 230 Hillsboro OR 97123 New Member Focus

Sunday Strength 10-11:30am <https://zoom.us/j/347801726> Meeting ID: 347 801 726 Password: 074343 One tap mobile +16699009128

Fortaleciendo Vidas GFA 10-11:30am 1441 SE 122nd Ave Suite A Portland OR 97233 Spanish speaking

**Sunday Serenity 10:30 AM Hybrid In person Reed College Psychology Building room 108 3203 SE Woodstock Blvd. Portland OR 97202
Zoom: <https://us02web.zoom.us/j/82991944014?pwd=SIF5eGZPSUk4bXA5RUZsN2lLbkZ2QT09> ID: 829 9194 4014 Passcode: sun123 or
call 1 253 215 8782 Passcode: 816459 (Closed Captioning available)**

Love and Service 5pm West Hills Unitarian Universalist Fellowship 8470 SW Oleson Rd. Portland, OR 97223

Sunday Spark OF Light 7pm Christ Lutheran Church 15029 2nd St NE Aurora OR 97002 Come in the front double doors, meeting straight forward on the main floor

Sunday Night Winners 7pm <https://us02web.zoom.us/j/85352359371?pwd=ZlhCYkdxaUwvUjVxZ0VudVBCend4QT09> Meeting ID: 853 5235 9371 Passcode: 282333

West Linn 7pm In Person Emmanuel Presbyterian Church 19200 Willamette Dr West Linn OR 97068 Enter on main floor and proceed to the far end of the hall on right Open to Families and Friends Only

New Me 7pm in Person Living Savior Lutheran Church 8740 SW Sagert St., Tualatin, OR 97062 Go in main doors Upstairs room 223 Handicap Access door will be locked at 7:15

Mt Tabor AFG 7:30pm Grace Memorial Episcopal Church, 1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.)

Gresham Alateen 7:30-8:30pm ECAC (East County Alano Club) 1015 NE Roberts Gresham OR 97030 12-19 age range.

****Monday/lunes****

Reflections at Noon • 12:00pm <https://us06web.zoom.us/j/6944798450?pwd=uAzlTXotDakTty8FoEtwNXXFPZW6dp.1> Zoom 6944798450 Password: atnoon

NW @ Noon 12:00 pm Alano club of Portland 909 NW 24th Ave Portland OR 97210 in the loft

Women Adult Children -Survival To Recovery AFG 1:30pm Zoom ID# 81811070106 Password: Please contact Jody M for password info at: WomenAdultChildrenAFG@gmail.com

Step into Serenity 5:30-6:30pm Holy Redeemer, Guadalupe room 25 N Rosa Parks Way Portland OR 97217 White house between Church and School in Basement.

Weekend Survivors AFG 5:45-6:45 pm Alano club of Portland 909 NW 24th Ave Portland OR 97210 South East (SE) Room.

Beginner's Milwaukie 6:30-7:15 pm <https://us02web.zoom.us/j/82936658708?pwd=aC8reXlGZGJwcGVqWUsxYU9vTXJ4dz09> Meeting ID: 829 3665 8708 Passcode: 926183 New Member focus

Primarily Parents Too 7:00pm Zoom Meeting ID: 872 0998 0828 Passcode: serene (Closed Captioning available)

Tigard Monday Night 7:15 PM St. James Episcopal Church 11511 SW Bull Mountain Rd. Tigard OR 97224 Enter thru rear downstairs door in person

Monday Night Live 7:00pm First Evangelical Lutheran Church 360 Wyeth St. St Helens OR 97051

Mantenlo Simple 7-8:30 pm St Anthony's Church 9905 SW McKenzie St Tigard OR 97223

Set Free AFG 7:25 PM – 9:00 pm Simultaneous in person <https://us02web.zoom.us/j/83907974092?pwd=SGJDOGtuVmFHWHhYa3ArdTFDS0I5dz09> Meeting ID: 839 0797 4092 Password: 075014 Kairos Milwaukie United Church of Christ 4790 SE Logus Road Milwaukie OR 97222 Handicap access

Work it cuz you're worth it Alateen 7:30 pm St. James Episcopal Church 11511 SW Bull Mountain Rd. Tigard OR 97224 Enter thru lower side door.

New Beginnings 7:30 pm Zoom <https://us02web.zoom.us/j/84686160731?pwd=V0VJZ1ILUGUzVU15bmFwMHNpOUERQT09> Meeting ID: 84686160731 Passcode: newbeg

Monday Night Miracles 7:30 pm United Church of Christ at 31119 S. Hwy 170, Canby, OR 97013 In Person

Tuesday/martes

Faith and Freedom Zoom 7am <https://us02web.zoom.us/j/81845227398?pwd=TzBORFZZMnNHOGJpQUhTUEZENU5TUT09> Meeting 818 4522 7398 Passcode 496146 (Closed Captioning available)

Faith and Freedom 7am Grace Memorial Episcopal Church, 1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.)

Gresham Daytimers 10am-11:30am St Luke's Episcopal Church 120 SW Towle Ave Gresham, OR 97080 Wheelchair accessible

Tuesday Daytimers AFG 9:00-10:00am

Zoom <https://us06web.zoom.us/j/83216986616?pwd=cnREaDRMMjlCeW96SHJ3SWlxS3kzQT09> Meeting ID: 832 1698 6616 Passcode: Grace ID: 832 1698 6616 Passcode: 094816

Reflections at Noon • 12:00pm <https://us06web.zoom.us/j/6944798450?pwd=uAzlTXotDakTty8FoEtwNXXFPZW6dp.1> Zoom 6944798450 Password: atnoon

NW @ Noon Alano club of Portland 909 NW 24th Ave Portland OR 97210 in the loft

Meeting in the Park AFG 2-3pm McCormick Park 475 S. 18th St St Helens, OR 97501 Meets under pavilion by the Veterans Memorial Center

Principles & Progress 2.0 5-6pm In Person Coffee House 26, 67211 US Highway 26 Welches OR 97067

Beginning (Newcomers) 5:30-6:15pm Trinity Episcopal Cathedral 147 NW 19th Ave Portland OR 97209 Enter through Courtyard.

Hood River, 7-8PM In Person St Marks Episcopal Church 400 11th St., Hood River, OR, 97031

Solutions & Serenity, 7 pm <http://us02web.zoom.us/j/570432686> passcode 244440

Keep It Simple 7pm- Simultaneous in-person Unity Church, 4525 SE Stark St, Portland, OR - enter in the back.

<https://us06web.zoom.us/j/3797342551?pwd=M3dndnk1dWhyUHNNeUQ3eVc2N3BoUT09> **Zoom ID: 3797342551 **Passcode: 725239****

North Plains Tuesday 7:00pm <https://us02web.zoom.us/j/87324578280?pwd=N3ZsdDAyU1g4dnZpQWFENE43ZHZYdz09> Meeting ID: 873 2457 8280 Passcode: 461777

Everyone Needs AFG 7pm St John the Baptist Greek Church 14485 SW Walker Rd Beaverton or 97006

How it Work Al-Anon 7-8pm. Eastridge Church, 14100 SE Sunnyside Rd, Clackamas, OR 97015 In Person

How it Works Alateen 7 – 8 p.m. Doors open @6:45pm Meeting in room 134/135, follow signs ” AFG Teens” Eastridge Church 14100 SE Sunnyside Rd Clackamas, Or 97015

Fortaleciendo Vidas GFA 7:00-8:30 pm 1441 SE 122nd Ave Suite A Portland OR 97233 Spanish speaking

Young Adult’s Meeting, 7:30 - 8:30 PM In-person, masked True Colors Recovery Center 3807 NE Martin Luther King Jr Blvd, Portland, OR 97212

Gresham New Hearts, 7:30 PM 1015 NE Roberts Ave., Gresham, OR, (Multnomah), 97030

Family Lake Oswego AFG 7:30PM online & in person Christ Episcopal Church 1060 Chandler Rd. Lake

Oswego OR 97034 <https://us02web.zoom.us/j/302100536?pwd=VFA2dVJRMGZMZHhBRVQzdi9Td2pydz09> Password : 459547

****Wednesday/miércoles****

Adult Sons & Daughters 9:30 AM In Person with virtual component Christadelphian Community Church, 8970 SW Murray, Beaverton OR 97008 Zoom # 868 8765 7250 Password 691015

Tower AFG noon <https://us05web.zoom.us/j/82262220933?pwd=UWtwSlppWTY5RFdMZDZRUzhRWTFzUT09> Meeting ID: 822 6222 0933 Passcode: 102493

Reflections at Noon • 12:00pm <https://us06web.zoom.us/j/6944798450?pwd=uAzlTXotDakTty8FoEtwNXXFPZW6dp.1> Zoom 6944798450
Password: atnoon

NW @ Noon Alano club of Portland 909 NW 24th Ave Portland OR 97210 in the loft

Stepping Up 2:00 United Methodist Church [1520 N. Holly St, Canby OR 97013](https://us02web.zoom.us/j/169481444?pwd=YjVLRUZwWW9KRnIyTGRSbGJUTUhIdz09)

Growing Towards Wisdom men's 6:15pm

<https://us02web.zoom.us/j/169481444?pwd=YjVLRUZwWW9KRnIyTGRSbGJUTUhIdz09> Meeting ID: 169 481 444 Passcode 780607
Alano club of Portland 909 NW 24th Ave Portland OR 97210 NE Room both Zoom and In Person at same time.

Overlook 6:30-8 pm <https://us02web.zoom.us/j/86594894868> Meeting ID: 865 9489 4868 Password: 483896, Join By Phone +1 253 215 8782

Just for Today (Newcomers welcome) 7:00 pm – 8:00 pm. Join us on Zoom by contacting justfor.today.me@gmail.com

Bent Not Broken is a hybrid meeting 7-8 pm Zoom ID is 4143579105 Email bent.not.broken.al@gmail.com for the password. Simultaneous in-person: Prince of Peace Church at: 14175 NW Cornell Rd, Portland, OR 97229, Follow path on right side to back building - side entrance. To respect Church policy, no animals allowed on campus.

HUGS 2 AFG *Online only* 7:00-8:15 p.m. Zoom <https://us06web.zoom.us/j/6468303447?pwd=ZW5icksxZkRzb0E5bStJTUcwNjc2Zz09>
Meeting ID 646 830 3447 Passcode: grace

HUGS 7:30pm Oak Grove United Methodist Church 14700 SE Rupert Dr. Oak Grove OR 97267

Wed. Night Hope 7:30 pm. Christie School at Marylhurst College 2507 Christie Dr., Lake Oswego, OR, 97034

Molalla AFG 8-9 pm Temporary Electronic Meeting Available During COVID-19 Pandemic, Phone In: [971.224.6242](tel:971.224.6242)

Thursday/jueves

Safe Haven 10am Zoom Meeting ID - 858 90 538 219 Password - peace4U

Mt Pleasant Thurs 10:00 am Oak Grove United Methodist 14700 SE Rupert Dr., Oak Grove, OR 97267

Gratitude for Serenity 10:00am <https://us02web.zoom.us/j/82700651732?pwd=R3VZbGtOYmZ0emE0Z1hLak5HR294Zz09> Meeting ID:
827 0065 1732 Passcode: 413234

Reflections at Noon 12:00 pm, <https://us04web.zoom.us/j/697553502?pwd=L2pyUkdrS2xYdFc2RUFJczZxSzdlldz09#success>, Password: atnoon

NW @ Noon In-person meeting: Alano club of Portland 909 NW 24th Ave Portland OR 97210 in the loft

Thursdays at 1:00 AFG, 1- 2:15pm, book study “Courage to change”

Zoom <https://us02web.zoom.us/j/88643388159?pwd=SDVvZ29uT0RlbnZlZ0FTYzVBdz09> Meeting ID: 886 4338 8159 Passcode: 052216

The Do's and Don'ts AFG 6:30 pm in Person Banks Community United Methodist Church 42451 NW Depot St Banks OR 97106 Meets inside Church

Families in Serenity AFG, 6:30pm *New Life Foursquare Church 2350 SE Territorial Rd., Canby, OR, 97013 conference room*

Parents Aren't Perfect 7:00 pm In Person 2900 SW Peaceful Ln Portland OR 97239 (Follow driveway up until you see Al-Anon sign.)

Serenidad En Accion GFA Spanish Speaking 7:00 pm 560 SE 4th Ave Suite 230 Hillsboro OR 97123 Book Study

The Tigard Legacy AFG • 7:00pm [9845 SW Walnut Place, Tigard, OR 97223](https://www.google.com/maps/place/9845+SW+Walnut+Place,+Tigard,+OR+97223) Meets in small dining room downstairs

Friday/viernes

Faith and Freedom Zoom 7am <https://us02web.zoom.us/j/81845227398?pwd=TzBORFZZMnNHOGJpQUhTUEZENU5TUT09> Meeting 818 4522 7398 Passcode 496146 (Closed Captioning available)

Faith and Freedom 7am In Person Grace Memorial Episcopal Church, 1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.)

Morning Glory, 9:30am-Zoom <https://us02web.zoom.us/j/84932013775?pwd=aHZaN1QrWHRqVGhkbjlrTUo3cmxOUT09> Meeting ID: 849 3201 3775 Passcode: mornglory

Progress Not Perfection 10 am <https://us04web.zoom.us/j/646096203?pwd=K0xiM0xVWFJabXBmeHFORHVDNXhlUT09> Meeting ID: 646 096 203 Password: 040816

Reflections at Noon • 12:00pm <https://us06web.zoom.us/j/6944798450?pwd=uAzlTXotDakTty8FoEtwNXXFPZW6dp.1> Zoom 6944798450 Password: atnoon

NW @ Noon Alano club of Portland 909 NW 24th Ave Portland OR 97210 in the loft

How AI-Anon Works 1:30 pm Zoom # 874 9317 8112 Password is 237897

Grupo Nueva Vida 5:30 pm PST Junta Regular para compartir Zoom ID [544 005 5506](https://us02web.zoom.us/j/5440055506) Clave:

7isxK9 <https://us02web.zoom.us/j/5440055506?pwd=RGtWVFBwZ2dTZ3E0aWxiTlI1VmI3Zz09>

7 pm PST Taller de estudio con oradores Zoom ID [544 005 5506](https://us02web.zoom.us/j/5440055506) Clave 7isxK9

Grupo Nueva Vida 5:30PM: Regular Sharing Meeting Zoom ID# [544 005 5506](https://us02web.zoom.us/j/5440055506) Password:

7isxK9 <https://us02web.zoom.us/j/5440055506?pwd=RGtWVFBwZ2dTZ3E0aWxiTlI1VmI3Zz09> 7:00PM: Workshop/Speaker Meeting

Zoom ID# [544 005 5506](https://us02web.zoom.us/j/5440055506) Password: 7isxK9

Serenity Trails 6:30-7:30 pm St. John the Apostle youth bldg. 417 Washington St., Oregon City, OR, (Clackamas), 97045

Fortaleciendo Vidas GFA 7:00-8:30 pm In Person 1441 SE 122nd Ave Suite A Portland OR 97233 Spanish speaking

Hillsboro Friday Nite 7-8:00 PM UCC/Congregational Church 494 East Main St Hillsboro OR 97123 Enter Main St Side.

Choose Freedom Now (Closed Captioning available) 7 PM <https://zoom.us/j/726743948> password 123456

Serenity Seekers 7pm Mt Hood Medical Ctr (Cascade Room behind hospital) 24800 SE Stark St., Gresham 92030

Just for Me 7:30-8:30 pm Living Savior Lutheran Church 8740 SW Sagert St., Tualatin, OR 97062 Go in main doors Upstairs room 217
Handicap Access

Saturday/sábado

Westside Newcomers' Meeting 9:00 am Zoom: 856 2606 9321 New Passcode : 707540

LINK: <https://us06web.zoom.us/j/85626069321?pwd=Z3JXNzFmVDhaaFhvRnVYdWdkK1NGdz09>

Steps to Serenity 9:00 am Hybrid In Person St. Andrews 3228 SW Sunset Blvd, Portland, OR 97239, in the Lounge and Zoom

Meeting <https://us02web.zoom.us/j/88204863470?pwd=eEFiY1Bsa3h2cThtMHJ2ejk5Vytrdz09> Meeting ID: 882 0486 3470

Passcode: Serenity!

Growing Toward Wisdom men's 9:00-10:00am on Zoom <https://zoom.us/j/424820271?pwd=Q1gwUkJwZncvN3FRTVFBhCsram5zQT09>

Meeting ID: 424 820 271 Password: 780607

Spiritual Awakenings 9:30am Zoom <https://us06web.zoom.us/j/89863051496?pwd=gSfHUQhpK3EayKxjjTI5MhvZmY9Uvc.1> Zoom ID 898
6503 1896 ID awakenings

One Step at a Time 10-11:30 am Grace Memorial Episcopal Church, 1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.) Childcare offered

Love, Gifts, & Gratitude 10:00 am Hybrid meeting <https://us02web.zoom.us/j/380190659> ID 380 190 659 Password 681639 in person Center For Spiritual Living [1040 C Ave](#) Lake Oswego OR 97034(Fireside room.)

Saturday Sanity 3pm, East County Alano Club, 1015 NE Roberts Ave, Gresham

We Care AFG 5:30pm Alano club of Portland 909 NW 24th Ave Portland OR 97210 clock room

Laurelhurst AFG 7:00 pm St Michaels And All Angels Episcopal Church 1732 NE 43rd Ave Portland OR 97213 Meets in Parish building

****Monthly****

1st Sat. 9:30 AM to 11:30 AM, PST Eastside Manual Book Study Zoom ID: 817 0097 0492 Passcode 160402 click for flyer [2023 Eastside Service Manual Study](#)

4th Sat. of the month Westside Manual Study 9:30 am Zoom : <https://us02web.zoom.us/meeting/84626580836> password 589347 [Al-Anon – Westside Manual Discussion Group Flyer 2022 v2 \(1\)](#)

Al-Anon member from districts 9,10,11,12,17 and part of 15 wanting to attend Portland AIS Service Board and Service Committee meeting.

Please email the office at ais@al-anonportlandoregon.org Include your first

name and group. We will add you to the email distribution list. Meetings are currently on Zoom 3rd Thursday of the month at 7pm, new link is emailed out monthly. Closed captioning is available during service meetings.

The Portland AIS office is supported by the groups in these five districts and all the Information Service Representatives (ISR) vote on how the office is run and receives input at the AIS meetings on what's happening in our districts.

Please contact us by email or call at 503-292-1333 with any questions. Looking forward to seeing you at our next meeting!

Portland AIS Board