

## 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.

**Love & Service** W,B Sunday 5:00-6:00pm  
Beaverton 7<sup>th</sup> Day Adventist Church  
14645 SW Davis Rd BEAVERTON 97007

**Reflections** 2<sup>nd</sup> Friday of the Month  
Mt. Scott Community Center (auditorium) 7:30pm  
5530 SE 72<sup>nd</sup> Portland 97206

**Beaverton Hearts** 5<sup>th</sup> Wed. of the month 7:30-8:45 pm  
Cedar Hill United Church of Christ  
11695 SW Park Way Portland 97225

### Al-Anon and AA Speakers meeting

**Rule 62** 2<sup>rd</sup> Saturday of the month  
Central Bible Church 7:00pm  
8815 NE Glisan St Portland 97220

## 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 97267

### For those with 5+ yrs. in Al-Anon

**Five Plus** 6:30-8:00 pm  
Grace Memorial Church 2<sup>nd</sup> Monday of month  
1535 NE 17<sup>th</sup> & Weidler NE Portland 97232

### 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  
**F**=Fragrance Free  
**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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### Other websites of interest

National (WSO) World Service Office  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
State (meetings through out the state)  
[www.oregonal-anon.org](http://www.oregonal-anon.org)

# Al-Anon Alateen

for families & friends of alcoholics

## Meeting Schedule 2015 Metropolitan Portland, Oregon & Vancouver, Washington

This schedule is updated regularly.

**Last updated 7/8/15**

### 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](http://al-anonportlandoregon.org)**  
**Email: [ais@al-anonportlandoregon.org](mailto: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
USA & Canada	1-888-425-2666

Group Address Codes Time/Area

**PORTLAND AREA ALATEEN MEETINGS**

For teens affected by another person's drinking.

**MONDAY**

**Courage To Live** A,AL,W 7:30-8:45 pm  
St. Johns Catholic Church 12 - 19yrs  
10955 S.E. 25th & Washington MILWAUKIE 97222

**Tigard Alateen** A,AL,W 7:30-8:30 pm  
St. James Episcopal Church 12 - 19yrs  
11511 SW Bull Mountain Rd. TIGARD 97224

**TUESDAY**

**How It Works** AL,A ,B,W, 12-18 yrs 7:00-8:00pm  
Eastridge Church  
14100 SE Sunnyside Rd Clackamas 97015

**Walk it, Talk it, Know it, Show it** AL, W 7:30-9:00pm  
Christ Episcopal 12+  
1060 Chandler Rd. LAKE OSWEGO 97034

**WEDNESDAY**

**Together We Can Make It** 12 - 19 yrs 7:30-8:30 pm  
Unity Church Corner of 5th & Angel St  
12650 SW 5th ST BEAVERTON 97005

For Vancouver Alateen meeting call (360) 693-5781  
Or email alateen@wa-al-anon.org

**•AL-ANON MEETINGS •**

**MONDAY**

**NW at Noon (M-F)** A Noon-1:00pm  
Ptld. Alano Club 3rd floor loft  
909 NW 24th & Kearney NW Portland 97210

**Paths to Recovery** Noon  
Riverside Community Church  
4th and State Hood River 97031

**De La Supervivencia A La Recuperacion** 5:00-6:30pm  
Ascension Church (Spanish speaking)  
743 SE 76th Ave SE Portland 97215

**Hope For Today** (closed Mon. holidays) 5:30-6:30pm  
Northminster Presbyterian Church  
2823 N Rosa Parks Way N. Portland 97217

**Sojourners** W 5:30-6:45 pm  
First United Methodist Church room #136  
1838 SW Jefferson St SW PTLD 97201

**Weekend Survivors** 5:45-6:45 pm  
Ptld Alano Club Board rm  
909 NW 24th & Kearney NW Portland 97210

Group Address Codes Time/Area

**Eastside Beginner Meeting** 6:45-7:20pm  
St. John The Baptist Catholic  
10955 SE 25th and Washington MILWAUKIE 97222

**Primarily Parents Too** W 7:00-8:30 pm  
First United Methodist Church room #202  
1838 SW Jefferson St SW PTLD 97201

**Monday Night Live** 7:00-8:30 pm  
1st Lutheran Church enter 4th St. side  
360 Wyeth St. ST.HELENS 97051

**Una Luz En El Camino** (Spanish speaking) 7:00-9:00 pm  
St Paul Lutheran Church  
3880 SE Brooklyn St SE Portland 97202

**Serenity** 7:00pm  
Gateway Presbyterian Church  
1111 Dry Hollow Rd The Dalles 97058

**New Beginnings** 7:30-9:00 pm  
St. Paul Lutheran Church basement  
3880 SE Brooklyn SE Portland 97202

**Set Free** A, W, X, T 7:30-9:00 pm  
St. John's Catholic Church  
10955 SE 25th & Washington MILWAUKIE 97222

**Tigard Mon. Night** (new time) A, T 7:15-8:30 pm  
St. James Episcopal Church  
11511 SW Bull Mountain Rd TIGARD 97224

**Up the Steps** A 7:30-8:30pm  
Springbrook Treatment Center  
1901 Esther St NEWBERG 97132

**Aloha Monday Night** W 7:30-8:45 pm  
Aloha United Methodist  
2270 SW 198th ALOHA 97006

**Monday Night Miracles** A,W,B 7:30-9:00pm  
United Church of Christ  
31119 S Hwy 170 Canby 97013

**Clatskanie Mon. Nite** W 8:00-9:00 pm  
Methodist Church  
290 S Nehalem CLATSKANIE 97016

**TUESDAY**

**Faith & Freedom** (also on Friday) 7:00-8:00 am  
Grace Memorial Church  
1535 NE 17th & Weidler NE Portland 97232

**Gresham Daytimers** W 10:00-11:30 am  
St. Henry's Catholic Church  
346 NW 1st Street Parish Center  
GRESHAM 97030

Group Address Codes Time/Area

**Recovery** W 10:00-11:15 am  
12x12 Club  
7035 NE Glisan NE Portland 97213

**NW at Noon**-Step Mtg. see Monday noon

**Principles and Progress** 6:00-7:00pm  
Sandy Community Center  
38348 Pioneer Blvd Sandy 97055

**Keep it Simple** 7:00-8:30pm  
Unity Church in basement  
4525 SE Stark St SE Portland 97215

**North Plains Tuesday** B 7:00-8:00 pm  
North Plains Christian Church  
31231 NW Commercial Ave NORTH PLAINS 97133

**Solutions and Serenity** free parking 7:00-8:00pm  
Trinity Episcopal Cathedral St Francis rm basement  
147 NW 19th Ave (enter thru courtyard) NW PTLD 97209

**Hood River** 7:00-8:00 pm  
St. Mark's Episcopal Church(Nursery room available)  
11th & Eugene Sts. HOOD RIVER 97031

**How It Works** A,B,W, T 7:00-8:00pm  
Eastridge Church  
14100 SE Sunnyside Rd Clackamas 97015

**Serenidad en Accion** A 7:00-8:30pm  
560 SE 4th Ave #230 (Spanish speaking) Hillsboro 97123

**Gresham New Hearts** A, W 7:30-8:45 pm  
East Co. Alano Club  
1015 NE Roberts ( old DMV near MAX) GRESHAM 97030

**Family Lake Oswego** T, W 7:30-9:00 pm  
Christ Episcopal Church  
1060 Chandler Rd. LAKE OSWEGO 97034

**WEDNESDAY**

**Adult Sons & Daughters** W, K, X 10:00-11:30 am  
St. Matthew Lutheran Church rm. 209  
10390 SW Canyon Rd. BEAVERTON 97005

**Tower AFG** W B-10 (basement) Noon-1:00pm  
Mead Building 421 SW 5t SW Portland 97204

**NW at Noon** see Monday noon NW PTLD

**Stepping Up** - Step Mtg. W 2:00-3:00 pm  
United Methodist Church  
1520 N Holly CANBY 97213

*Group Address*                      *Codes*      *Time/Area*  
**De La Supervivencia A La Recuperacion**      5:00-6:30pm  
 Ascension Church (Spanish speaking)  
 743 SE 76<sup>th</sup> Ave                      SE Portland 97215

**Growing to Wisdom-Men's Issues**                      6:00-7:30 pm  
 Ptl'd. Alano Club- 3rd. Floor loft  
 909 NW 24th & Kearney                      NW PTLD 97210

**Overlook**                      A,W                      6:30-8:00 pm  
 Kaiser Hospital Town Hall Bldg. Rm C  
 3704 N Interstate (corner of Overlook) N Portland 97222

**Mantenlo Simple GFA**                      7:00-8:00pm  
 Community Center (Spanish speaking)  
 11905 SW 91<sup>st</sup> Ave                      TIGARD 97223

**Bent but not broken**                      7:00-8:00pm  
 Prince of Peace Lutheran Church  
 14175 NW Cornell RD                      NW Portland 97229

**Hope at Coffee Creek**                      C                      7:00-8:30pm  
 Prison meeting call AIS for Info.                      Wilsonville

**Una Luz En El Camino** (Spanish speaking) 7:00-9:00 pm  
 St Paul Lutheran Church  
 3880 SE Brooklyn St                      SE Portland 97202

**Friends of Lois AFG**                      7:30-8:30pm  
 St Timothy Lutheran Church                      SE Portland 97236  
 144<sup>th</sup> and SE Powell                      Hospitality Rm beside Church

**H.U.G.S.**                      W, X                      7:30-9:00 pm  
 Oak Grove United Methodist Church main level  
 14700 SE Rupert                      OAK GROVE 97267

**Beaverton Hearts**                      7:30-8:45 pm  
 Cedar Hill United Church of Christ  
 11695 SW Park Way                      SW Portland 97225

**Nueva Vida** (Spanish speaking)                      W                      7:30pm  
 Community Center  
 11905 SW 91<sup>st</sup> Ave                      TIGARD 97223

**Wednesday Night Hope**                      W                      7:30-8:45pm  
 Christie School      Sign on HWY  
 17600 Hwy 43      ground fl                      Lake Oswego 97034

**Molalla**                      A                      7:30-9:00 pm  
 United Methodist Church  
 111 Mathias Rd.                      MOLALLA 97038

**THURSDAY**

**Valley**                      W                      10:00-11:30am  
 Valley Community Church rm. 14  
 8060 SW Brentwood                      Portland 97225

**Mt. Pleasant**                      W                      10:00-11:30am  
 Faith Church  
 3615 SE Hill Rd.                      Milwaukie 97267

*Group Address*                      *Codes*      *Time/Area*  
**Safe Haven**                      W                      10:00-11:15am  
 St. Pius Catholic Church Cedar Mills)  
 1280 NW Saltzman Rd                      SW Portland 97229

**NW at Noon** see Monday noon                      NW PTLD

**Riverview AFG**                      12:30pm  
 St Paul's Episcopal Church  
 1805 Minnesota St                      The Dalles 97058

**Nimbus AI-ANON**                      W                      6:00-7:00 pm  
 7<sup>th</sup> Day Adventist Church  
 14645 SW Davis Rd.                      BEAVERTON 97007

**Men Recovering**                      6:00-7:00pm  
 Church of St Joseph the Worker  
 2310 SE 148<sup>th</sup> Ave                      SE Portland 97233

**Rainbow Recovery Thursday**                      6:15-7:30 pm  
 ST Michael's & All Angels Church (GLBTQQ)  
 1704 NE 43<sup>rd</sup>                      NE Portland 97213

**Thursday Night Live**                      7:00-8:30pm  
 1st Lutheran Church, enter 4th St. side  
 360 Wyeth St.                      ST.HELENS 97051

**Valor para Cambiar** (Spanish speaking) W 7:00 pm  
 Meridian United Church of Christ  
 6750 SW Boeckman Rd                      WILSONVILLE 97070

**Just For Today**                      7:30-8:30pm  
 Friends Community Church room 3  
 23264 SW Main St                      Sherwood 97140

**Parents Aren't Perfect**                      W                      7:30-9:00 pm  
 St. Luke's Lutheran Church (Fellowship Hall, basement)  
 6835 SW 46<sup>th</sup> Ave.      Focus on Parents of Alcoholics  
 Off 45<sup>th</sup> and Vermont                      SW Portland 97219

**Progress**                      W                      7:30-9:00pm  
 Bethany Lutheran Church                      basement  
 4330 NE 37<sup>th</sup> Ave & Skidmore                      NE Portland 97211

**Happy Destiny**                      A                      7:30-8:45pm  
 Real Life Christian Church  
 423 N 10<sup>th</sup> St. (upstairs in classroom) CORNELIUS 97113

**FRIDAY**

**Faith & Freedom**                      7:00-8:00 am  
 Grace Memorial Church (See Tues @ 7am)  
 1535 NE 17<sup>th</sup> & Weidler                      NE Portland 97232

**Morning Glory**                      B                      9:30-11:00 am  
 St. Paul Lutheran Church  
 3880 SE Brooklyn                      SE Portland 97202

**NW at Noon** see Monday noon                      NW PTLD

*Group Address*                      *Codes*      *Time/Area*  
**Friday 12X12 AFG**                      W                      1:30-2:30 pm  
 12 x 12 Club  
 7035 NE Glisan                      NE Portland 97213

**Paths to Recovery**                      A                      7:00-8:00pm  
 Creator Lutheran Church  
 13250 SE Sunnyside Rd                      Clackamas 97015

**Hillsboro Friday Night**                      7:00-8:30 pm  
 Congregational Church  
 494 E Main St      Enter main st side      HILLSBORO 97123

**Nueva Vida** (Spanish speaking)                      W 7:00-9:00pm  
 Community Center  
 11905 SW 91<sup>st</sup> Ave                      TIGARD 97223

**Young People's Meeting**                      7:00-8:00pm  
 TaborSpace  
 5441 SE Belmont                      SE Portland 97215

**Serenity Seekers**                      W                      7:30-9:00 pm  
 Mt. Hood Medical Ctr (Cascade Rm. Behind Hosp.)  
 24800 SE Stark St                      GRESHAM 97030

**Serenity Trails** meets in Parish Office Building St. John the  
 Apostle Catholic Church                      7:30-8:30 pm  
 516 5th Street                      OREGON CITY 97045

**No Mad**                      A, W                      8:00-9:15 pm  
 Luther Memorial Church  
 4800 NE 72nd & Wygant                      NE Portland 97218

**TGIF Study Group** (fragrance free) A,W                      8:00-9:15 pm  
 St. Vincent Hospital 2nd floor, conf Rm. # 3  
 9205 SW Barnes Rd.(Cedar Hills)                      SW Portland 97225

**Just For Me**                      A                      8:00-9:00 pm  
 Living Savior Lutheran Church  
 8740 SW Sager St                      TUALATIN 97062

**SATURDAY**

**Westside Newcomers Meeting**                      W                      9:00-10:00 am  
 New Thought Center for Spiritual Living  
 1040 C Ave                      LAKE OSWEGO 97034

**Steps To Serenity**                      W                      9:00-10:00am  
 St. Andrews Presbyterian Church (Steps Focus)  
 3228 SW Sunset Blvd.                      SW Portland 97239

**Spiritual Awakenings AFG**                      9:30 am  
 Ptl'd. Alano Club- 3rd. Floor loft  
 909 NW 24th & Kearney                      NW PTLD 97210

**Love, Gifts & Gratitude**                      B, W                      10:00-11:30 am  
 New Thought Center for Spiritual Living  
 1040 C Ave      Fireside room      LAKE OSWEGO 97034

