

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 7th Day Adventist Church
14645 SW Davis Rd BEAVERTON 97007

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

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

Westside Service Manual Group 4th Sat of the month
Home of Rita B. 9:30am-noon
13885 SW Meridian St. # 217 Beaverton 97005

Codes

A=AA meeting same place **B**=Babysitting available
AL=Al-Anon mtg same place
C=Closed meeting, only for Al-Anon and prospective Members
GLBTQQ=Gay, Lesbian, Bi, Trans, Queer, Questioning
H=In private residence
K=Adult Children of Alcoholic Parents
T=Alateen mtg. same place **W**=Wheelchair access
X=No children allowed

FOLLOW US ON
TWITTER & Instagram
@PDX_ALANON

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 2020 Metropolitan Portland, Oregon & Vancouver, Washington

This schedule is updated regularly.

Last updated 2/20/2020

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. - Ptlid.	503-223-8569
Salem OR Al-Anon	503-370-7363
Eugene OR Al-Anon	541-741-2841
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

Work It Cuz You're Worth It 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

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
317 4th and State Hood River 97031

Monday Forum W 5:30-6:30pm
Willamette United Methodist Church
1683 Willamette Falls Dr. West Linn 97068

Hope For Today (Closed major holidays) 5:30-6:30pm
St. John's Lutheran Church (NEW LOCATION)
4227 N Lombard St N. Portland 97203

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

Eastside Beginner Meeting 6:30-7:15pm
St. John The Baptist Catholic
10955 SE 25th and Washington MILWAUKIE 97222

Five Plus 2nd Monday of month 6:30-7:30 pm
Grace Memorial Church (All are welcome)
1535 NE 17th & Weidler NE Portland 97232

En Busca de la Libertad Personal W 7:00pm
Bethany Evangelical Free Church (Spanish speaking)
450 S Ivy St Canby 97013

Group Address Codes Time/Area

De La Supervivencia A La Recuperacion 7:00pm
Ascension Church (Spanish speaking)
743 SE 76th Ave SE Portland 97215

Aloha Monday Night W 7:00-8:15 pm
Aloha United Methodist
2270 SW 198th ALOHA 97006

Primarily Parents Too 7:00-8:30 pm
Grant Park Church
2728 NE 34th Ave Portland 97212

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

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

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

New Beginnings 7:30-8:30 pm
St. Paul Lutheran Church basement
3880 SE Brooklyn SE Portland 97202

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

Monday Night Miracles A,W 7:30-8:30 pm
United Church of Christ
31119 S Hwy 170 Canby 97013

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

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 Parish
395 NW 1st Street GRESHAM 97030

NW at Noon-Step Mtg. see Monday noon

Pathways AFG 1:30-2:30pm
Unity Church of Beaverton
12650 SW 5th ST Beaverton 97005

Sandy Principles and Progress 5:45-6:30pm
Sandy Community Center
38348 Pioneer Blvd Sandy 97055

Group Address Codes Time/Area

Un Dia A La Vez Spanish speaking 6:00pm
Riverside Community Church
4th and State Hood River 97031

Beginning 6:15-6:45pm
Trinity Episcopal Cathedral basement
147 NW 19th Ave NW PTLD 97209
**Free parking south side church. Door locked greeter until 6:30 PM. Enter Thru courtyard.

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

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

Solutions and Serenity ** See above 7:00-8:00pm
Trinity Episcopal Cathedral 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)
400 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

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

Family Lake Oswego W 7:30-8:45 pm
Christ Episcopal Church
1060 Chandler Rd. LAKE OSWEGO 97034

WEDNESDAY

Adult Sons & Daughters W, K, X 9:30-11:00 am
Christadelphian Church
8970 SW Murray Blvd Beaverton 97008

Tower AFG W Noon-1:00 pm
209 SW 4th Ave (Santiam Room) 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 97013

El Mejor Regalo downstairs in library 6:00-7:30 pm
St. James Episcopal Church (Spanish speaking)
11511 SW Bull Mountain Rd TIGARD 97224

Growing to Wisdom-Men's Issues 6:15-7:30pm
Ptld. Alano Club- 2nd floor NE rm
909 NW 24th & Kearney NW PTLD 97210

Group Address	Codes	Time/Area
One Step at a Time Grace Memorial Church 1535 NE 17th & Weidler	B, C, K	10:00-11:30 am NE Portland 97232

Saturday Sanity East Co. Alano Club old DMV building near MAX 1015 NE Roberts	C, W	3:00-4:30 pm GRESHAM 97030
--	------	-------------------------------

Discovering Choices Kaiser Sunnyside (Enter Main Hosp;down hall to right) 10180 SE Sunnyside Rd	W	5:00-6:00pm Clackamas 97015
--	---	--------------------------------

We Care Pfld Alano Club clock room 909 NW 24th & Kearney		5:30-6:30 pm NW PTLD 97210
---	--	-------------------------------

Came to Believe Providence Hospital Main floor Rm HCC6 4805 NE Glisan	A, W	7:00-8:00pm NE PTLD 97213
--	------	------------------------------

Laurelhurst Family ST Michael's & All Angels Church (house next door) 1732 NE 43 rd		7:00-8:00pm NE Portland 97213
---	--	----------------------------------

SUNDAY

Eastside 11th Step AFG (20 min silence) Community Church of Joy 8051 SE 16 th Ave	W	8:30-9:45am SE Portland 97202
--	---	----------------------------------

Early Morning Meditation new time Pfld Alano Club (begins with 20 min meditation) 909 NW 24th & Kearney (NE room)		8:15-9:30 am NW PTLD 97210
--	--	-------------------------------

Sunday Hope and Courage Bridges to Change 21440 SE Stark St.		9:00-10:00am Gresham 97030
---	--	-------------------------------

Serenidad en Accion 560 SE 4 th Ave #230 (Spanish speaking)	A	9:00-10:30am Hillsboro 97123
--	---	---------------------------------

Sunday Strength Portland Alano Club Basement 909 NW 24 th Corner of Kearney		10:00-11:30am NW PTLD 97210
---	--	--------------------------------

Sunday Serenity Fragrance free, B Woodstock Community Center 5905 SE 43 rd		10:30 am-Noon SE Portland 97206
--	--	------------------------------------

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

Sunday Night Winners Christ Lutheran Church 15029 2 nd St NE		7:00-8:00 pm Aurora 97022
--	--	------------------------------

Let Go Too St. Bedes Episcopal 1609 Elm St	A, W	7:00-8:00pm Forest Grove 97116
---	------	-----------------------------------

Group Address	Codes	Time/Area
New Me Fragrance free Tualatin United Methodist Church 20200 SW Martinazzi Ave (lower level)	A, W	7:30-8:30 pm Tualatin 97062

West Linn Emanuel Presbyterian Church 19200 Willamette Drive	A, W	7:30-8:30 pm WEST LINN 97068
---	------	---------------------------------

Mt. Tabor Grace Memorial Church 1535 NE 17th & Weidler		8:00-9:15 pm NE Portland 97232
---	--	-----------------------------------

Vancouver Area/SW Washington

MONDAY

Women Adult Children Survival to Recovery Church of the Good Shepherds 805 SE Ellsworth Rd	C, W	1:30-3:00pm 98664
---	------	----------------------

New Hope - 5 Corners Cascades Presbyterian Church 9503 NE 86 th St	A	7:00-8:00pm 98662
--	---	----------------------

Monday Night Men's PeaceHealth SW Medical Center 600 NE 92 nd Ave. Education Center	W	7:00-8:00pm 98664
---	---	----------------------

Esperanza Para Hoy (Spanish speaking) Immanuel Lutheran Church 8310 MacArthur Blvd	C	7:00-8:30pm 98664
---	---	----------------------

TUESDAY

Rock Cove AFG United Methodist Church 35 NW Jefferson St	W	6:00-7:00pm Stevenson 98648
---	---	--------------------------------

5+ Study Group Messiah Lutheran Church 905 NW 94 th St (downstairs)	C	7:00-8:00pm 98665
---	---	----------------------

Peaceful Thoughts Immanuel Lutheran Church 8310 MacArthur Blvd		7:30-8:30pm 98664
---	--	----------------------

WEDNESDAY

Gratitude Beautiful Savior Lutheran Church 12513 SE Mill Plain (use basement door)	X	10:00-11:30am 98684
---	---	------------------------

Hope Battleground Senior Center 1160NE 3rdAve	W	7:00-8:30pm Battle Ground 98604
--	---	------------------------------------

Group Address	Codes	Time/Area
---------------	-------	-----------

THURSDAY

Choosing to Change Church of the Good Shepherds 805 SE Ellsworth Rd	W	10:30-11:30am 98664
--	---	------------------------

Keep it Light Candle Light 1492 Wind River Hwy	W	1:00 pm Carson 98610
--	---	-------------------------

Women Adult Children AFG St. Andrew Lutheran Church 5607 NE Gher Rd Enter front door (Rm 1)	C, W	7:00-8:30pm 98662
--	------	----------------------

Young Folks Clark College Foster Hall Rm 108 1933 Fort Vancouver Way		7:00 pm 98663
---	--	------------------

Esperanza Para Hoy (Spanish speaking) Immanuel Lutheran Church 8310 MacArthur Blvd	C	7:00-8:30pm 98664
---	---	----------------------

Hazel Dell Group Messiah Lutheran Church 905 NW 94 th St	W, A, C	7:15-8:30pm 98665
--	---------	----------------------

FRIDAY

T.G.I.F. Columbia Presbyterian Church 805 Columbia Ridge Dr. (lower level, adult Ed. Room)	W	7:00-8:00pm 98664
---	---	----------------------

SATURDAY

Stepping Stones Church of the Good Shepherd (Class rm B) 805 SE Ellsworth Rd.	A, W	12:00pm 98664
--	------	------------------

Awareness Newcomers Meeting PeaceHealth SW Medical Center 600 NE 92nd Ave Education Center Class Rm 5	W	7:30-8:30pm 98664
--	---	----------------------

SUNDAY

Progress AFG Elim Lutheran Church of Hockinson 15815 NE 182nd Ave. (fireside rm)	A, C	7:00-8:00pm Brush Prairie 98606
---	------	------------------------------------

Gateway to Serenity Camas Friends Church 1004 NE 4 th Ave (upstairs)		7:00-8:00pm Camas 98607
--	--	----------------------------

Vancouver Answering Service 360-693-5781