

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

Al-Anon and AA Speakers meeting

Rule 62 3rd 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

Westside Service Manual Group 4th Sat of the month
Home of Rita B. 9:30am-12:00pm
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

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
State (meetings through out the state)
www.oregonal-anon.org



for families & friends of alcoholics

Meeting Schedule 2019 Metropolitan Portland, Oregon & Vancouver, Washington

This schedule is updated regularly.

Last updated 3/1/2019

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. - Ptltd.	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

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

THURSDAY

New Beginnings Alateen AL 12-19 yrs 7:00-8:00pm
1st Lutheran Church enter 4th St. side
360 Wyeth St. ST.HELENS 97051

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
Pfld. 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

Hope For Today 5:30-6:30pm
Northminster Presbyterian Church
2823 N Rosa Parks Way N. Portland 97217

Weekend Survivors 5:45-6:45 pm
Pfld 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 6:30-8:00 pm
Grace Memorial Church (All are welcome)
1535 NE 17th & Weidler NE Portland 97232

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

Group Address Codes Time/Area

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

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

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

Gresham Daytimers W 10:00-11:30 am
St. Henry's Catholic Church
346 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

Group Address Codes Time/Area

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

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 B 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

Timberline AFG C, W 6:00 pm
Church of St John in the Woods
24905 E Woodsey Way Welches 97067

Group Address *Codes* *Time/Area*
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
 Ptl'd. Alano Club- 2nd floor NE rm (Starting 4/11/18)
 909 NW 24th & Kearney NW PTLD 97210

Overlook 6:30-8:00pm
 Kaiser Hospital Town Hall Building rm C
 3704 N Interstate N. Portland 97222

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

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

Just for Today 7:00-8:00 pm
 Providence Medical Center Sherwood room
 1001 Providence Dr. Newberg 97132

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

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

Mantenlo Simple GFA C 7:30-9:00pm
 Community Center (Spanish speaking)
 11905 SW 91st Ave TIGARD 97223

H.U.G.S. W, X (Outside door locks 7:45, knock) 7:30-9:00 pm
 Oak Grove United Methodist Church main level
 14700 SE Rupert OAK GROVE 97267

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

Molalla W 8:00-9:00 pm
 United Methodist Church
 111 Mathias Rd. MOLALLA 97038

THURSDAY

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

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

Group Address *Codes* *Time/Area*
Riverview AFG 12:30pm
 St Paul's Episcopal Church
 1805 Minnesota St The Dalles 97058

Thursday Noon Young People W Noon-12:50pm
 First Congregational United Church Library room
 1126 SW Park Ave SW Portland 97205

Thursday at 1 AFG (Study Group) W 1:00pm
 St. Paul Lutheran Church St Paul room
 3880 SE Brooklyn SE Portland 97202

Nimbus AI-ANON W 6:00-7:00 pm
 7th Day Adventist Church Rm # 118
 14645 SW Davis Rd. BEAVERTON 97007

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

Common Solution AFG 6:30-7:30pm
 Northminster Presbyterian Church
 2823 N Rosa Parks Way N. Portland 97217

Families in Serenity AFG W 6:30-7:30pm
 Canby New Life Foursquare (Conference room)
 2350 SE Territorial Rd Canby 97013

Thurs. Night Lit. Study 7:00pm
 Grace Memorial Church
 1535 NE 17th & Weidler NE Portland 97232

Monday 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

Progress W 7:30-8:30 pm
 Bethany Lutheran Church basement
 4330 NE 37th Ave & Skidmore NE Portland 97211

Happy Destiny AFG (new location) 7:30-8:45 pm
 St. Bedes Episcopal
 1609 Elm St Forest Grove 97116

Parents Aren't Perfect W 7:30-9:00 pm
 St. Luke's Lutheran Church (Fellowship Hall, basement)
 4595 SW California Off 45th and Vermont
 Focus on Parents of Alcoholics SW Portland 97219

FRIDAY

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

Group Address *Codes* *Time/Area*
Morning Glory B 9:30-11:00 am
 St. Paul Lutheran Church
 3880 SE Brooklyn SE Portland 97202

Progress Not Perfection 10:00-11:00 am
 St Francis Episcopal Church
 8818 SW Miley Rd Wilsonville 97070

How AI-Anon Works W 1:30-2:30 pm
 Christadelphian Church
 8970 SW Murray Blvd Beaverton 97008

NW at Noon see Monday noon NW PTLD

Friday 12X12 AFG W 1:30-2:30 pm
 12 x12 Club
 7035 NE Glisan NE Portland 97213

Paths to Recovery A 7:00-8:00 pm
 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 91st Ave TIGARD 97223

Young People's Meeting W 7:00-8:15pm
 Lincoln St. Methodist Church
 5145 SE Lincoln St 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

TGIF Study Group (fragrance free) A,W 8:00-9:00 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 Sagert St TUALATIN 97062

SATURDAY

Westside Newcomers Meeting W 9:00-10:00 am
 New Thought Center for Spiritual Living Teen Room
 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

Group Address *Codes* *Time/Area*
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

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

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

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

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

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

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

SUNDAY

Eastside 11th Step AFG (20 min silence) W 8:30-9:45am
 New location 9/3/18 cross street Spokane
 8051 SE 16th Ave SE Portland 97202

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

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

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

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

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

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

Group Address *Codes* *Time/Area*
Let Go Too A, W 7:00-8:00pm
 St. Bedes Episcopal
 1609 Elm St Forest Grove 97116

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

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

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

Vancouver Area/SW Washington

MONDAY

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

Esperanza Para Hoy (Spanish speaking) C 7:00-8:30 pm
 5701 MacArther Blvd #19 98661

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

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

TUESDAY

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

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

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

WEDNESDAY

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

Esperanza Para Hoy(Spanish speaking) C 7:00-8:30pm
 5701 MacArther Blvd #19 98661

Group Address *Codes* *Time/Area*
Hope W 7:00-8:30pm
 Community Baptist Church
 409 S Parkway Ave Battle Ground 98604

THURSDAY

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

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

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

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

FRIDAY

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

SATURDAY

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

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

SUNDAY

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

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

**For Further Information on S.W. Washington
 area Al-Anon & Alateen Meetings call the
 Answering Service (360) 693-5781 or email
 alanondistrict8@gmail.com**