

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

Last updated **10/2/2020**

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

Newcomers

Eastside BEGINNER'S MEETING every Monday, 6:30-7:15 PM PST Join Zoom Meeting

<https://us02web.zoom.us/j/87118543037?pwd=THdEVWtZVjIMNktDbEhmV3BCWngwQT09>

Meeting ID: 871 1854 3037 Password: 019756

Westside Newcomers' Meeting every Saturday 9:00 am <https://zoom.us/j/625615926>

Juntas Al-Anon en Español por Zoom. Grupo "El mejor regalo"

Juntas: Domingos, Lunes, Martes y Jueves a las 5:00 PM- 6:30 PM Horario Pacifico.

Numero ID de junta: [299 962 3270](https://zoom.us/j/2999623270) Contraseña: 991977

M-F

Mon - Fri NW @ Noon 12:00 pm, [https://us04web.zoom.us/j/697553502?](https://us04web.zoom.us/j/697553502?pwd=L2pyUkdrS2xYdFc2RUFJczZxSzdldz09#success)

[pwd=L2pyUkdrS2xYdFc2RUFJczZxSzdldz09#success](https://us04web.zoom.us/j/697553502?pwd=L2pyUkdrS2xYdFc2RUFJczZxSzdldz09#success) , Password: atnoon

Sunday

Eastside 11th Step AFG 8:30 AM "Meeting begins with 20 minutes of silence." GoTo meeting link: <https://global.gotomeeting.com/join/867104805>

Sunday Hope and Courage 9am <https://zoom.us/j/96887816838?pwd=UHlxY1EvbHByR0p6STNYS1VuNWl1Zz09>

Meeting ID: 968 8781 6838 Password: 014115

Sunday Serenity, 10:30am- <https://us04web.zoom.us/j/377233479> Meeting ID: 377 233 479; One tap mobile +16699009128, 377233479#; or Dial +1 669-900-9128 Passcode 140526

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

Love and Service 5pm <https://zoom.us/j/8984643434> Password: 409119

Sunday Night Winners 7 pm <https://us04web.zoom.us/j/725974328> Meeting ID: 725 974 328 Password: 915683

Westlinn 7:30pm <https://us02web.zoom.us/j/89729953517> ID: 897 2995 3517 +1 669 900 9128 US (San Jose) For more info. Mia 503-484-5349 from 10:30 am to 5pm.

New Me 7:30 pm <https://us04web.zoom.us/j/637157293?pwd=NWJ3aGZrdmVXM05RaEFVMWxPdXBGZz09>

Meeting ID: 637 157 293 Password: 805259

Mt Tabor 8:00pm <https://us02web.zoom.us/j/406675044?pwd=R3BtWWt6TjFEc2VCUXUxd2RwNXpodz09>

Meeting ID: 406 675 044 Password: 996098

Monday

Hope for Today 5:30 pm No meeting on holidays <https://us04web.zoom.us/j/73326534271?pwd=c2dUZ2NBdzlkT3U2VjFDQkEwbDlZdz09>

Contact: Ms. Charlie W. 503-737-2221 Home 503-752-9582 Text also meeting in-person. Masks and Social distancing required.

Monday Forum 5:30pm <https://us02web.zoom.us/j/971239830>

Eastside BEGINNER'S 6:30-7:15 PM PST <https://us02web.zoom.us/j/87118543037?pwd=THdEVWtZVjIMNktDbEhmV3BCWngwQT09>

Meeting ID: 871 1854 3037 Password: 019756

Primarily Parents Too 7 PM <https://us02web.zoom.us/j/85235066187> **Password:** "serene"

Aloha Mon Night 7 pm <https://us04web.zoom.us/j/231348269> The Meeting ID is: 689 239 787 Meeting Password is: 547939

Tigard Monday Night 7:00 PM <https://us04web.zoom.us/j/736532834?pwd=cmU5VXBzbDhaMldiMkFMUXBZR2Rhdc09>
ID: 736 532 834 Password: 157935

Set Free 7:25 PM - 9:00 <https://us02web.zoom.us/j/83907974092?pwd=SGJDOGtuVmFHWHhYa3ArdTFDS0I5dz09>
Meeting ID: 839 0797 4092 Password: 075014

Monday Night Miracles 7:30 <https://us02web.zoom.us/j/82151210285?pwd=VkZlZDZlMkVhcnY2MkVobmVZd0JlUT09>
Meeting ID: 821 5121 0285 Passcode: 058595

New Beginnings 7:30 pm <https://us04web.zoom.us/j/579152339> Meeting ID: 579-152-339 One tap mobile +16699009128, 579152339#; or Dial +1 669-900-9128 Passcode 140526

Tuesday

Gresham Daytimers 10am- <https://us02web.zoom.us/j/352753230?pwd=bzRKdDlMVSsSwcGF5Ui8xT09McUxZDZ09> Meeting ID: 352-753-230 One tap mobile +16699009128, 352753230#; or Dial +1 669-900-9128 Passcode **Gresham**

Keep It Simple/Gresham New Hearts, 7pm- <https://us04web.zoom.us/j/707961195> Meeting ID: 707-961-195 One tap mobile +16699009128, 707961195#; or Dial +1 669-900-9128 Passcode kisgnh

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

North Plains Tuesday 7:00pm <https://us02web.zoom.us/j/89476629360?pwd=b3RieEtSUHNtQWFmR1RLSFZ0Q2N1dz09> Meeting ID: 894 7662 9360
Password: HALT

Family Lake Oswego 7:30PM <https://us02web.zoom.us/j/302100536?pwd=VFA2dVJRMGZMZHHBRVQzdi9Td2pydz09> Password : 459547.

Wednesday

Adult Sons & Daughters 9:30 AM new Zoom # as of 7/23/20 868 8765 7250 Password 691015

Tower AFG Noon <https://us02web.zoom.us/j/88177997865?pwd=enA0S2YvUmZCdXNSdWJ0eks3bjROZz09>
Meeting ID: 881 7799 7865 Password: 018272

Growing Towards Wisdom men's 6:15pm <https://us02web.zoom.us/j/169481444?pwd=YjVLRUZwWW9KRnlyTGRSbGJUTUhIdz09>
Meeting ID: 169 481 444 Password: 780607

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

Bent Not Broken 7-8 pm is: 600010585 Email bent.not.broken.al@gmail.com. for the password.

Wed. Night Hope 7:30 pm. Zoom <https://us02web.zoom.us/j/3473720568> Meeting ID: 347 372 0568

Thursday

Safe Haven 10 am Meeting ID: 876 5387 4858 Password: 872665

Mt Pleasant Thurs 10:00 am <https://us04web.zoom.us/j/312720694?pwd=cVd5NDAYUkxVSW15YWxEWEtBTDFtZz09>
Meeting ID: 312 720 694 Password: 496067

Thursdays at 1:00 AFG, 1pm- <https://us02web.zoom.us/j/487818522?pwd=NFkvRW5MOVIIZHJ5b2wxVytkdIZBOT09> Meeting ID: 487-818-522 One tap mobile +16699009128, 487818522#; or Dial +1 669-900-9128 Passcode 140526

Men Recovering AFG, 6PM- <https://us02web.zoom.us/j/487818522?pwd=NFkvRW5MOVIIZHJ5b2wxVytkdIZBOT09>
Meeting ID: 973 744 087 One tap mobile +16699009128, 973744087# Passcode grace

Nimbus 6:00-7:00 pm Zoom Meeting ID: 891 5551 1252 Password: 837931

Families in Serenity AFG, 6:30pm <https://us02web.zoom.us/j/83660557526?pwd=ZDQ4cjM4amlzODBKVkJUN2NqMXpZQT09>
Meeting ID: 836 6055 7526 Passcode: 929652

Parents Aren't Perfect 7:30 pm <https://us02web.zoom.us/j/522661908> Contact is Gayle: 310 487 4234

Friday

Morning Glory, 9:30am- <https://us02web.zoom.us/j/231348269?pwd=dkRaWmZ5bUk2RGgwS1dhZFo1UDIsUT09> Meeting ID: 231-348-269 or Dial +1 669-900-9128 Passcode mornglory

Progress Not Perfection 10 am <https://us04web.zoom.us/j/646096203?pwd=K0xjM0xVWFJabXBmeHFORHVDNXhIUT09>
Meeting ID: 646 096 203 Password: 040816

How Al-Anon Works 1:30 pm Zoom #_874 9317 8112 Password is 237897.

Young People's Meeting, 7pm- <https://us02web.zoom.us/j/86273237324>

Hillsboro Friday Nite Al-Anon Friday 7 PM <https://zoom.us/j/726743948>

Just for Me 8 pm phone meeting Call 425-436-6371 access code 643351#

Saturday

Westside Newcomers' Meeting 9:00 am <https://zoom.us/j/625615926>

Steps to Serenity 9:00 am Zoom <https://us02web.zoom.us/j/88204863470?pwd=eEFiY1Bsa3h2cThtMHJ2ejk5Vytrdz09>
Meeting ID: 882 0486 3470 Passcode: Serenity!

One Step at a Time 10 am Zoom meeting User: OneStepPDX@gmail.com
Meeting #: 813-6440-9785 Password: OneStepPDX

Love, Gifts, & Gratitude 10:00 am <https://us02web.zoom.us/j/380190659> ID **380 190 659** Password — **681639**

Saturday Sanity, will be meeting "in person" starting Saturday May 30th, same time and place as prior to Covid-19. (3pm, East County Alano Club, 1015 NE Roberts Ave, Gresham) Social distancing and precautions will be strictly observed and we ask that members wear masks to the meeting.

We Care AFG 5:30 pm <https://us02web.zoom.us/j/928163190> Passcode: 153278 Or dial 1-669-900-6833, enter meeting ID 928 163 190

Monthly

Manual Study 1st Sat. 09:30 AM to 11:00 AM, Early Arrivals 9:15 am PST
<https://us02web.zoom.us/j/82942832705?pwd=SDZlK1Z4aEdHK3NkeGtDK2MrNG1rQT09>
Meeting ID: 829 4283 2705 Password: 893152

4th Sat. of the month Westside Manual Study Zoom Number: 852-0457-0060 Password: 589347