

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
<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 4/30/21

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>

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=UHIxY1EvbHBzR0p6STNYS1VuNWl1Zz09> Meeting ID: 968 8781 6838
Password: 014115

Sunday Serenity 10:30 AM Join Zoom: <https://us02web.zoom.us/j/377233479?pwd=NVRSVlpYdUE1bXRDCtJubXYxV0ZRQT09>
Meeting ID: 377 233 479 Passcode: sun123 Dial by your location +1 253 215 8782 Meeting ID: 377 233 479 Passcode: 774822

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://us02web.zoom.us/j/85352359371?pwd=ZlhCYkdxUwvUjVxZ0VudVBCcnd4QT09> Meeting ID: 853 5235
9371 Passcode: 282333

Let Go Too 7:00 PM Zoom Meeting ID# 817 9279 8231 Passcode: zoom Dial-in by phone: +1 669 900-6833 or +1 253 215-8782

New Me 7:30 pm <https://us04web.zoom.us/j/637157293?pwd=NWJ3aGZrdmVXM05RaEFVMWxPdXBGZz09> Meeting ID: 637 157 293
Password: 805259

West Linn 7:30pm <https://us02web.zoom.us/j/82066433980?pwd=Wko0QjY4cDI5SUJiUzhldXphbGlyQT09> Meeting ID: 820 6643 3980 Passcode:
000961 For more info. Mia 503-484-5349 from 10:30 am to 5pm.

Mt Tabor AFG 8:00pm <https://us02web.zoom.us/j/406675044?pwd=R3BtWWt6TjFEc2VCUXUxd2RwNXpodz09> Meeting ID: 406 675 044
Password: 996098

Monday

Mon – Fri NW @ Noon 12:00 pm, <https://us04web.zoom.us/j/697553502?pwd=L2pyUkdrS2xYdFc2RUFJczZxSzldldz09#success>, Password:
atnoon

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

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

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

Eastside BEGINNER'S 6:30-7:15 PM Pacific Time Join <https://us02web.zoom.us/j/82936658708?pwd=aC8reXlGZGJwcGVqWUsxYU9vTXJ4dz09> Meeting ID: 829 3665 8708 Passcode: 926183

Primarily Parents Too 7 PM <https://us02web.zoom.us/j/84878319987> Meeting ID: 848 7831 9987 Password: "serene"

Aloha Mon Night 7 pm <https://us02web.zoom.us/j/689239787?pwd=WjYxd1NJWDFwaHIweXdUcFpYanZEQT09> _ The Meeting ID is: 689 239 787 Meeting Password is: 547939

Tigard Monday Night 7:00 PM <https://us04web.zoom.us/j/736532834?pwd=cmU5VXBzbDhaMldiMkFMUXBZR2RhZz09> ID: 736 532 834
Password: 157935

Set Free 7:25 PM – 9:00 <https://us02web.zoom.us/j/83907974092?pwd=SGJDOGtuVmFHWWhYa3ArdTFDS0I5dz09> Meeting ID: 839 0797 4092
Password: 075014

New Beginnings 7:30 pm <https://us02web.zoom.us/j/579152339?pwd=eStldFJU5EZqL0lndlkyZjZqNXBhZz09> Meeting ID: 579 152 339 Passcode: newbeg

Monday Night Miracles 7:30 pm <https://us02web.zoom.us/j/87112587350?pwd=a2paY3V5MVJSL2luZmkwdmRORUR4UT09> Meeting ID: 871 1258 7350 Passcode: 185047

Tuesday

Gresham Daytimers 10am- <https://us02web.zoom.us/j/352753230?pwd=bzRKdDIMVSswcGF5Ui8xT09McUxZz09> Meeting ID: 352-753-230 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://zoom.us/j/99996787400?pwd=N3hRNDVicml3OE9uTVVA3VEN0bFBMZz09> Meeting ID: 999 9678 7400 Passcode:
HALT By Phone: 669-900-6833 Meeting ID: 999 9678 7400
Passcode: 742966

The Eastridge Church has opened it's doors for face to face Alateen Meetings. How it Works Alateen 7 - 8 p.m. Social Distancing and face masks required. We ask teens to arrive at least 5 minutes early as doors must remain locked for security reasons. We meet downstairs in the High School Meeting Room, where there is ample space for social distancing. The room is sanitized after it has been occupied. Eastridge Church 14100 SE Sunnyside Rd Clackamas, Or 97015

Family Lake Oswego AFG 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://us05web.zoom.us/j/82262220933?pwd=UWtwSlppWTY5RFdMZDZRUzhRWTFzUT09> Meeting ID: 822 6222 0933
Passcode: 102493

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

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 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 password 1204

HUGS 7:30 <https://us02web.zoom.us/j/84791402673?pwd=YnFGeGdVa0Z0TGNBN0dNVEtxTDBwQT09> Meeting ID: 847 9140 2673 Password:
168651

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

Thursday

Safe Haven 10 am <https://zoom.us/j/87653874858> Password: 872665

Mt Pleasant Thurs 10:00 am <https://us02web.zoom.us/j/82700651732?pwd=R3VZbGtQYmZ0emE0Z1hLak5HR294Zz09> Meeting ID: 827 0065 1732 Passcode: 413234

Thursdays at 1:00 AFG, 1- 2pm, book study- Opening Our Hearts, Transforming Our Losses start Nov 5th 2020 <https://us02web.zoom.us/j/487818522?pwd=NFkvRW5MOVIIZHJ5b2wxVytkdlZBQT09> Meeting ID: 487-818-522 or Dial +1 669-900-9128 Passcode 140526

Men Recovering AFG, 6PM- Zoom Meeting ID: 973 744 087 One tap mobile +16699009128, 973744087# Passcode grace

Families in Serenity AFG, 6:30pm Zoom 852 9915 9890 *Passcode is 260216*

Common Solutions 6:30 pm Zoom Meeting <https://us04web.zoom.us/j/74116795006?pwd=ZG9vckl3TjlwaXN5anc3YmQ4S0lWdz09> Meeting ID: 741 1679 5006 Passcode: 6:30thurs

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=K0xjM0xVWFJabXBmeHFORHVdNXhlUT09> 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>

Grupo Nueva Vida (Spanish Meeting) 7 PM: Zoom Numero ID: 544 005 5506 Contraseña:7isxK9 <https://us02web.zoom.us/j/5440055506?pwd=RGtWVFBwZ2dTZ3E0aWxiTlI1VmI3Zz09>

Just for Me 8 pm Zoom <https://us02web.zoom.us/j/82780061714?pwd=bi85YnI4ckd1amlZSEUxUWNQcTJaZz09> also: Meeting ID: 827 8006 1714, Passcode: 643351

Saturday

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

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

Spiritual Awakenings 9:30am > <https://zoom.us/j/838989175?pwd=VWZuOUhmV1QyRjJhOTZsQkhkNGw0UT09> Meeting ID: 838 989 175 Password: 281197

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 Sat. May 30th,2020 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.

Discovering Choices 5-6pm <https://us02web.zoom.us/j/81750613244?pwd=eTlnMVFjdTFucmpabFZNRnJlc3Bidz09> Meeting ID: 817 5061 3244 Passcode: 533154

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

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

Monthly

1st Sat. 9:30 AM to 11:00 AM, PST Service Manual Book Study

<https://us02web.zoom.us/j/82942832705?pwd=SDZlK1Z4aEdHK3NkeGtDK2MrNG1rQT09> Meeting ID: 829 4283 2705 Password: 893152

4th Sat. of the month Westside Manual Study 9:30 am Zoom Number: <https://us02web.zoom.us/meeting/84626580836> password 589347