

## 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](http://www.oregonal-anon.org)



*for families & friends of alcoholics*

## Meeting Schedule 2021 Metropolitan Portland, Oregon

*Last updated* **10/8/2021**

### 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](http://al-anonportlandoregon.org)**  
**Email: [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)**

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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

## Electronic and in person meetings listed below

The meetings listed below are the most current information we have, if you find the information does not work please email us at [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)

\*Sunday/domingo\*

Sunday Morning Meditation AFG 8:15-9:30am Zoom Meeting ID: 983 4716 1212 Password: Meditation

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 Zoom id 968 8781 6838 passcode 014115

Serenidad En Accion GFA Spanish Speaking 9:00 am In-person meeting 560 SE 4th Ave Suite 230 Hillsboro OR 97123 New Member Focus

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 is a hybrid meeting 10-11:30am <https://zoom.us/j/347801726> Meeting ID: 347 801 726 Password: 074343 One tap mobile +16699009128 Simultaneous in-person: Alano club at 909 NW 24th Ave, Portland, OR 97210 Study on 2nd floor

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

Sunday Night Winners 7 pm <https://us02web.zoom.us/j/85352359371?pwd=ZlhCYkdxUwVxZ0VudVBCcnd4QT09> Meeting ID: 853 5235 9371 Passcode: 282333

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/lunes\*

\*Mon – Fri\* NW @ Noon 12:00 pm, <https://us04web.zoom.us/j/697553502?pwd=L2pyUkdrS2xYdFc2RUFJczZxSzdlldz09#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. In person starting 6/7/21 St. John's Lutheran 4227 N. Lombard St. Pdx 97203 enter on Russet

Monday Forum 5:30pm <https://us02web.zoom.us/j/971239830> meeting ID 971 239 830

Weekend Survivors AFG 5:45-6:45 pm Alano club of Portland 909 NW 24th Ave Portland OR 97212 Board room "In Person meeting"

Eastside BEGINNER'S 6:30-7:15 PM Pacific Time Join <https://us02web.zoom.us/j/82936658708?pwd=aC8reXlGZGJwcGVqWU5xYU9vTXJ4dz09>  
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

Monday Night Live 7:00pm Simultaneous in-person First Evangelical Lutheran Church 360 Wyeth St. St Helens OR 97051 and Zoom ID 663 259 3313 Passcode 532715

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

Work it cuz you're worth it Alateen 7:30 pm St. James Episcopal Church 11511 SW Bull Mountain Rd. Tigard OR 97224 Masks req. Enter thru rear downstairs door in person

New Beginnings 7:30 pm <https://us02web.zoom.us/j/579152339?pwd=eStldFJUSEZqL0lndlkyZjZqNXBhZz09> Meeting ID: 579 152 339 Passcode: newbeg

Monday Night Miracles 7:30 pm United Church of Christ at 31119 S. Hwy 170, Canby, OR 97013 in person and Zoom <https://us02web.zoom.us/j/87112587350?pwd=a2paY3V5MVJSL21uZmkwdmRORUR4UT09> Meeting ID: 871 1258 7350 Passcode: 185047

\*Tuesday/martes\*

Faith and Freedom 7am <https://us02web.zoom.us/j/81845227398?pwd=TzBORFZZMnNHOGJpQUhTUEZENU5TUT09> Meeting 818 4522 7398  
Passcode 496146

Gresham Daytimers 10am-11:30am In Person St Luke's Episcopal Church 120 SW Towle Ave Gresham, OR 97080 Wheelchair accessible Mask policy observed

Beginning (Newcomers) 5:30-6:15pm In Person Trinity Episcopal Cathedral 147 NW 19th Ave Portland OR 97209 Enter through Courtyard. Masks required

Keep It Simple 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://us06web.zoom.us/j/93739695960?pwd=Y2FTU2Y1OE5aYzB1MU5WZzhHZ2p3dz09> Call in: 1-669-900-6833  
Meeting ID: 937 3969 5960 Password: 584818

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

Gresham New Hearts, 7:30 PM 1015 NE Roberts Ave., Gresham, OR, (Multnomah), 97030 In Person

Family Lake Oswego AFG 7:30PM <https://us02web.zoom.us/j/302100536?pwd=VFA2dVJRMGZMZHhBRVQzdi9Td2pydz09> Password : 459547.

\*Wednesday/miércoles\*

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

Stepping Up 2:00 United Methodist Church [1520 N. Holly St, Canby OR 97013](https://www.google.com/maps/place/1520+N+Holly+St,+Canby,+OR+97013) "In person meeting: We will begin meeting inside due to change in weather. It is our group conscience that all attendees be vaccinated. Masks are required indoors per state mandate."

Growing Towards Wisdom men's 6:15pm <https://us02web.zoom.us/j/169481444?pwd=YjVLRUZwWW9KRnIyTGRSbGJUTUhIdz09> Meeting ID: 169 481 444 Password: 780607 Alano club of Portland 909 NW 24th Ave Portland OR 97212 NE Room both Zoom and In Person at same time.

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](mailto:justfor.today.me@gmail.com)

Bent Not Broken is a hybrid meeting 7-8 pm Zoom ID is 414 357 9105 Email [bent.not.broken.al@gmail.com](mailto:bent.not.broken.al@gmail.com) for the password. Simultaneous in-person: Prince of Peace Church at: 14175 NW Cornell Rd, Portland, OR 97229, Building closest to the parking lot, with the entrance on the left as you face it from the parking lot.

Wed. Night Hope 7:30 pm. Christie School at Marylhurst College 2507 Christie Dr., Lake Oswego, OR, 97034 in Person

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/jueves\*

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-Intimacy in the alcoholic relationships <https://us02web.zoom.us/j/487818522?pwd=NFkvRW5MOVIIZHJ5b2wxVytkdIZBQT09> 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 Hybrid Zoom 852 9915 9890 Passcode is 260216 Simultaneous in-person: New Life Foursquare Church 2350 SE Territorial Rd., Canby, OR, 97013 conference room

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 Zoom <https://us02web.zoom.us/j/89540624311?pwd=UThXYWNkWWVvRGhlUTQ4WG5Ha3FUQT09> Meeting ID: 895 4062 4311 Passcode: 291857

\*Friday/viernes\*

Faith and Freedom 7am <https://us02web.zoom.us/j/81845227398?pwd=TzBORFZZMnNHOGJpQUhTUEZENU5TUT09> Meeting 818 4522 7398 Passcode 496146

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

Grupo Nueva Vida 5:30 pm PST Junta Regular para compartir Zoom ID [544 005 5506](https://us02web.zoom.us/j/5440055506) Clave:

7isxK9 <https://us02web.zoom.us/j/5440055506?pwd=RGtWVFBwZ2dTZ3E0aWxiTlI1VmI3Zz09>

7 pm PST Taller de estudio con oradores Zoom ID [544 005 5506](https://us02web.zoom.us/j/5440055506) Clave 7isxK9

Grupo Nueva Vida 5:30PM: Regular Sharing Meeting Zoom ID# [544 005 5506](https://us02web.zoom.us/j/5440055506) Password: 7isxK9

<https://us02web.zoom.us/j/5440055506?pwd=RGtWVFBwZ2dTZ3E0aWxiTlI1VmI3Zz09> 7:00PM: Workshop/Speaker Meeting Zoom ID# [544 005 5506](https://us02web.zoom.us/j/5440055506) Password: 7isxK9

Serenity Trails 6:30-7:30 pm St. John the Apostle office bldg. 516 5th St., Oregon City, OR, (Clackamas), 97045 in person

Young Adult'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 8-9 pm Living Savior Lutheran Church 8740 SW Sagert St., Tualatin, OR 97062 Go in main doors Upstairs room 205 Handicap Access In Person

\*Saturday/sábado\*

Westside Newcomers' Meeting 9:00 am <https://zoom.us/j/91583364328>

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](mailto: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.

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\*

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

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

[Click for flyer Eastside Manual Study flyer 2021 \(1\)](#)

Meets 4th Thursday every month Thursday Night Young People Speaker Meeting AFG Time: 7:30-8:30pm PST Starting Sept 23rd, 2021

Join Zoom Meeting <https://us06web.zoom.us/j/85743985964?pwd=WXhQay8rS0VSUW53WDlZVFNKcjlyZz09>

Meeting ID: 857 4398 5964 Passcode: 162766 Group email contact for questions: [PDXHYA@gmail.com](mailto:PDXHYA@gmail.com)

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

*Al-Anon member from districts 9,10,11,12,17 and part of 15 wanting to attend Portland AIS Service Board and Service Committee meeting. Please email the office at [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org) Include your first name and group. We will add you to the email distribution list. Meetings are currently on Zoom 3rd Thursday of the month at 7pm, new link is emailed out monthly.*

*The Portland AIS office is supported by the groups in these five districts and all the Information Service Representatives (ISR) vote on how the office is run and receives input at the AIS meetings on what's happening in our districts.*

*Please contact us by email or call at 503-292-1333 with any questions. Looking forward to seeing you at our next meeting!*

*Portland AIS Board*