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.

“Whenever our information service officer lists an Al-Anon, 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 metropolitan 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 Hqtrs.

Other websites of interest

National (WSO) World Service Office
http://www.al-anon.org

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

for families & friends of alcoholics

Meeting Schedule
2022
Metropolitan Portland, Oregon

Last updated 8/18/22

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

<table>
<thead>
<tr>
<th>Alcohols Anon. - Ptd.</th>
<th>503-223-8569</th>
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<tbody>
<tr>
<td>Salem OR Al-Anon</td>
<td>503-370-7363</td>
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<tr>
<td>Eugene OR Al-Anon</td>
<td>541-741-2841</td>
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<tr>
<td>USA &amp; Canada</td>
<td>1-888-425-2666</td>
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Virtual 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@alanonportlandoregon.org

*Sunday/domingo*

Early Morning Meditation AFG 8:15-9:30am As of June, 2022, we will have two meetings a month in person. We will be at the Alano Club in NW Portland on the 2nd and 4th Sundays of the month, in the NE Room. We also have a new Zoom Meeting ID for the 1,3,5 Sundays of the month: 455 035 4160 Password is the same: 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  https://us02web.zoom.us/j/82991944014?pwd=SIF5eGZPSUk4bXA5RUZsN2ILbkZ2QT09 ID: 829 9194 4014 Passcode: sun123 or call 1 253 215 8782 Passcode: 816459

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 West Hills Unitarian Universalist Fellowship 8470 SW Oleson Rd. Portland, OR 97223 in person

Sunday Night Winners 7pm https://us02web.zoom.us/j/85352359371?pwd=ZlhCYkdxUwvUjVxZ0VudVBcnd4QT09 Meeting ID: 853 5235 9371 Passcode: 282333

New Me 7:30 pm https://us04web.zoom.us/j/637157293?pwd=NWJ3aGZrdmVXM05RaEFVMWxPdBGZz09 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 7:30pm In Person Grace Memorial Episcopal Church,1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.)
Gresham Alateen 7:30-8:30pm ECAC (East County Alano Club) 1015 NE Roberts Gresham OR 97030 Starting 5/22/22 In Person. 12-19 age range.

*Monday/lunes*

*Mon – Fri* NW @ Noon 12:00 pm, https://us04web.zoom.us/j/697553502?pwd=L2pyUkdrS2xYdFc2RUFIczXszdldz09#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

Step into Serenity 5:30-6:30pm Holy Redeemer, Guadalupe room 25 N Rosa Parks Way Portland OR 97217 White house between Church and School in Basement.

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=aC8reXlGZGJwcGVqWUsxYU9vTXJ4dz09 Meeting ID: 829 3665 8708 Passcode: 926183

Primarily Parents Too 7 PM https://us02web.zoom.us/j/87209980828  Meeting ID: 872 0998 0828  Passcode: serene

Tigard Monday Night 7:00 PM https://us04web.zoom.us/j/736532834?pwd=cmU5VXBzbDhMldiMkFMUXBZvRhdz09 ID: 736 532 834
Password: 157935

Monday Night Live 7:00pm In-person First Evangelical Lutheran Church 360 Wyeth St. St Helens OR 97051

Set Free 7:25 PM – 9:00 pm Simultaneous in-person https://us02web.zoom.us/j/83907974092?pwd=SGJDOGtuVmFHWHhYa3ArdTFDS015dz09  Meeting ID: 839 0797 4092 Password: 075014 Kairos Milwaukie United Church of Christ 4790 SE Logus Road Milwaukie OR 97222

Courage to Live Alateen 7:00pm In Person Kairos Milwaukie United Church of Christ 4790 SE Logus Road Milwaukie OR 97222

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 Zoom https://us02web.zoom.us/j/84686160731?pwd=V0VJZIILUGUzVU15bmFwMHNpOUERQT09  Meeting ID: 84686160731 Passcode: newbeg
Monday Night Miracles 7:30pm United Church of Christ at 31119 S. Hwy 170, Canby, OR 97013 In Person

*Tuesday/martes*

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

Faith and Freedom 7am In Person Grace Memorial Episcopal Church, 1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.)

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

Gresham Daytimers Too10am-11:30am Zoom https://us06web.zoom.us/j/83216986616?pwd=cnREaDRMMjlCeW96SHJ3SW1xS3kzQT09 Meeting ID: 832 1698 6616 Passcode: Grace ID: 832 1698 6616 Passcode: 094816

Principles & Progress 2.0 5-6pm In Person Coffee House 26, 67211 US Highway 26 Welches OR 97067

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

Hood River, 7-8PM In Person St Marks Episcopal Church 400 11th St., Hood River, OR, 97031

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

Keep It Simple 7pm- Simultaneous in-person Unity Church, 4525 SE Stark St, Portland, OR - enter in the back. https://us02web.zoom.us/j/81859103954?pwd=K0ZzbFArdFUwMHNSbUpQU2VvYXYxQT09 Meeting ID: 818 5910 3954 Passcode: KISAFG

North Plains Tuesday 7:00pm https://us02web.zoom.us/j/87324578280?pwd=N3ZsdDAyU1g4dnZpQWFENE43ZHZYdz09 Meeting ID: 873 2457 8280 Passcode: 461777

Everyone Needs AFG 7pm Holy Trinity Church 13175 SW Walker Rd Beaverton or 97005 (New In Person)

How it Work Al-Anon 7-8pm. Eastridge Church, 14100 SE Sunnyside Rd, Clackamas, OR 97015 In Person Masks required.
How it Works Alateen 7 – 8 p.m. Doors open @6:45pm Meeting in room 134/135, follow signs ” AFG Teens” 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 online & in person Christ Episcopal Church 1060 Chandler Rd. Lake Oswego OR 97034 https://us02web.zoom.us/j/302100536?pwd=VFA2dVJRMDZMZHhBRVQzd9T2pydz09 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/8226220933?pwd=UWtwSlppWRY5RFdM4DZRUzhRWTFzUT09 Meeting ID: 822 6222 0933 Passcode: 102493

Stepping Up 2:00 United Methodist Church 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.

Growing Towards Wisdom men’s
6:15pm https://us02web.zoom.us/j/169481444?pwd=YjVLRUZwWW9KRnIyTGRSbGJUThIldz09 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/86594984687 Meeting ID: 865 9498 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 is a hybrid meeting 7-8 pm Zoom ID is 4143579105 Email 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.

Young Adult's Meeting- 7:30-8:30PM Alternating meetings at Mt Tabor Park and Irving Park. Reach out to youngpeoplepdx@gmail.com for exact location. Irving Park ( 8/24, 9/7, 9/21) Mt Tabor ( 8/17, 8/31, 9/14, 9/28)
HUGS 7:30pm Hybrid Oak Grove United Methodist Church 14700 SE Rupert Dr. Oak Grove OR 97267 Meeting ID: 884 4446 9093 Passcode: 449 749

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

Molalla AFG 8-9 pm Temporary Electronic Meeting Available During COVID-19 Pandemic, Phone In: 971.224.6242

*Thursday/jueves*

Safe Haven 10am https://zoom.us/j/876 5387 4858 Password: 872665

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

Thursdays at 1:00 AFG, 1-2:15pm, book study “How Al-Anon Works for Families & Friends of Alcoholics” (the blue book)
Zoom https://us02web.zoom.us/j/88643388159?pwd=SDVvZ29uT0Rlb3FabjIzV0FTYyVBdz09 Meeting ID: 886 4338 8159 Passcode: 052216

Men Recovering AFG, 6PM-Hybrid Simultaneous in-person: Church of St Joseph the Worker 2310 SE 148th Ave. Portland 97233 https://us05web.zoom.us/j/83848878899?pwd=Y2JjQWxPQmJJaFhLNk1DWkphSUZQQT09 Meeting ID: 838 4887 8899 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=ZG9vckl3TjIwaXN5anc3YmQ4S0lWdz09 Meeting ID: 741 1679 5006 Passcode: 6:30thurs

Parents Aren’t Perfect 7:00 pm In Person 2900 SW Peaceful Ln (Follow driveway up until you see Al-Anon sign.)

*Friday/viernes*

Faith and Freedom Zoom 7am https://us02web.zoom.us/j/81845227398?pwd=TzBORFZZMnNHOgJpQUhTUEZENUTUT09 Meeting 818 4522 7398 Passcode 496146
Faith and Freedom 7am In Person  Grace Memorial Episcopal Church, 1535 NE 17th Ave. Portland, OR 97232 (Parking lot is on NE 16th Ave. and Weidler St.)

Morning Glory, 9:30am - Zoom https://us02web.zoom.us/j/84932013775?pwd=aHZaN1QrWHRqVHkbjIrTUo3cmxOUT09 Meeting ID: 849 3201 3775 Passcode: mornglory

Progress Not Perfection 10am Zoom https://us04web.zoom.us/j/646096203?pwd=K0xjM0xVWFJaXBmeHFORHVDNXhltUT09 Meeting ID: 646 096 203 Password: 040816

How Al-Anon Works 1:30pm Zoom # 874 9317 8112 Password is 237897

Serenity Trails 6:30-7:30 pm St. John the Apostle office bldg. 417 Washington St., Oregon City, OR, (Clackamas), 97045 in person

Young Adult’s Meeting, 7:00-8:15PM PST https://us02web.zoom.us/j/86273237324

Hillsboro Friday Nite Al-Anon Friday 7 PM https://zoom.us/j/726743948 password 123456

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=eEF1Y1Bsa3h2cThtMHJ2ejk5Vytrdz09 Meeting ID: 882 0486 3470 Passcode: Serenity!

Spiritual Awakenings 9:30am https://zoom.us/j/838989175?pwd=VWZuOUhmV1QvRjJhOTZsQkhkNGw0UT09 Meeting ID: 838 989 175 Password: awakenings

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 Hybrid meeting https://us02web.zoom.us/j/380190659 ID 380 190 659 Password 681639 in person Center For Spiritual Living 1040 C Ave, Lake Oswego OR 97034 (Fireside room. facility requires proof of vaccination)

Saturday Sanity 3pm , “in person” 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 5:30pm  In Person Alano club of Portland 909 NW 24th Ave Portland OR 97212 clock room

Laurelhurst AFG 7:00 pm  In Person St Michaels And All Angels Episcopal Church 1732 NE 42rd Ave Portland OR 97213 House next Door
Masks required by Church

*Monthly*

1st Sat. 9:30 AM to 11:00 AM, PST Eastside Manual Book Study Zoom ID: 817 0097 0492  Passcode  160402 click for flyer EastsideManual2022

Meets 4th Thursday every month (including holidays) Thursday Night Young People Speaker Meeting AFG Time: 7:30-8:30pm PST  Zoom Meeting https://us06web.zoom.us/j/85743985964?pwd=WXhQay8rS0VSUW53WDlZVFNKejJyZz09 Meeting ID: 857 4398 5964 Passcode: 162766 Group email contact for questions: Pdx.Thursdaynightyp@gmail.com

4th Sat. of the month Westside Manual Study 9:30 am Zoom: https://us02web.zoom.us/meeting/84626580836 password 589347 Al-Anon – Westside Manual Discussion Group Flyer 2022 v2 (1)

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 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. Closed captioning is available during service meetings.
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