

Greater Seattle AIS Meeting Directory (Districts 14-22)

NEWCOMERS ARE WELCOME AT ALL MEETINGS!

Updated: April 19, 2024 10:35 AM

Submit All Meeting Updates for Seattle AIS to [WA Area](#)

FAFO: Families and Friends Only | **FFAOW:** Families, Friends, & Observers Welcome | **B:** Beginner's/Info Meeting
CONCURRENT (electronic and in-person meetings at the same time but separately) | **HYBRID** (members meeting together electronically and in-person)

								MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SPANISH	ALATEEN	
Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Note: Zoom Dial-in for our area is: 1 253 215 8782 *6 to toggle mute from on to off)	City	Location Crossed out address indicates not currently meeting in person / Special locations notes	District # Group #											
MONDAY																	
Monday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting ID: 879 9945 6407 Code: 490681	Seattle		District 21 Group 502461											
Monday	10:30 AM	Monday Morning Jump Start AFG 90 minutes / FAFO / Closed Captioning (CC)	IN-PERSON ONLY	Auburn	Auburn City Seventh - Day Adventist 402 29 th St SE Masks no longer required	District 14 Group 63297											
Monday	12:00 PM	Capitol Hill AFG 75 minutes / FFAOW CapitolHillAFG@gmail.com	IN-PERSON ONLY ID: 614 658 9565 Code: serenity	Seattle	St. Mark's Cathedral 1245 10th Ave E (Bloedel Hall) Face Masks Optional	District 20 Group 64446											
Monday	12:00 PM	Monday Gratitude AFG 60 minutes / FFAOW	Zoom Meeting ID: 978 6172 1702 Code: 2650148	Bellevue		District 16 Group 30836688											
Monday	12:00 PM	Monday Nooners AFG 60 minutes / FFAOW MondayNooners@gmail.com	IN-PERSON ONLY	Bellevue	St Andrew's Lutheran Church 2650 148th Ave SE (H) Face Masks Optional	District 16 Group 30520789											
Monday	12:00 PM	Queen Anne Midday AFG 60 minutes / FFAOW	HYBRID - Zoom Meeting ID: 451 694 938 Code: 165642	Seattle	First Free Methodist Church 3200 3rd Ave W Face Masks Optional (The Rm / Park on Cremona / use North entry) (H)	District 20 Group 62081											
Monday	12:30 PM	Bothell Monday Study AFG 90 minutes / FFAOW	IN-PERSON ONLY	Bothell	Eastside Church 14520 100th Ave NE (H) Face Masks Optional	District 15 Group 31186											
Monday	4:30 PM	3rd Place Literature Study AFG 60 minutes / FFAOW live.free.odat@gmail.com	IN-PERSON ONLY	Lake Forest Park	Lake Forest Park Presbyterian Church 17440 Brookside Blvd NE Face Masks Optional	District 22 Group 30518096											
Monday	5:30 PM	Mountain AFG 60 minutes / FFAOW	IN-PERSON ONLY	Enumclaw	Calvary Presbyterian Church 1725 Porter St (Downstairs in Fellowship Hall) (H) Face Masks Optional	District 14 Group 30800325											
Monday	6:30 PM	Saltwater AFG 90 minutes / FFAOW SaltwaterAFG@gmail.com	Zoom Meeting Login info: Get via email	Des Moines		District 14 Group 30512485											

Monday	7:00 PM	Boundaries Not Walls Women's AFG 60 minutes / WOMEN / FFAOW	Zoom Meeting ID: 209 074 2264 Code: 1dED8w	Seattle		District 20 Group 30808052
Monday	7:00 PM	Magnolia Monday Nite Fireside AFG 60 minutes / FFAOW	Zoom Meeting ID: 864 6238 3566 Code: 783005	Seattle		District 20 Group 63177
Monday	7:00 PM	Meadowdale AFG 90 minutes / FFAOW (5th Mondays: Celebration of Recovery)	IN-PERSON ONLY	Edmonds	St Hilda & St Patrick Episcopal Church 15224 52nd Ave W (H) Face Masks Optional	District 22 Group 49029
Monday	7:00 PM	Parents for Serenity AFG 90 minutes / PARENTS / FFAOW / B 4mipfs@gmail.com	HYBRID - Zoom Meeting ID: 850 7898 9662 Code: 812822	Mercer Island	Holy Trinity Lutheran Church 8501 SE 40th St Face Masks Optional [enter on West side, lower parking lot] (H)	District 16 Group 61342
Monday	7:00 PM	Renton Monday Night AFG 90 minutes / FFAOW	IN-PERSON ONLY	Renton	St Lukes Episcopal Church Prichard Hall 99 Wells Ave S Face Masks Required	District 17 Group 50914
Monday	7:30 PM	Coal Creek South Bellevue AFG 60 minutes / FAFO	HYBRID - Zoom Meeting ID: 977 1552 8373 Code: 12800	Bellevue	Newport Covenant Church 12800 Coal Creek Pkwy SE Face Masks Optional (1st flr in main church bldg) (AA)	District 16 Group 33387
Monday	7:30 PM	No Expectations Women's AFG 60 minutes / WOMEN / FFAOW	IN-PERSON ONLY	Seattle	St Paul's United Church 6512 12th Ave NW (AA) Face Masks Optional	District 21 Group 30731356
Monday	7:30 PM	Richmond Beach AFG 90 minutes / FFAOW	Zoom Meeting ID: 812 6853 3090 Code: 807829	Shoreline		District 22 Group 14320
Monday	7:30 PM	Salmon Bay Candlelight AFG 90 minutes / FFAOW	Hybrid 1st Monday only Zoom Meeting ID: 815 1082 7369 Code: 435506	Seattle	Ballard First Lutheran Church 2006 NW 65th St - Havvik Hall (Behind parking & house office) (H)	District 21 Group 41889
TUESDAY						
Tuesday	7:00 AM	Opening Our Hearts AFG 60 minutes / FAFO	Zoom Meeting ID: 838 8546 9911 Code: 684135	Seattle		District 20 Group 30614923
Tuesday	10:00 AM	Highland Tuesday AFG 90 minutes / FAFO / B	IN-PERSON ONLY	Shoreline	St Dunstan's Episcopal Church 722 N 145th St Face Masks Optional (H) (enter from the lower parking lot)	District 21 Group 14311
Tuesday	10:00 AM	Renton Tuesday Morning AFG 90 minutes / FFAOW	IN-PERSON ONLY	Renton	First United Methodist Church 2201 NE 4th St Face Masks Optional (Entrance via upper parking) (H)	District 17 Group 14290
Tuesday	12:30 PM	Kirkland Tuesday Afternoon AFG 90 minutes / FAFO	IN-PERSON ONLY	Kirkland	Kirkland Congregational Church 106 5th Ave (Room 21)	District 15 Group 44099
Tuesday	12:30 PM	Tuesday Reboot AFG - West Seattle 75 minutes / FFAOW	Zoom Meeting ID: 873 5336 2294 Code: 861344	Seattle		District 19 Group 30619812
Tuesday	7:00 PM	Serenity in Snoqualmie AFG 60 minutes / FFAOW	HYBRID - Zoom Meeting ID: 857 4841 7555 Code: 123450303	Snoqualmie	St Clare Episcopal Church 8650 Railroad Ave (Left side room)	District 16 Group 30657168
Tuesday	7:00 PM	Tuesday Unity AFG 75 minutes / FFAOW	Zoom Meeting ID: 810 034 621 Code: 026128	Seattle		District 20 Group 30592290

Tuesday	7:15 PM	Bothell Tuesday Neters AFG 90 minutes / FFAOW / B	IN-PERSON ONLY	Bothell	Eastside Four Square Church 14520 100th Ave NE (CH H AA)	District 15 Group 14130
Tuesday	7:30 PM	Denny Park Family AFG 60 minutes / FFAOW	Zoom Meeting ID: 870 1387 9260 Code: 325659	Seattle		District 20 Group 27198
Tuesday	7:30 PM	North End Men's AFG 90 minutes / MEN / FAFO northendmensafg@gmail.com	IN-PERSON ONLY	Shoreline	St David Emmanuel Episcopal Church 18842 Meridian Ave N	District 22 Group 500659
Tuesday	7:30 PM	Tuesday Night Gratitude AFG 60 minutes / FFAOW RedmondTuesdayNight@gmail.com	Zoom Meeting ID: 988 1917 0446 Code: 547332	Redmond		District 15 Group 52374
WEDNESDAY						
Wednesday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	CONCURRENT - Zoom Meeting ID: 879 9945 6407 Code: 490681	Seattle	St Paul's United Church 6512 12th Ave NW Face Masks Optional (Meets M & F (zoom), W only (concurrent)) (H AA)	District 21 Group 502461
Wednesday	10:30 AM	Wednesday Morning Sunshine AFG 90 minutes / FAFO wmsfedway@gmail.com	IN-PERSON ONLY	Federal Way	Light of Christ Lutheran Church 2400 SW 344th St Face Masks Required	District 14 Group 25474
Wednesday	7:00 PM	Alderwood/Edmonds AFG 75 minutes / FFAOW	IN-PERSON ONLY	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner at 196th) (H) Face Masks Optional	District 22 Group 30623421
Wednesday	7:00 PM	Courage to Change AFG - Seattle 75 minutes / FFAOW	Zoom Meeting Only (1st & 3rd Weds) ID: 462 9397184 Code: SQSea3 IN-PERSON ONLY (2nd, 4th, 5th Weds)	Seattle	Mount Baker Park Presbyterian Church (upstairs rm) 3201 Hunter Blvd S (2nd, 4th, 5th Weds) Face Masks Optional	District 19 Group 62852
Wednesday	7:00 PM	Maple Valley Wednesday Night AFG 90 minutes / FFAOW mvmw17@gmail.com	HYBRID - Zoom Meeting Log info: Get via email	Covington	Light of Life Lutheran Church 28525 216th Ave SE (Next to church) (H) Face Masks Required	District 14 Group 62618
Wednesday	7:00 PM	Sunset AFG 90 minutes / FFAOW https://sunsetafg.wordpress.com/	IN-PERSON ONLY	Seattle	Woodland Park United Methodist Church 302 N 78th St (Social Hall 1st Fl. Not on pkg level. In east wing of main bldg. Use south side stairs.) (H)	District 21 Group 14327
Wednesday	7:00 PM	Wednesday Back to Basics AFG 60 minutes / FFAOW	IN-PERSON ONLY	Mountlake Terrace	Bethesda Lutheran Church 23406 56th Ave W Face Masks Optional	District 22 Group 501477
Wednesday	7:00 PM	Wednesday's Women AFG 90 minutes / WOMEN / FAFO	IN-PERSON ONLY	Kirkland	Kirkland Congregational Church 106 5th Ave Upstairs, Room 21 Face Masks optional	District 15 Group 64991
Wednesday	7:30 PM	Midweek Men's AFG 90 minutes / MEN / FFAOW / B MWMAFG@gmail.com	HYBRID - Zoom Meeting ID: 857 8017 2055 Code: 857372	Kirkland	Kirkland Congregational Church 106 5th Ave Upstairs, Room 23	District 15 Group 53963
Wednesday	8:00 PM	Newport Study AFG 90 minutes / FAFO	HYBRID - Zoom Meeting ID: 990 8011 7489 Code: 4228	Bellevue	St Margaret's Episcopal Church 4228 Factoria Blvd (Follow signs) Face Masks optional	District 16 Group 14122
THURSDAY						
Thursday	7:00 AM	Focus on Gratitude AFG 60 minutes / FFAOW fogzoom2021@gmail.com	Zoom Meeting ID: 822 0783 2473 Code: 920052	Seattle		District 20 Group 30503143

Thursday	10:00 AM	Issaquah Day AFG 90 minutes / FFAOW issadayfg@hotmail.com	HYBRID (4th week only) Zoom Meeting Login info: email for zoom codes	Issaquah	Our Savior Lutheran Church 745 Front St S (4th week only) Face Masks Optional	District 16 Group 14204
Thursday	10:00 AM	Kirkland Thursday Morning AFG 90 minutes / B / FFAOW	Zoom Meeting ID: 832 0523 7594 Code: 133691	Kirkland		District 15 Group 14223
Thursday	6:30 PM	Women Living in Focus AFG (Seattle) 90 minutes / WOMEN / FAFO	HYBRID - Zoom Meeting ID: 805 686 374 Code: 347291	Seattle	Admiral Congregational UCC 4320 SW Hill St	District 19 Group 44646
Thursday	6:30 PM	Madison Madrona AFG 60 minutes / BIPOC / LGBTQIA / FFAOW / B	IN-PERSON ONLY	Seattle	Epiphany Church Parish Hall 1805 38th Ave Face Masks Optional (Fireside Room – 1st Floor, Free Parking)	District 20 Group 46407
Thursday	7:00 PM	New Horizons AFG 90 minutes / FFAOW / B	CONCURRENT - Zoom Meeting ID: 984 5645 9294 Code: 564580	Carnation	Tolt Congregational Church 4851 Tolt Ave (H)	District 15 Group 30537397
Thursday	7:00 PM	Terrace View AFG 90 minutes / FFAOW	Phone Meeting Dial: 605-313-4484 Code: 503150	Lynnwood		District 22 Group 30760
Thursday	7:30 PM	Bellevue Lake Hills AFG 90 minutes / FFAOW / B lakehillsthursdaynite@gmail.com	HYBRID - Zoom Meeting ID: 999 6642 1488 Code: 2650148	Bellevue	Saint Andrew's Lutheran Church 2650 148th Ave SE (H AT AA) Face Masks Optional	District 16 Group 14118
Thursday	7:30 PM	Eastside Parents AFG 90 minutes / PARENTS / FFAOW	Zoom Meeting ID: 876 7183 2210 Code: 973424	Issaquah		District 16 Group 30522678
Thursday	7:30 PM	Fremont AFG 60 minutes / FFAOW	IN-PERSON ONLY	Seattle	Emmanuel Church 503 N 50th St (Meets in 1st floor lounge) Face Masks Optional	District 20 Group 30580844
Thursday	7:30 PM	Renton Thursday Night AFG 90 minutes / FFAOW / B	HYBRID - Zoom Meeting ID: 293 138 1614	Renton	St Lukes Episcopal Church 99 Wells Ave S (Pritchard Hall)	District 17 Group 14286
FRIDAY						
Friday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting ID: 879 9945 6407 Code: 490681	Seattle		District 21 Group 502461
Friday	10:00 AM	Highlands Friday AM AFG 90 minutes / FFAOW	IN-PERSON ONLY	Shoreline	St. Dunstan's Episcopal Church 722 N 145th St (Back entrance) Face Masks Optional	District 21 Group 32362
Friday	10:30 AM	Auburn Friday Morning AFG 90 minutes / FAFO	CONCURRENT - Zoom Meeting ID: 813 6592 4976 Code: 9853064	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AA) Face Masks Required	District 14 Group 23848
Friday	6:00 PM	Courage to Change AFG - Kirkland 60 minutes / FFAOW couragetochangeafg20@gmail.com	HYBRID - Zoom Meeting ID: 690 929 7584	Kirkland	St John's Episcopal Church 105 State St Face Masks Optional (Room entrance on parking lot side) (H)	District 15 Group 30731298
Friday	7:30 PM	Burien Friday Night AFG 60 minutes / FFAOW (Book Study: Reaching for Personal Freedom)	IN-PERSON ONLY	Burien	St Elizabeth's Episcopal Church 1005 SW 152nd St (H)	District 18 Group 14302
Friday	7:30 PM	Kent All Men's AFG 90 minutes / MEN / FFAOW / B	IN-PERSON ONLY	Kent	Church of the Holy Spirit 327 2nd Ave S (Library/enter in back) (H) Face Masks Optional	District 14 Group 14217

Friday	7:30 PM	Redmond Recovery AFG 90 minutes / FFAOW	IN-PERSON ONLY	Redmond	Faith Lutheran School 9041 166 th Ave NE (downstairs past kitchen) (H)	District 15 Group 3083489
Friday	7:30 PM	Redmond Friday Night AFG 90 minutes / FFAOW	Zoom Meeting ID: 814 5643 0990 151790	Redmond		District 15 Group 14285
Friday	7:30 PM	TGIF AFG 90 minutes / FFAOW	IN-PERSON ONLY	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner of 196th) (H)	District 22 Group 14171
Friday	8:00 PM	Friday Night LGBTQ+ AFG 60 minutes / LGBTQ+ / FAFO	Zoom Meeting ID: 885 7338 2625 Code: 749413	Seattle		District 20 Group 14299
SATURDAY						
Saturday	8:30 AM	Peace of the Program AFG 60 minutes / FFAOW	Zoom Meeting ID: 819 420 1903 Code: 123456	Sammamish		District 16 Group 30671602
Saturday	8:30 AM	West Seattle Saturday Morning AFG 90 minutes / FFAOW wssatalanon@gmail.com	IN-PERSON ONLY	Seattle	St. John the Baptist Episcopal Church 3050 California Ave SW, Parish Hall (H) Face Masks Optional	District 19 Group 37671
Saturday	9:00 AM	Changing Attitudes AFG 90 minutes / FFAOW	IN-PERSON ONLY	Federal Way	Wayside Church of Christ 2000 SW Dash Point Rd (H) Face Masks Optional	District 14 Group 53678
Saturday	10:00 AM	Expect a Miracle AFG 90 minutes / FAFO	HYBRID - Zoom Meeting ID: 867 9195 0378 Code: 239058	Kent	Kent United Methodist Church 11010 SE 248th St (H) Face Masks Optional	District 14 Group 14216
Saturday	10:00 AM	Upward Bound Again AFG 90 minutes / FFAOW	HYBRID - Zoom Meeting ID: 856 2984 4324 Code: 634512	Burien	Burien Elks Club 14006 1st Ave S Face Masks Required	District 18 Group 14331
Saturday	10:00 AM	Renton Fourth Step Study Group AFG 90 minutes / FAFO	Zoom Meeting ID: 828 5671 8288 Code: 206238 (Workbook: <i>Blueprint for Progress</i>)	Renton		District 17 Group 61102
Saturday	10:00 AM	Saturday Morning AFG 60 minutes / B / FFAOW	Zoom Meeting ID: 617 1737159	Vashon		District 19 Group 30556459
Saturday	10:30 AM	Renton Saturday Morning AFG 90 minutes / FAFO	IN-PERSON ONLY	Renton	Valley Church 16431 SE Renton-Issaquah Rd (downstairs / follow signs) (H) Face Masks Optional	District 17 Group 37673
Saturday	10:30 AM	First Things First Women's AFG 60 minutes / WOMEN / FFAOW	IN-PERSON ONLY	Seattle	Queen Anne Lutheran Church 2400 8th Ave W (Use McGraw St entrance only)	District 20 30810312
Saturday	10:30 AM	How Important Is It Women's AFG 60 minutes / WOMEN / FFAOW hiitsatwomen@gmail.com	Zoom Meeting ID: 694 879 630 Code: 272730	Seattle		District 20 Group 30578357
Saturday	11:00 AM	Search for Serenity AFG 60 minutes / FFAOW searchforserenitybellevue@gmail.com	CONCURRENT - Zoom Meeting ID: 968 3518 6460 Code: ODAT or 348749 for telephone access	Bellevue	Alano Club of the Eastside 12302 NE 8th St Face Masks Optional (In annex at rear of Alano Club) (H) (BYOB)	District 15 Group 24759

Saturday	7:30 PM	Saturday Recovery AFG 90 minutes / FAFO	Zoom Meeting ID: 995 2177 1266 Code: 999438	Seattle		District 21 Group 42815
Saturday	7:30 PM	HEAR Speaker Meeting AFG 90 minutes / FFAOW	Meets on 3rd Saturday Only Zoom Meeting ID: 896 7579 4182 Code: 107130	Kent		District 14 Group 30507169
Saturday	7:30 PM	MESH 2nd Saturday Speaker AFG 90 minutes / FFAOW mesh.coordnator@gmail.com	Meets 2nd Saturday Only IN-PERSON ONLY	Shoreline	Emmanuel Episcopal Church 18842 Meridian Ave N	District 22 Group 503944
SUNDAY						
Sunday	8:30 AM	Sunday AM Fresh Start AFG 90 minutes / FFAOW / (Sponsorship-5th week) freshstartinfoseattle@gmail.com	IN-PERSON ONLY	Seattle	UW School of Social Work 4101 15th Ave NE #305A (H)	District 20 Group 43260
Sunday	8:30 AM	Sunday AM Fresh Start Online AFG 90 minutes / FFAOW sundayfreshstartonline@gmail.com	Zoom Meeting ID: 662 081 154 Code: 213424 Host will open the Zoom by 8:15 AM	Seattle		District 20 Group 30830951
Sunday	12:00 PM	Pathways to Recovery Step Study AFG 90 minutes / FFAOW	Zoom Meeting ID: 875 4336 0833	Seattle		District 20 Group 30536933
Sunday	6:00 PM	Enumclaw Sunday Nite AFG 60 minutes / FAFO / B	HYBRID - Zoom Meeting ID: 941 566 343 Code: 886139	Enumclaw	Hillside Community Church 24015 SE 436th Way (H)	District 14 Group 53679
Sunday	7:00 PM	Ballard Sunday Nite AFG 90 minutes / FFAOW	IN-PERSON ONLY	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (Down in Foster Hall) (H) Face Masks Optional	District 21 Group 14300
Sunday	7:00 PM	Bothell Sunday Night AFG 90 minutes / FFAOW	IN-PERSON ONLY (Late arrivals: Please see note on the front door to text for entry)	Bothell	First Lutheran Church of Bothell 10207 NE 183rd St (FF H) Face Masks Optional	District 15 Group 41890
Sunday	7:00 PM	Auburn Sunday Night AFG 90 minutes / FAFO / B	IN-PERSON ONLY	Auburn	Holy Family Catholic Church 505 17th St SE Face Masks Optional (Enter main church on 17th St SE) (H AA)	District 14 Group 14111

LEGEND

AA = Alcoholics Anonymous at Same Time & Place
AC = Adult Children of Alcoholics Same Time & Place
AFG – Al-Anon Family Group
AL = Al-Anon at Same Time & Place
AT = Alateen at Same Time & Place
B = Beginners Intro/Meeting
BIPOC = black, indigenous, and people of color

BYOB = Bring Your Own Beverage
CC = Closed Captioned for the Hearing Impaired
CH = Childcare
FAFO = Families and Friends Only
FF = Fragrance Free
FFAOW = Families, Friends, & Observers Welcome
H = Handicap Accessible
LGBTQIA = Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual

NEWS: Recently Reported Updates

- Sunday, 7:PM, Ballard Sunday Nite AFG, in person only (2/22)
- Sunday, 7:30 PM, Auburn Sunday Night AFG time changed from 7:30-9:00 to 7:00-8:30 (2/28)
- Thursday, 6:30 PM, Location changed to Admiral Congregational UCC (3/1)
- Monday, 7:00 PM, Parents for Serenity, Hybrid (3/20)
- Friday, 7:30 PM, Redmond Friday Night AFG, Zoom only (3/20)
- Wednesday 7:00 PM, Easy Alateen Edmonds Meeting Temporarily Closed (3/28)
- Friday, 7:30 PM, Redmond Recovery, in person only (4/10)
- Friday, 7:30 PM, Redmond Friday Night, Zoom only (4/10)
- Monday, 12:00 PM Monday Nooners AFG, in person only (4/18)
- Monday, 12:00 PM Monday Gratitude, Zoom only, new meeting (4/18)