

## Greater Seattle AIS Meeting Directory (Districts 14-22)

NEWCOMERS ARE WELCOME AT ALL MEETINGS!

Updated: January 24, 2023 – 8 am

Submit All Meeting Updates for Seattle AIS to WA Area + email a copy of the request to [meetingdirectoryeditor@seattle-al-anon.org](mailto:meetingdirectoryeditor@seattle-al-anon.org)

ASL: American Sign Language | B: Beginners Intro/Meeting | FAFO: Families and Friends Only | FFAOW: Families, Friends, & Observers Welcome  
**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 LEGEND NEWS SUPPORT ALATEEN SPANISH						
Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location (when group returns to meeting in-person) / Notes	District # Group #
<b>MONDAY</b>						
Monday	7:00 AM	<b>Hope for Today AFG</b> 60 minutes / FFAOW <a href="mailto:hftafg@gmail.com">hftafg@gmail.com</a>	<b>Zoom Meeting</b> Login info: Get via email Tradition 12 is strictly enforced.	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (Meets Mon, Wed, & Fri) (H AA)	District 21 Group 502461
Monday	10:30 AM	<b>Monday Morning Jump Start AFG</b> 90 minutes / FAFO / <b>Closed Captioning (CC)</b>	<b>CONCURRENT - Zoom Meeting</b> ID: 830 0663 8625   Code: Serenity7	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AA) <b>[Face Masks Req'd]</b>	District 14 Group 63297
Monday	12:00 PM	<b>Capitol Hill AFG</b> 75 minutes / FFAOW <a href="mailto:CapitolHillAFG@gmail.com">CapitolHillAFG@gmail.com</a>	IN-PERSON ONLY	Seattle	St. Mark's Cathedral 1245 10th Ave E (Bloedel Hall) <b>[Face Masks Required]</b>	District 20 Group 64446
Monday	12:00 PM	<b>Monday Nooners AFG</b> 60 minutes / FFAOW <a href="mailto:MondayNooners@gmail.com">MondayNooners@gmail.com</a>	<b>CONCURRENT - Zoom Meeting</b> ID: 978 6172 1702   Code: 2650148	Bellevue	St Andrew's Lutheran Church 2650 148th Ave SE (H) <b>[Face Masks Optional]</b>	District 16 Group 30520789
Monday	12:00 PM	<b>Queen Anne Midday AFG</b> 60 minutes / FFAOW	<b>HYBRID - Zoom Meeting</b> ID: 451 694 938   Code: 165642	Seattle	First Free Methodist Church 3200 3rd Ave W <b>[Face Masks Optional]</b> (The Rm / Park on Cremora / use North entry) (H)	District 20 Group 62081
Monday	12:05 PM	<b>Serenity Refresher AFG</b> 45 minutes / FFAOW	SUSPENDED DURING COVID	Seattle	YMCA 909 4th Ave (In chapel / Feel free to bring lunch) (H)	District 20 Group 47697
Monday	12:30 PM	<b>Bothell Monday Study AFG</b> 90 minutes / FFAOW	IN-PERSON ONLY	Bothell	Eastside Church 14520 100th Ave NE (H) <b>[Face Masks Optional]</b>	District 15 Group 31186
Monday	4:30 PM	<b>3rd Place Literature Study AFG</b> 60 minutes / FFAOW <a href="mailto:live.free.odat@gmail.com">live.free.odat@gmail.com</a>	IN-PERSON ONLY	Lake Forest Park	Lake Forest Park Presbyterian Church 17440 Brookside Blvd NE <b>[Face Masks Optional]</b>	District 22 Group 30518096
Monday	5:30 PM	<b>Mountain AFG</b> 60 minutes / FFAOW	IN-PERSON ONLY	Enumclaw	Calvary Presbyterian Church 1728 Wells St (H) <b>[Face Masks Optional]</b>	District 14 Group 30800325
Monday	6:30 PM	<b>Saltwater AFG</b> 90 minutes / FFAOW <a href="mailto:SaltwaterAFG@gmail.com">SaltwaterAFG@gmail.com</a>	<b>Zoom Meeting</b> Login info: Get via email	Des Moines	Saltwater Unitarian-Universalist Church 25701 14th Pl S (Meets in Church office) (H)	District 14 Group 30512485
Monday	7:00 PM	<b>Boundaries Not Walls Women's AFG</b> 60 minutes / WOMEN / FFAOW	<b>Zoom Meeting</b> ID: 209 074 2264   Code: 1dED8w	Seattle		Group 30782932

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Monday	7:00 PM	<b>Burien Turning Point AFG</b> 90 minutes / FFAOW / B	SUSPENDED DURING COVID	Burien	St Elizabeth's Episcopal Church 1005 SW 152nd St	District 18 Group 49260
Monday	7:00 PM	<b>Living in the Solution AFG</b> 90 minutes / FFAOW / B	IN-PERSON ONLY	Kirkland	Kirkland Congregational United Church of Christ 106 5th Ave Room #23 [new location 8/1] (enter thru glass front doors)	District 15 Group 49784
Monday	7:00 PM	<b>Magnolia Monday Nite Fireside AFG</b> 60 minutes / FFAOW	Zoom Meeting ID: 885 9929 7531   Code: 105861	Seattle	Magnolia United Church of Christ 3555 W McGraw St (Upstairs)	District 20 Group 63177
Monday	7:00 PM	<b>Meadowdale AFG</b> 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	<b>Parents for Serenity AFG</b> 90 minutes / PARENTS / FFAOW / B 4mipfs@gmail.com	CONCURRENT - 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	<b>Renton Monday Night AFG</b> 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	<b>Coal Creek South Bellevue AFG</b> 60 minutes / FAFO	HYBRID - Zoom Meeting ID: 977 1552 8373   Code: 12800	Bellevue	Newport Covenant Church 12800 SE Coal Creek Pkwy (1st flr in main church bldg) (AA) [masks optional]	District 16 Group 33387
Monday	7:30 PM	<b>Lake City Monday Night AFG</b> 90 minutes / FFAOW	SUSPENDED DURING COVID	Seattle	Lake City Presbyterian Church 3841 NE 123rd St (1 block off Sandpoint Way) (H)	District 21 Group 44358
Monday	7:30 PM	<b>No Expectations Women's AFG</b> 60 minutes / WOMEN / FFAOW	IN-PERSON ONLY	Seattle	St Paul's United Church-Christ 6512 12th Ave NW (AA) [Face Masks Optional]	District 21 Group 30731356
Monday	7:30 PM	<b>Richmond Beach AFG</b> 90 minutes / FFAOW	Zoom Meeting ID: 832 0101 7724   Code: 344660	Shoreline	Aurora Church of the Nazarene 1900 N 175th St (HAA)	District 22 Group 14320
Monday	7:30 PM	<b>Salmon Bay Candlelight AFG</b> 90 minutes / FFAOW	IN-PERSON Only (1st week) HYBRID (other weeks) - 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
<b>TUESDAY</b>						
Tuesday	7:00 AM	<b>Opening Our Hearts AFG</b> 60 minutes / FAFO	Zoom Meeting ID: 838 8546 9911   Code: 684135	Seattle	St Therese Parish House 3416 E Marion St	District 20 Group 30614923

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Tuesday	10:00 AM	<b>Highland Tuesday AFG</b> 90 minutes / B / FAFO	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	<b>Renton Tuesday Morning AFG</b> 90 minutes / FFAOW	IN-PERSON ONLY	Renton	First United Methodist Church 2201 NE 4th St (Lower lot and entrance) (H) [Face Masks Optional]	District 17 Group 14290
Tuesday	12:30 PM	<b>Kirkland Tuesday Afternoon AFG</b> 90 minutes / FFAOW	SUSPENDED DURING COVID	Kirkland	Kirkland Congregational Church 406 5th Ave (Room 21)	District 15 Group 44099
Tuesday	12:30 PM	<b>Tuesday Reboot AFG - West Seattle</b> 75 minutes / FFAOW	Zoom Meeting ID: 873 5336 2294   Code: 861344	Seattle	The Fauntleroy Church 9140 California Ave SW (Meets in 4th floor library) (H)	District 19 Group 30619812
Tuesday	6:30 PM	<b>Vashon Island Women's AFG</b> 90 minutes / WOMEN / FFAOW	Zoom Meeting ID: 969 753 368   Code: 377159	Vashon	Episcopal Church 15420 Vashon Hwy SW (FF)	District 19 Group 502955
Tuesday	7:00 PM	<b>Parents and Friends AFG</b> 60 minutes / PARENTS / FFAOW	Zoom Meeting ID: 746 259 393   Code: 228375	Auburn	St Matthew Episcopal Church 123 L St NE (H)	District 14 Group 30543700
Tuesday	7:00 PM	<b>Serenity in Snoqualmie AFG</b> 60 minutes / FFAOW	HYBRID - Zoom Meeting ID: 857 4841 7555   Code: 123450303 Book Study	Snoqualmie	St Clare Episcopal Church 8650 Railroad Ave (Left side room)	District 16 Group 30657168
Tuesday	7:00 PM	<b>Tuesday Unity AFG</b> 75 minutes / FFAOW	Zoom Meeting ID: 810 034 621   Code: 026128	Seattle	Lutheran Church of the Good Shepherd 2416 E Union St (Late: signal at downstairs window)	District 20 Group 30592290
Tuesday	7:15 PM	<b>Bothell Tuesday Nites AFG</b> 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	<b>Denny Park Family AFG</b> 60 minutes / FFAOW	Zoom Meeting ID: 870 1387 9260   Code: 325659	Seattle	Denny Park Lutheran Church 766 John St (Ring bell for entry)	District 20 Group 27198
Tuesday	7:30 PM	<b>North End Men's AFG</b> 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	<b>Tuesday Night Gratitude AFG</b> 60 minutes / FFAOW RedmondTuesdayNight@gmail.com	Zoom Meeting ID: 988 1917 0446   Code: 547332	Redmond	Redmond United Methodist Church 16540 NE 80th St (AA)	District 15 Group 52374

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<b>WEDNESDAY</b>						
Wednesday	7:00 AM	<b>Hope for Today AFG</b> 60 minutes / FFAOW <a href="mailto:hftafg@gmail.com">hftafg@gmail.com</a>	<b>CONCURRENT</b> - Zoom Meeting Email for login info	Seattle	St Paul's United Church of Christ 6512 12th Ave NW <b>[Face Masks Optional]</b> (Meets M & F (zoom), W only (concurrent)) (H AA)	District 21 Group 502461
Wednesday	10:30 AM	<b>Wednesday Morning Sunshine AFG</b> 90 minutes / FAFO <a href="mailto:wmsfedway@gmail.com">wmsfedway@gmail.com</a>	IN-PERSON ONLY	Federal Way	Light of Christ Lutheran Church 2400 SW 344th St (Free childcare) (CH) <b>[Face Masks Required]</b>	District 14 Group 25474
Wednesday	1:30 PM	<b>Let It Begin with Me AFG</b> 60 minutes / FFAOW	SUSPENDED DURING COVID	Burien	Highline United Methodist 13015 1st Ave S (use side entrance/basement) (H)	District 18 Group 30600898
Wednesday	7:00 PM	<b>Alderwood AFG</b> 75 minutes / FFAOW	IN-PERSON ONLY	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner at 196th) (H) <b>[Face Masks Optional]</b>	District 22 Group 30623421
Wednesday	7:00 PM	<b>Courage to Change AFG - Seattle</b> 75 minutes / FFAOW	<b>In-Person Only (2nd &amp; 4th Weds)</b> <b>Zoom Meeting Only</b> (all other weeks) ID: 462 9397184   Code: SQSea3	Seattle	Mount Baker Park Presbyterian Church (upstairs rm) 3201 Hunter Blvd S <b>(2nd &amp; 4th Weds only)</b> <b>[Face Masks Required; Vaccinations Rec'd]</b>	District 19 Group 62852
Wednesday	7:00 PM	<b>Experience Strength and Hope AFG</b> 90 minutes / FFAOW / B	SUSPENDED DURING COVID	Renton	Fairwood Community United Methodist Church 45255 SE Fairwood Blvd (H)	District 17 Group 30519364
Wednesday	7:00 PM	<b>Maple Valley Wednesday Night AFG</b> 90 minutes / FFAOW <a href="mailto:mwvn17@gmail.com">mwvn17@gmail.com</a>	<b>HYBRID</b> - Zoom Meeting Login info: Get via email	Covington	Light of Life Lutheran Church 28525 216th Ave SE (next to church) (H) <b>[Face Masks Required]</b>	District 14 Group 62618
Wednesday	7:00 PM	<b>Sunset AFG</b> 90 minutes / FFAOW <a href="https://sunsetafg.wordpress.com/">https://sunsetafg.wordpress.com/</a>	<b>Zoom Meeting</b> ID: 271 293 516   Code: 30278	Seattle	Woodland Park Methodist Church 302 N 78th St (Fellowship Hall, enter from N 78th) (H)	District 21 Group 14327
Wednesday	7:00 PM	<b>Wednesday Back to Basics AFG</b> 60 minutes / FFAOW	IN-PERSON ONLY	Mountlake Terrace	Bethesda Lutheran Church 23406 56th Ave W <b>[Face Masks Optional]</b>	District 22 Group 501477
Wednesday	7:00 PM	<b>Wednesday's Women AFG</b> 90 minutes / WOMEN / FAFO	IN-PERSON ONLY	Kirkland	Kirkland Congregational Church 106 5th Ave Upstairs, Room 21 <b>[Face masks optional]</b>	District 15 Group 64991
Wednesday	7:00 PM	<b>Women Seeking Serenity AFG</b> 90 minutes / WOMEN / FAFO	<b>Zoom Meeting</b> ID: 857 8779 0803   Code: 784677	Kirkland		Group 30769092
Wednesday	7:30 PM	<b>Midweek Men's AFG</b> 90 minutes / MEN / FFAOW / B	<b>HYBRID</b> - Zoom Meeting ID: 857 8017 2055   Code: 857372	Kirkland	Kirkland Congregational Church 106 5th Ave	District 15 Group 53963

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Wednesday	8:00 PM	<b>Newport Study AFG</b> 90 minutes / FAFO	<b>HYBRID - Zoom Meeting</b> ID: 990 8011 7489   Code: 4228	Bellevue	St Margaret's Episcopal Church 4228 Factoria Blvd (Follow signs) <b>[face masks optional]</b>	District 16 Group 14122
Wednesday	8:00 PM	<b>Queen Anne AFG</b> 75 minutes / FFAOW	<b>Zoom Meeting</b> ID: 709 493 868   Code: 742729	Seattle	Queen Anne Lutheran Church 2400 8th Ave W (AT AA)	District 20 Group 14319
<b>THURSDAY</b>						
Thursday	7:00 AM	<b>Focus on Gratitude AFG</b> 60 minutes / FFAOW fogzoom2021@gmail.com	<b>Zoom Meeting</b> ID: 822 0783 2473   Code: 920052	Seattle	Seattle University Student Center 901 12th Ave #122 (Jolly Rm- 1st floor / Street parking) (FF)	District 20 Group 30503143
Thursday	8:00 AM	<b>Somewhere Men's Online Gratitude Meeting</b> 90 minutes / FAFO smogmtm8am@gmail.com	<b>Zoom Meeting</b> ID: 869 5089 3684   Code: 718948	Seattle		Group 30744787
Thursday	10:00 AM	<b>Issaquah Day AFG</b> 90 minutes / FFAOW issqdayafg@gmail.com	<b>HYBRID (4th week only)</b> <b>Zoom Meeting</b> Login info: Get via email	Issaquah	Our Savior Lutheran Church 745 Front St S (4th week only) <b>[Face Masks Optional]</b>	District 16 Group 14204
Thursday	10:00 AM	<b>Kirkland Thursday Morning AFG</b> 90 minutes / B / FAFO	<b>Zoom Meeting</b> ID: 832 0523 7594   Code: 133691	Kirkland	Seventh Day Adventist Church 6400 108th Ave NE	District 15 Group 14223
Thursday	12:30 PM	<b>Sound Serenity AFG</b> 60 minutes / FAFO	SUSPENDED DURING COVID	Des Moines	Grace Lutheran Church 22975 24th Ave S (Side door at north of church) (H) <b>[Face Masks]</b>	District 18 Group 45476
Thursday	6:30 PM	<b>Women Living in Focus AFG (Seattle)</b> 90 minutes / WOMEN / FAFO	<b>Zoom Meeting</b> ID: 805 686 374   Code: 347291	Seattle	The Faunteroy Church 9140 California Ave SW (CH H)	District 19 Group 44646
Thursday	7:00 PM	<b>Madison Madrona AFG</b> 90 minutes / B / FFAOW / BIPOC / LGBTQIA	IN-PERSON ONLY	Seattle	Epiphany Church Parish Hall 1805 38th Ave (Upstairs) <b>[Face Masks Optional]</b>	District 20 Group 46407
Thursday	7:00 PM	<b>New Horizons AFG</b> 90 minutes / B / FFAOW	<b>CONCURRENT - Zoom Meeting</b> ID: 984 5645 9294   Code: 564580	Carnation	Tolt Congregational Church 4851 Tolt Ave (H)	District 15 Group 30537397
Thursday	7:00 PM	<b>Terrace View AFG</b> 90 minutes / FFAOW	Phone Meeting Dial: 605-313-4484   Code: 503150	Lynnwood	Gloria Dei Lutheran Church 3215 Larch Way (H)	District 22 Group 30760
Thursday	7:30 PM	<b>Bellevue Lake Hills AFG</b> 90 minutes / FFAOW lakehillsthursdaynite@gmail.com	<b>HYBRID - Zoom Meeting</b> ID: 999 6642 1488   Code: 2650148	Bellevue	Saint Andrew's Lutheran Church 2650 148th Ave SE (H AT AA) <b>[Face Masks Optional]</b>	District 16 Group 14118

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Thursday	7:30 PM	<b>Eastside Parents AFG</b> 90 minutes / PARENTS / FFAOW	<b>Zoom Meeting</b> ID: 856 1992 6150   Code: 016103	Issaquah	Faith United Methodist Church 3924 Issaquah-Pine Lk Rd SE	District 16 Group 30522678
Thursday	7:30 PM	<b>Fremont AFG</b> 60 minutes / FFAOW	IN-PERSON ONLY	Seattle	Emmanuel Church 503 N 50th St (Meets in 1st floor lounge) <b>[Face Masks Optional]</b>	District 20 Group 30580844
Thursday	7:30 PM	<b>Renton Thursday Night AFG</b> 90 minutes / B / FFAOW	<b>HYBRID - Zoom Meeting</b> ID: 293 138 1614	Renton	St Lukes Episcopal Church 99 Wells Ave S (Pritchard Hall) <b>[Face Masks Required]</b>	District 17 Group 14286
<b>FRIDAY</b>						
Friday	7:00 AM	<b>Hope for Today AFG</b> 60 minutes / FFAOW hftafg@gmail.com	<b>Zoom Meeting</b> Login info: Get via email Tradition 12 is strictly enforced.	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (Meets Mon, Wed, & Fri) (H AA)	District 21 Group 502461
Friday	10:00 AM	<b>Highlands Friday AM AFG</b> 90 minutes / FFAOW	<b>Zoom Meeting</b> ID: 823 9645 6681 Code: 245840	Shoreline	St. Dunstan's Episcopal Church 722 N 145th St (Back entrance)	District 21 Group 32362
Friday	10:30 AM	<b>Auburn Friday Morning AFG</b> 90 minutes / FAFO	<b>CONCURRENT - Zoom Meeting</b> ID: 813 6592 4976   Code: 9853064	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AA) <b>[face masks req'd]</b>	District 14 Group 23848
Friday	6:00 PM	<b>Courage to Change AFG - Kirkland</b> 60 minutes / FFAOW couragetochangeafg20@gmail.com	<b>HYBRID - Zoom Meeting</b> ID: 690 929 7584	Kirkland	St John's Episcopal Church 105 State St <b>[Face Masks Optional]</b> (Room entrance on parking lot side) (H)	District 15 Group 30731298
Friday	7:00 PM	<b>Practice Makes Progress Women AFG</b> 60 minutes / WOMEN / FFAOW 4th Friday of the month is 75 minutes	SUSPENDED DURING COVID	Seattle	Wallingford Presbyterian Church 1414 N 42nd St (Enter back of church)	District 20 Group 30712924
Friday	7:00 PM	<b>Friday Night Women's AFG</b> 60 minutes / WOMEN / FFAOW	<b>Zoom Meeting</b> ID: 87327654713	Seattle		Group 87327654713
Friday	7:30 PM	<b>Burien Friday Night AFG</b> 60 minutes / FFAOW <b>Book Study: Reaching for Personal Freedom</b>	IN-PERSON ONLY	Burien	St Elizabeth's Episcopal Church 1005 SW 152nd St (H) <b>[Face Masks Required]</b>	District 18 Group 14302
Friday	7:30 PM	<b>Kent All Men's AFG</b> 90 minutes / MEN / B / FFAOW	IN-PERSON ONLY	Kent	Church of the Holy Spirit 327 2nd Ave S (Library /enter in back) (H) <b>[Face Masks Optional]</b>	District 14 Group 14217
Friday	7:30 PM	<b>Redmond Friday Night AFG</b> 90 minutes / FFAOW	<b>CONCURRENT - Zoom Meeting</b> ID: 814 5643 0990   Code: 151790	Redmond	Faith Lutheran School 9041 166th Ave NE (Downstairs / go thru AA room) (H AA)	District 15 Group 14285

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Friday	7:30 PM	<b>Seattle Men's AFG (Speaker Mtg 5th week)</b> 90 minutes / MEN / FFAOW Web site <a href="mailto:seattle.mens.alanon@gmail.com">seattle.mens.alanon@gmail.com</a>	IN-PERSON ONLY	Seattle	Northminster Presbyterian Church 7706 25th Ave NW (H) <b>[Face Masks Optional]</b>	District 21 Group 30582130
Friday	8:00 PM	<b>Friday Night LGBTQ+ AFG</b> 60 minutes / LGBTQ+ / FAFO	Zoom Meeting ID: 885 7338 2625   Code: 749413	Seattle	Peer Seattle 1520 Bellevue Ave, Ste 100 (H)	District 20 Group 14299
Friday	8:00 PM	<b>TGIF AFG</b> 90 minutes / FFAOW	IN-PERSON ONLY	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner of 196th) (H) <b>[Face Masks Required]</b>	District 22 Group 14171
<b>SATURDAY</b>						
Saturday	8:00 AM	<b>First Step AFG</b> 60 minutes / FFAO	Zoom Meeting ID: 824 0756 5990   Code: Step1	Seattle		Group 30779457
Saturday	8:30 AM	<b>Peace of the Program AFG</b> 60 minutes / FFAOW	Zoom Meeting ID: 819 420 1903   Code: 123456	Sammamish	Sammamish Presbyterian Church 22522 NE Inglewood Hill Rd (Bldg B across from office) (FF H)	District 16 Group 30671602
Saturday	8:30 AM	<b>West Seattle Saturday Morning AFG</b> 90 minutes / FFAOW <a href="mailto:wssatalanon@gmail.com">wssatalanon@gmail.com</a>	<b>CONCURRENT - Zoom Meeting</b> ID: 908 965 756   Code: 627493	Seattle	St. John the Baptist Episcopal Church 3050 California Ave SW, Parish Hall (H) <b>[Face Masks Required]</b>	District 19 Group 37671
Saturday	9:00 AM	<b>Changing Attitudes AFG</b> 90 minutes / FFAOW	IN-PERSON ONLY	Federal Way	Wayside Church of Christ 2000 SW Dash Point Rd (H) <b>[Face Masks Optional]</b>	District 14 Group 53678
Saturday	9:30 AM	<b>Saturday Morning Open Breakfast AFG</b> 90 minutes / FFAOW	Zoom Meeting ID: 532 675 6421   Code: 197673	Auburn	Trotter's Family Restaurant 825 Harvey Rd (H)	District 14 Group 66395
Saturday	10:00 AM	<b>Expect a Miracle AFG</b> 90 minutes / FAFO	<b>HYBRID - Zoom Meeting</b> ID: 867 9195 0378   Code: 239058	Kent	Kent United Methodist Church 11010 SE 248th St (H) <b>[Face Masks Required]</b>	District 14 Group 14216
Saturday	10:00 AM	<b>Upward Bound Again AFG</b> 90 minutes / FFAOW	<b>HYBRID - Zoom Meeting Only</b> ID: 856 2984 4324   Code: 634512	Burien	Burien Elks Club 14006 1st Ave S [New Location - <b>Face Masks Required</b> ]	District 18 Group 14331
Saturday	10:00 AM	<b>Renton Fourth Step Study Group AFG</b> 90 minutes / FAFO	Zoom Meeting ID: 828 5671 8288   Code: 206238 Workbook: <i>Blueprint for Progress</i>	Renton	Pritchard Hall 99 Wells Ave S	District 17 Group 61102
Saturday	10:00 AM	<b>Saturday Morning AFG</b> 60 minutes / B / FFAOW	Zoom Meeting ID: 617 173 7159	Vashon	Vashon Presbyterian Church 17708 Vashon Hwy SW (Upstairs in belfry - pull cow bell) (B)	District 19 Group 30556459

ASL: American Sign Language | B: Beginners Intro/Meeting | FAFO: Families and Friends Only | FFAOW: Families, Friends, & Observers Welcome  
**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 LEGEND NEWS SUPPORT ALATEEN SPANISH

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location (when group returns to meeting in-person) / Notes	District # Group #
Saturday	10:30 AM	<b>Renton Saturday Morning AFG</b> 90 minutes / FAFO	<b>HYBRID</b> - Phone Meeting Dial: 978 990 5000   Code: 742424	<b>Renton</b>	Valley Church <b>[Face Masks Required]</b> 16431 SE Renton-Issaquah Rd (downstairs / follow signs) (H)	District 17 Group 37673
Saturday	10:30 AM	<b>How Important Is It Women's AFG</b> 60 minutes / WOMEN / FFAOW hiitsatwomen@gmail.com	<b>CONCURRENT</b> - Zoom Meeting ID: 694 879 630   Code: 272730	<b>Seattle</b>	Queen Anne Lutheran Church 2400 8th Ave W (Use McGraw St entrance only) <b>[Face Masks &amp; Social Distancing Required]</b>	District 20 Group 30578357
Saturday	11:00 AM	<b>Search for Serenity AFG</b> 60 minutes / FFAOW SFSODAT.2020@gmail.com	<b>CONCURRENT</b> - Zoom Mtg ID: 968 3518 6460   Code: ODAT or 348749 for telephone access	Bellevue	Alano Club of the Eastside 12302 NE 8th St <b>[Face Masks Required &amp; BYOB]</b> (In annex at rear of Alano Club) (H)	District 15 Group 24759
Saturday	7:30 PM	<b>Saturday Night Recovery AFG</b> 90 minutes / FAFO	Zoom Meeting ID: 836 2319 0426   Code: SD7y7W	<b>Seattle</b>	Sandpoint Community Church 4710 NE 70th St (Enter on NE corner) (H)	District 21 Group 42815
Saturday	7:30 PM	<b>2nd Saturday MESH Speaker Meeting AFG</b> 90 minutes / FFAOW mesh.coordinator@gmail.com	SUSPENDED DURING COVID	<b>Shoreline</b>	St David Emmanuel Episcopal Church 18842 Meridian Ave N (H)	District 22 Group 503944
Saturday	7:30 PM	<b>3rd Saturday HEAR Speaker Meeting AFG</b> 90 minutes / FFAOW	Zoom Meeting ID: 896 7579 4182   Code: 107130	<b>Kent</b>	Hillside Church 930 E James St (H)	District 14 Group 30507169
<b>SUNDAY</b>						
Sunday	8:30 AM	<b>Sunday AM Fresh Start AFG - ASL Available</b> 90 minutes / FFAOW / Sponsorship (5th weeks) freshstartinfoseattle@gmail.com	Zoom Meeting ID: 662 081 154   Code: 213424 Host will open the Zoom by 8:15 AM	<b>Seattle</b>	UW School of Social Work <b>[bldg doors lock @ 9 AM]</b> 4101 15th Ave NE #306AB (H) <b>[face masks rec'd] [use 15th &amp; 41st entrance]</b>	District 20 Group 43260
Sunday	9:00 AM	<b>Vashon Sunday Side Up AFG</b> 90 minutes / FFAOW	SUSPENDED DURING COVID	<b>Vashon</b>	Vashon Presbyterian Church 17708 Vashon Hwy SW (Upstairs belfry) (FF)	District 19 Group 30043
Sunday	12:00 PM	<b>Pathways to Recovery Step Study AFG</b> 90 minutes / FFAOW	Zoom Meeting ID: 875 4336 0833	<b>Seattle</b>	Seattle University Student Center 901 12th Ave #122 (H)	District 20 Group 30536933
Sunday	12:00 PM	<b>Sunday Nooners AFG</b> 75 minutes / FFAOW	SUSPENDED DURING COVID	<b>Bellevue</b>	Alano Club of the Eastside 12302 NE 8th St (H)	District 15 Group 30608906
Sunday	6:00 PM	<b>Enumclaw Sunday Nite AFG</b> 60 minutes / B / FAFO	Zoom Meeting ID: 941 566 343   Code: 886139	<b>Enumclaw</b>	Hillside Community Church 24015 SE 436th Way (90 H)	District 14 Group 53679
Sunday	7:00 PM	<b>Ballard Sunday Nite AFG</b> 90 minutes / FFAOW	<b>CONCURRENT</b> - Zoom Meeting (12/25/2022) ID: 380 019 636   Code: 651212	<b>Seattle</b>	St Paul's United Church of Christ 6512 12th Ave NW (H) Downstairs in Foster Hall <b>[face masks required]</b>	District 21 Group 14300



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**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY LEGEND NEWS SUPPORT ALATEEN SPANISH**

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location (when group returns to meeting in-person) / Notes	District # Group #
Sunday	7:00 PM	<b>Bothell Sunday Night AFG</b> 90 minutes / FFAOW	IN-PERSON ONLY (Late arrivals: Please see note on the front door to text for entry)	<b>Bothell</b>	First Lutheran Church of Bothell 10207 NE 183rd St (FF H) <b>[Face Masks Optional]</b>	District 15 Group 41890
Sunday	7:30 PM	<b>Auburn Sunday Night AFG</b> 90 minutes/ B / FAFO	<b>HYBRID - Zoom Meeting</b> ID: 847 1218 9588   Code: 878251	<b>Auburn</b>	Holy Family Catholic Church 505 17th St SE <b>[Face Masks Optional]</b> (Enter main church on 17th St SE) (H AA)	District 14 Group 14111

**SPANISH**

[SPANISH](#) Meetings (Encuentros en español)

**LEGEND**

FAFO = Families and Friends Only  
 FFAOW = Families, Friends, & Observers Welcome  
 AA = Alcoholics Anonymous at Same Time & Place  
 AC = Adult Children of Alcoholics Same Time & Place  
 AL = Al-Anon at Same Time & Place  
 AT = Alateen at Same Time & Place  
 B = Beginners Intro/Meeting

45 = 45-Minute Duration  
 60 = 60-Minute Duration  
 75 = 75-Minute Duration  
 90 = 90-Minute Duration  
 135 = 135-Minute Duration

ASL = American Sign Language  
 CC = Closed Captioned for the Hearing Impaired

BIPOC = black, indigenous, and people of color  
 LGBTQIA = Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual

BYOB = Bring Your Own Beverage  
 CH = Childcare ... FF = Fragrance Free ... H = Handicap Accessible

**NEWS: Recently Reported Updates**

- Monday, 12:00 PM, **Monday Nooners AFG**: Face Masks Optional {updated 1/1/2023}
- Monday, 5:30 PM, **Mountain AFG**: address location correction {updated 11/16/2022}
- Monday, 7:00 PM, **Magnolia Monday Nite Fireside AFG**: new Zoom details {updated 11/30/2022}
- Monday, 7:00 PM, **Parents for Serenity AFG**: new Zoom details {updated 11/30/2022, 12/11/2022}
- Monday, 7:30 PM, **No Expectations Women's AFG**: Face Masks Optional {updated 12/22/2022}
- Monday, 7:30 PM, **Salmon Bay Candlelight AFG**: IN-PERSON Only (1st week); HYBRID (other weeks) {updated 12/29//2022}
- Tuesday, 7:00 PM, **Steps to Serenity AFG**: DISBANDED {updated 1/4/2023}
- Tuesday, 7:15 PM, **Bothell Tuesday Niters AFG**: childcare restored {updated 11/16/2022}

- Wednesday, 7:00 PM, **Alderwood AFG**: Face Masks Optional {updated 11/14/2022}
- Wednesday, 8:00 PM, **Newport Study AFG**: Directions revised {updated 12/14/2022}
- Thursday, 7:00 PM, **New Horizons AFG**: HYBRID {updated 12/10/2022}
- Friday, 8:00 PM, **TGIF AFG**: activated {updated 1/17/2023}
- Saturday, 9:00 AM, **Changing Attitudes AFG**: Face Masks Optional {corrected 12/21/2022}
- Saturday, 11:00 AM, **Search for Serenity AFG**: Changed to CONCURRENT {updated 1/4/2023}

#### **SUPPORT: Groups Needing Support**

- Monday, 7:00 PM, **Living in the Solution AFG**, In-Person Only
- Thursday, 7:00 PM, **Madison Madrona AFG --- BIPOC / LGBTQIA**, In-Person Only
- Saturday, 11:00 AM, **Search for Serenity AFG**, Hybrid - Zoom Mtg
- Sunday, 7:30 PM, **Auburn Sunday Night AFG**, HYBRID - Zoom Meeting