

Greater Seattle AIS Meeting Directory (Districts 14-22)

NEWCOMERS ARE WELCOME AT ALL MEETINGS!

Updated: September 17, 2022

[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)

Meeting Legend | Best Practices

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](#) | [HOLIDAYS](#) | [SUPPORT](#) |

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 #
MONDAY						
Monday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting 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	Monday Morning Jump Start AFG 90 minutes / FAFO / Closed Captioning (CC)	CONCURRENT - Zoom Meeting ID: 830 0663 8625 Code: Serenity7	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AA) [Face Masks Req'd]	District 14 Group 63297
Monday	12:00 PM	Capitol Hill AFG 75 minutes / FFAOW CapitolHillAFG@gmail.com	IN-PERSON ONLY Monday Holidays - Zoom Only 10/10 12/26/22, 01/02/23	Seattle	St. Mark's Cathedral 1245 10th Ave E (Bloedel Hall) [Face Masks Required]	District 20 Group 64446
Monday	12:00 PM	Monday Nooners AFG 60 minutes / FFAOW MondayNooners@gmail.com	CONCURRENT - Zoom Meeting ID: 978 6172 1702 Code: 2650148	Bellevue	St Andrew's Lutheran Church 2650 148th Ave SE (H) [Phone # and Face Masks Required]	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 Cremora / use North entry) (H)	District 20 Group 62081
Monday	12:05 PM	Serenity Refresher AFG 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	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 (H) [Face Masks Optional]	District 14 Group TBD
Monday	6:30 PM	Saltwater AFG 90 minutes / FFAOW SaltwaterAFG@gmail.com	Zoom Meeting 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	Boundaries Not Walls Women's AFG 60 minutes / WOMEN / FFAOW	Zoom Meeting ID: 209 074 2264 Code: 1dED8w			30782932

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MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY** **LEGEND** **NEWS** **HOLIDAYS** **SUPPORT** |

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Monday	7:00 PM	Burien Turning Point AFG 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	Just for Today AFG 90 minutes / FFAOW	===DISBANDED 8/2022===	Federal Way	Brooklake Community Church 629 S 356th St (AA)	District 14 Group 30512114
Monday	7:00 PM	Living in the Solution AFG 90 minutes / FFAOW / B	HYBRID - Zoom Meeting ID: 644 418 9232 Code: 7830	Kirkland	Kirkland Congregational United Church of Christ 106 5th Ave Room #23 [new location 8/1] (enter thru glass front doors) [H]	District 15 Group 49784
Monday	7:00 PM	Magnolia Monday Nite Fireside AFG 60 minutes / FFAOW	Phone Meeting Dial: 978 990 5000 Code: 688030	Seattle	Magnolia United Church of Christ 3555 W McGraw St (Upstairs)	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	CONCURRENT [meet in lower lot weather permitting] - Zoom Meeting ID: 865 4575 4735 Code: 472234	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 SE Coal Creek Pkwy (1st fir in main church bldg) (AA) [masks optional]	District 16 Group 33387
Monday	7:30 PM	Lake City Monday Night AFG 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	No Expectations Women's AFG 60 minutes / WOMEN / FFAOW	IN-PERSON ONLY	Seattle	St Paul's United Church-Christ 6512 12th Ave NW (AA) [Face Masks Required]	District 21 Group 30731356
Monday	7:30 PM	Richmond Beach AFG 90 minutes / FFAOW	Zoom Meeting ID: 832 0101 7724 Code: 344660	Shoreline	Aurora Church of the Nazarene 1900 N 175th St (H AA)	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 (1st Monday only) 2006 NW 65th St - Havvik Hall (Behind parking & house office) (H)	District 21 Group 41889

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TUESDAY						
Tuesday	7:00 AM	Opening Our Hearts AFG 60 minutes / FAFO	Zoom Meeting ID: 838 8546 9911 Code: 684135	Seattle	St Therese Parish House 3416 E Marion St	District 20 Group 30614923
Tuesday	10:00 AM	Highland Tuesday AFG 90 minutes / B / FAFO	IN-PERSON ONLY [Face Masks Optional]	Shoreline	St Dunstan's Episcopal Church 722 N 145th St (H) (enter from the lower parking lot)	District 21 Group 14311
Tuesday	10:00 AM	Renton Tuesday Morning AFG 90 minutes / FFAOW	HYBRID - Zoom Meeting ID: 84884414516 Code 968969	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	Kirkland Tuesday Afternoon AFG 90 minutes / FFAOW	SUSPENDED DURING COVID	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	The Fauntleroy Church 9140 California Ave SW (Meets in 4th floor library) (H)	District 19 Group 30619812
Tuesday	6:30 PM	Vashon Island Women's AFG 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	Parents and Friends AFG 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	Serenity in Snoqualmie AFG 60 minutes / FFAOW	HYBRID - Zoom Meeting ID: 532 016 600 Code: 123450303 Book Study	Snoqualmie	St Clare Episcopal Church 8650 Railroad Ave (Left side room)	District 16 Group 30657168
Tuesday	7:00 PM	Steps to Serenity AFG 60 minutes / FFAOW	SUSPENDED DURING COVID	Des Moines	Des Moines United Methodist Church 22225 9th Ave S (H AA)	District 18 Group 65354
Tuesday	7:00 PM	Tuesday Unity AFG 75 minutes / FFAOW	Zoom Meeting ID: 810 034 621 Code: 026128	Seattle	Lutheran Church of the Good Shepherd 2116 E Union St (Late: signal at downstairs window)	District 20 Group 30592290
Tuesday	7:15 PM	Bothell Tuesday Niters AFG 90 minutes / FFAOW / B	IN-PERSON ONLY	Bothell	Eastside Four Square Church 14520 100th Ave NE (H AA) [Face Masks Required]	District 15 Group 14130
Tuesday	7:30 PM	Denny Park Family AFG 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	Edmonds AFG 90 minutes / FFAOW	===DISBANDED 9/2022===	Edmonds	United Methodist Church 828 Caspers St (H-AT)	District 22 Group 500668

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Tuesday	7:30 PM	North End Men's AFG 90 minutes / MEN / FAFO northendmensafg@gmail.com	Zoom Meeting ID: 869 6295 9662 Code: 584365	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 / B 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
Tuesday	7:30 PM	Wedwood Tuesday Night AFG (formerly View Ridge Open AFG) 60 minutes / FFAOW	Zoom Meeting ID: 820 9651 4445 Code: 494187	Seattle	Wedwood Presbyterian Church 8008 35th Ave NE Fireside Rm (Enter NE 80th St, upstairs) (H)	District 21 Group 41334
WEDNESDAY						
Wednesday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	CONCURRENT - Zoom Meeting Email for login info	Seattle	St Paul's United Church of Christ 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 (Free childcare) (CH) [Face Masks Required]	District 14 Group 25474
Wednesday	1:30 PM	Let It Begin with Me AFG 60 minutes / FFAOW	SUSPENDED DURING COVID	Burien	Highline United Methodist 13015 4th Ave S (use side entrance/basement) (H)	District 18 Group 30600898
Wednesday	7:00 PM	Alderwood AFG 75 minutes / FFAOW	IN-PERSON ONLY	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner at 196th) (H) [Face Masks Required]	District 22 Group 30623421
Wednesday	7:00 PM	Courage to Change AFG - Seattle 75 minutes / FFAOW	In-Person Only (2nd & 4th Weds only) Zoom Meeting Only (all other weeks) ID: 462 9397184 Code: SQSea3	Seattle	Mount Baker Park Presbyterian Church (upstairs rm) 3201 Hunter Blvd S (2nd & 4th Weds only) [Face Masks Required; Vaccinations Rec'd]	District 19 Group 62852
Wednesday	7:00 PM	Experience Strength and Hope AFG 90 minutes / FFAOW / B	SUSPENDED DURING COVID	Renton	Fairwood Community United Methodist Church 15255 SE Fairwood Blvd (H)	District 17 Group 30519364
Wednesday	7:00 PM	Maple Valley Wednesday Night AFG 90 minutes / FFAOW mvwn17@gmail.com	HYBRID - Zoom Meeting Login 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/	Zoom Meeting 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	Wednesday Back to Basics AFG 60 minutes / FFAOW	IN-PERSON ONLY	Mountlake Terrace	Bethesda Lutheran Church 23406 56th Ave W [Face Masks Required]	District 22 Group 501477

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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	7:00 PM	Women Seeking Serenity AFG 90 minutes / WOMEN / FAFO	Zoom Meeting ID: 857 8779 0803 Code: 784677	Kirkland		District 15 Group 30769092
Wednesday	7:30 PM	Auburn Wednesday Night AFG 90 minutes / FAFO / B	===DISBANDED 8/2022===	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AT AA)	District 14 Group 14109
Wednesday	7:30 PM	Midweek Men's AFG 90 minutes / MEN / FFAOW / B	HYBRID - Zoom Meeting ID: 857 8017 2055 Code: 857372	Kirkland	Kirkland Congregational Church 106 5th Ave New location, Hybrid effective Sept 7, 2022	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 (Basement / Follow signs) [Face Masks Optional]	District 16 Group 14122
Wednesday	8:00 PM	Queen Anne AFG 75 minutes / FFAOW	Zoom Meeting ID: 709 493 868 Code: 742729	Seattle	Queen Anne Lutheran Church 2400 8th Ave W (AT AA)	District 20 Group 14319
THURSDAY						
Thursday	7:00 AM	Focus on Gratitude AFG 60 minutes / FFAOW fogzoom2021@gmail.com	Zoom Meeting 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	Somewhere Men's Online Gratitude Meeting 90 minutes / FAFO smogmtm8am@gmail.com	Zoom Meeting ID: 869 5089 3684 Code: 718948	Seattle		2021-05 Group 30744787
Thursday	10:00 AM	Issaquah Day AFG 90 minutes / FFAOW issqdayafg@gmail.com	HYBRID (4th week only) Zoom Meeting Login info: Get via email	Issaquah	Our Savior Lutheran Church 745 Front St S [Face Masks Optional]	District 16 Group 14204
Thursday	10:00 AM	Kirkland Thursday Morning AFG 90 minutes / B / FAFO	Zoom Meeting ID: 832 0523 7594 Code: 133691	Kirkland		District 15 Group 14223
Thursday	12:30 PM	Sound Serenity AFG 60 minutes / FAFO	SUSPENDED DURING COVID	Des Moines	Grace Lutheran Church 22975 24th Ave S (Side door at north of church) (H) [Face Masks]	District 18 Group 45476
Thursday	6:30 PM	Women Living in Focus AFG (Seattle) 90 minutes / WOMEN / FAFO	Zoom Meeting ID: 805 686 374 Code: 347291	Seattle	The Fauntleroy Church 9140 California Ave SW (CH H)	District 19 Group 44646

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Thursday	7:00 PM	Madison Madrona AFG 90 minutes / B / FFAOW / BIPOC / LGBTQIA	IN-PERSON ONLY	Seattle	Epiphany Church Parish Hall 1805 38th Ave (Upstairs) [Face Masks Optional]	District 20 Group 46407
Thursday	7:00 PM	New Horizons AFG 90 minutes / B / FFAOW	Zoom Meeting ID: 871 8802 5506 Passcode: 212121	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	Gloria Dei Lutheran Church 3215 Larch Way (H)	District 22 Group 30760
Thursday	7:30 PM	Bellevue Lake Hills AFG 90 minutes / FFAOW 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: 856 1992 6150 Code: 016103	Issaquah	Faith United Methodist Church 3924 Issaquah-Pine Lk Rd SE	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 / B / FFAOW	HYBRID - Zoom Meeting ID: 293 138 1614	Renton	St Lukes Episcopal Church 99 Wells Ave S (Pritchard Hall) [Face Masks Required]	District 17 Group 14286
Thursday	7:30 PM	Stay in Your Lane AFG 60 minutes / FFAOW	===DISBANDED 9/2022===	Seattle	Queen Anne Presbyterian Church 414 W Howe St [Face Masks Optional]	District 20 Group 30786241
FRIDAY						
Friday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting 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	Highlands Friday AM AFG 90 minutes / FFAOW	Zoom Meeting ID: 823 9645 6681 Code: 245840	Shoreline	St. Dunstan's Episcopal Church 722 N 145th St (Back entrance) [Vaccinations and Face Masks Required]	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 req'd]	District 14 Group 23848
Friday	6:00 PM	Courage to Change AFG - Kirkland 60 minutes / FFAOW couragetochangefg20@gmail.com	HYBRID - Zoom Meeting ID: 410 819 487	Kirkland	St John's Episcopal Church 105 State St [Face Masks Optional] (Room entrance on parking lot side) (H)	District 15 Group 30731298

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Friday	7:00 PM	Friday Night Women's AFG 60 minutes / WOMEN / FFAOW	Zoom Meeting ID: 87327654713	Seattle		District 20 Group 87327654713
Friday	7:00 PM	Practice Makes Progress Women AFG 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	7:30 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) [Face Masks Required]	District 18 Group 14302
Friday	7:30 PM	Kent All Men's AFG 90 minutes / MEN / B / FFAOW	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 Friday Night AFG 90 minutes / FFAOW	CONCURRENT - Zoom Meeting 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
Friday	7:30 PM	Seattle Men's AFG (Speaker Mtg 5th week) 90 minutes / MEN / FFAOW Web site seattle.mens.alanon@gmail.com	IN-PERSON ONLY	Seattle	Northminster Presbyterian Church 7706 25th Ave NW (H) [Face Masks Optional]	District 21 Group 30582130
Friday	8:00 PM	Friday Night LGBTQ+ AFG 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	TGIF AFG 90 minutes / FFAOW	IN-PERSON ONLY	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner of 196th) (H) [Face Masks Required]	District 22 Group 14171
SATURDAY						
Saturday	8:00 AM	First Step AFG 60 minutes / FFAO	Zoom Meeting ID: 824 0756 5990 Code: Step1	Seattle		Group 30779457
Saturday	8:30 AM	Peace of the Program AFG 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	West Seattle Saturday Morning AFG 90 minutes / FFAOW wssatalanon@gmail.com	CONCURRENT - Zoom Meeting ID: 908 965 756 Code: 627493	Seattle	St. John the Baptist Episcopal Church 3050 California Ave SW, Parish Hall (H) [Face Masks Required]	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 Required]	District 14 Group 53678

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Saturday	9:30 AM	Saturday Morning Open Breakfast AFG 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	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 Required]	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 [New Location - 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	Pritchard Hall 99 Wells Ave S	District 17 Group 61102
Saturday	10:00 AM	Saturday Morning AFG 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
Saturday	10:30 AM	Renton Saturday Morning AFG 90 minutes / FAFO	HYBRID - Phone Meeting Dial: 978 990 5000 Code: 742424	Renton	Valley Church [Face Masks Required] 16431 SE Renton-Issaquah Rd (downstairs / follow signs) (H)	District 17 Group 37673
Saturday	10:30 AM	How Important Is It Women's AFG 60 minutes / WOMEN / FFAOW hiitsatwomen@gmail.com	CONCURRENT - Zoom Meeting ID: 694 879 630 Code: 272730	Seattle	Queen Anne Lutheran Church 2400 8th Ave W (Use McGraw St entrance only) [Face Masks & Social Distancing Required]	District 20 Group 30578357
Saturday	11:00 AM	Search for Serenity AFG 60 minutes / FFAOW SFSODAT.2020@gmail.com	Hybrid - Zoom Mtg ID: 678 139 085 Code: ODAT or 261833 for telephone access	Bellevue	Alano Club of the Eastside 12302 NE 8th St [Face Masks Required & BYOB] (In annex at rear of Alano Club) (H)	District 15 Group 24759
Saturday	7:30 PM	Saturday Night Recovery AFG 90 minutes / FAFO	Zoom Meeting ID: 836 2319 0426 Code: SD7y7W	Seattle	Sandpoint Community Church 4710 NE 70th St (Enter on NE corner) (H)	District 21 Group 42815
Saturday	7:30 PM	2nd Saturday MESH Speaker Meeting AFG 90 minutes / FFAOW mesh.coordnator@gmail.com	SUSPENDED DURING COVID	Shoreline	St David Emmanuel Episcopal Church 18842 Meridian Ave N (H)	District 22 Group 503944
Saturday	7:30 PM	3rd Saturday HEAR Speaker Meeting AFG 90 minutes / FFAOW	Zoom Meeting ID: 896 7579 4182 Code: 107130	Kent	Hillside Church 930 E James St (H)	District 14 Group 30507169
SUNDAY						
Sunday	8:30 AM	Sunday AM Fresh Start AFG - ASL Available 90 minutes / FFAOW / Sponsorship (5th weeks) freshstartinfoseattle@gmail.com	HYBRID - Zoom Meeting ID: 662 081 154 Code: 213424 Host will open the Zoom by 8:15 AM	Seattle	UW School of Social Work [bldg doors lock @ 9 AM] 4101 15th Ave NE #306AB (H) [face masks rec'd] [use 15th & 41st entrance]	District 20 Group 43260

Meeting Legend | Best Practices

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 HOLIDAYS SUPPORT |

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	9:00 AM	Vashon Sunday Side Up AFG 90 minutes / FFAOW	SUSPENDED DURING COVID	Vashon	Vashon Presbyterian Church 17708 Vashon Hwy SW (Upstairs belfry) (FF)	District 19 Group 30043
Sunday	12:00 PM	Pathways to Recovery Step Study AFG 90 minutes / FFAOW	Zoom Meeting ID: 875 4336 0833	Seattle	Seattle University Student Center 901 12th Ave #122 (H)	District 20 Group 30536933
Sunday	12:00 PM	Sunday Nooners AFG 75 minutes / FFAOW	SUSPENDED DURING COVID	Bellevue	Alano Club of the Eastside 12302 NE 8th St (H)	District 15 Group 30608906
Sunday	6:00 PM	Enumclaw Sunday Nite AFG 60 minutes / B / FAFO	HYBRID - Zoom Meeting ID: 941 566 343 Code: 886139	Enumclaw	Hillside Community Church 24015 SE 436th Way (90 H) [Face Masks Optional]	District 14 Group 53679
Sunday	7:00 PM	Ballard Sunday Nite AFG 90 minutes / FFAOW	CONCURRENT - Zoom Meeting ID: 380 019 636 Code: 651212	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (H) Downstairs in Foster Hall [face masks required]	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	7:30 PM	Auburn Sunday Night AFG 90 minutes / B / FAFO	HYBRID - Zoom Meeting ID: 847 1218 9588 Code: 878251	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

Spanish Meetings (Encuentros en español): <https://www.seattle-al-anon.org/meetings.html>

Alateen Meetings: <https://www.seattle-al-anon.org/alateen.html>

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

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

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

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

HOLIDAYS

- Monday, 12:00 PM, Capitol Hill AFG - **Monday Holidays – Zoom Only 10/10, 12/26/22, 01/02/23**

NEWS: Recently reported updates.

- Monday, 10:30 AM, Monday Morning Jump Start AFG: **Closed Captioning (CC)** {updated 8/13/22}
- Monday, 7:00 PM, Just for Today AFG: **DISBANDED** {updated 8/29/22}
- Monday, 7:00 PM, Living in the Solution AFG: **(Hybrid starting 8/1 and new location: Kirkland Congregational United Church of Christ)** {updated 8/1/22}
- Monday, 7:00 PM, Parents for Serenity AFG: **meet in lower lot weather permitting** {updated 8/13/22}
- Tuesday, 10:00 AM, Highland Tuesday AFG: **Face Masks Optional** {updated 9/17/22}
- Tuesday, 7:30 PM, Tuesday Night Gratitude AFG: **new zoom details** {updated 9/8/22}
- Tuesday, 7:00 PM, Vive GFA: **new Zoom details** {updated 8/13/22}
- Tuesday, 7:15 PM, Bothell Tuesday Niters AFG: **removed CH designation** {updated 8/13/22}
- Tuesday, 7:30 PM, Denny Park Family AFG: **new Zoom details** {updated 8/21/22}
- Tuesday, 7:30 PM, Edmonds AFG: **DISBANDED** {updated 9/17/22}
- Tuesday, 7:30 PM, North End Men's AFG: **updated Zoom link and added group email** {updated 8/23/22}
- Wednesday, 7:00 PM, Courage to Change AFG: **In-Person Only (2nd & 4th Wednesdays)** {updated 9/17/22}
- Wednesday, 7:30 PM, Auburn Wednesday Night AFG: **DISBANDED** {updated 8/29/22}
- Wednesday, 7:30 PM, Midweek Men's AFG: **New location + Hybrid effective Sept 7, 2022** {updated 8/30/22}
- Thursday, 7:30 PM, Stay in Your Lane AFG: **Men's designation removed; district number corrected; Disbanded** {updated 8/30/22; 9/8/22; 9/17/22}
- Friday, 8:00 PM, Friday Night LGBTQ+ AFG: **pass code added** {updated 8/23/22}
- Saturday, 8:30 AM, Peace of the Program AFG: **corrected Zoom link** {updated 9/10/22}
- Saturday, 9:00 AM, Changing Attitudes AFG: **Face Masks Required** {updated 8/29/22}
- Saturday, 11:00 AM, Search for Serenity AFG: **HYBRID (weekly) – BYOB – removed Beginner designation** {updated 8/21/22}
- Saturday, 7:30 PM, Saturday Night Recovery AFG: **new Group Name and Zoom details** {updated 8/29/22}
- Sunday, 6:00 PM, Enumclaw Sunday Nite AFG: **HYBRID and Face Masks Optional** {updated 8/29/22}

SUPPORT: Groups Needing Support

- Thursday, 7:00 PM, **Madison Madrona AFG, In-Person, BIPOC / LGBTQIA** {added 8/31/22}
- Sunday, 8:30 AM, **Sunday AM Fresh Start AFG, In-Person-Hybrid** {added 8/31/22}