

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

NEWCOMERS ARE WELCOME AT ALL MEETINGS!

Updated: November 23, 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 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>	<b>IN-PERSON ONLY</b> <b>[Monday Holidays – Zoom Only</b> <b>12/26/22, 01/02/23]</b>	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>[Phone # and Face Masks Required]</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	<b>IN-PERSON ONLY</b>	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>	<b>IN-PERSON ONLY</b>	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	<b>IN-PERSON ONLY</b>	Enumclaw	Calvary Presbyterian Church 1728 Wells St (H) <b>[Face Masks Optional]</b>	District 14 Group TBD
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			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	<b>IN-PERSON ONLY</b>	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	<b>Magnolia Monday Nite Fireside AFG</b> 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	<b>Meadowdale AFG</b> 90 minutes / FFAOW (5th Mondays: Celebration of Recovery)	<b>IN-PERSON ONLY</b>	Edmonds	St Hilda & St Patrick Episcopal Church 15224 52nd Ave W (H) <b>[Face Masks Optional]</b>	District 22 Group 49029
Monday	7:00 PM	<b>Parents for Serenity AFG</b> 90 minutes / PARENTS / FFAOW / B	<b>HYBRID - Zoom Meeting</b> ID: 865 4575 4735   Code: 472234	Mercer Island	Holy Trinity Lutheran Church 8501 SE 40th St <b>[face masks optional]</b> [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	<b>IN-PERSON ONLY</b>	Renton	St Lukes Episcopal Church Prichard Hall 99 Wells Ave S <b>[Face Masks Required]</b>	District 17 Group 50914
Monday	7:30 PM	<b>Coal Creek South Bellevue AFG</b> 60 minutes / FAFO	<b>HYBRID - Zoom Meeting</b> ID: 977 1552 8373   Code: 12800	Bellevue	Newport Covenant Church 12800 SE Coal Creek Pkwy (1st flr in main church bldg) (AA) <b>[masks optional]</b>	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	<b>IN-PERSON ONLY</b>	Seattle	St Paul's United Church-Christ 6512 12th Ave NW (AA) <b>[Face Masks Required]</b>	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 (H AA)	District 22 Group 14320
Monday	7:30 PM	<b>Salmon Bay Candlelight AFG</b> 90 minutes / FFAOW	<b>HYBRID (1st Monday only) - Zoom Meeting</b> ID: 815 1082 7369   Code: 435506	Seattle	Ballard First Lutheran Church <b>(1st Monday only)</b> 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	<b>IN-PERSON ONLY</b> [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	<b>Renton Tuesday Morning AFG</b> 90 minutes / FFAOW	<b>IN-PERSON ONLY</b>	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 106 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	<b>HYBRID - Zoom Meeting</b> 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>Steps to Serenity AFG</b> 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	<b>Tuesday Unity AFG</b> 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	<b>Bothell Tuesday Niters AFG</b> 90 minutes / FFAOW / B	<b>IN-PERSON ONLY</b>	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	<b>IN-PERSON ONLY</b>	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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Tuesday	7:30 PM	<b>Wedgwood Tuesday Night AFG</b> (formerly View Ridge Open AFG) 60 minutes / FFAOW	===DISBANDED 10/25/2022===	Seattle	Wedgwood Presbyterian Church 8008 35th Ave NE Fireside Rm (Enter NE 80th St, upstairs) (H)	District 21 Group 41334
<b>WEDNESDAY</b>						
Wednesday	7:00 AM	<b>Hope for Today AFG</b> 60 minutes / FFAOW hftafg@gmail.com	<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 wmsfedway@gmail.com	<b>IN-PERSON ONLY</b>	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 11/23 - Y	<b>Alderwood AFG</b> 75 minutes / FFAOW	<b>IN-PERSON ONLY</b> <b>[Yes, will be meeting on 11/23, 12/21, and 12/28/22]</b>	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 only)</b> Zoom Meeting Only (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 15255 SE Fairwood Blvd (H)	District 17 Group 30519364
Wednesday	7:00 PM	<b>Maple Valley Wednesday Night AFG</b> 90 minutes / FFAOW mvwn17@gmail.com	<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 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	<b>Wednesday Back to Basics AFG</b> 60 minutes / FFAOW	<b>IN-PERSON ONLY</b>	Mountlake Terrace	Bethesda Lutheran Church 23406 56th Ave W <b>[Face Masks Required]</b>	District 22 Group 501477
Wednesday	7:00 PM	<b>Wednesday's Women AFG</b> 90 minutes / WOMEN / FAFO	<b>IN-PERSON ONLY</b>	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	Zoom Meeting ID: 857 8779 0803   Code: 784677	Kirkland		<b>District 15</b> <b>Group 30769092</b>

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Wednesday	7:30 PM	<b>Midweek Men's AFG</b> 90 minutes / MEN / FFAOW / B	<b>HYBRID - Zoom Meeting</b> ID: 857 8017 2055   Code: 857372	<b>Kirkland</b>	Kirkland Congregational Church 106 5th Ave	District 15 Group 53963
Wednesday	8:00 PM	<b>Newport Study AFG</b> 90 minutes / FAFO	<b>HYBRID - Zoom Meeting</b> ID: 990 8011 7489   Code: 4228	<b>Bellevue</b>	St Margaret's Episcopal Church 4228 Factoria Blvd (Follow signs for mtg upstairs) <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	<b>Seattle</b>	Queen Anne Lutheran Church 2400 8th Ave W (AT AA)	District 20 Group 14319
<b>THURSDAY</b>						
Thursday	7:00 AM <b>Mtg on 11/24 - ?</b>	<b>Focus on Gratitude AFG</b> 60 minutes / FFAOW fogzoom2021@gmail.com	<b>Zoom Meeting</b> ID: 822 0783 2473   Code: 920052	<b>Seattle</b>	Seattle University Student Center 901 12th Ave #122 (Jolly Rm-1st floor / Street parking) (FF)	District 20 Group 30503143
Thursday	8:00 AM <b>Mtg on 11/24 - ?</b>	<b>Somewhere Men's Online Gratitude Meeting</b> 90 minutes / FAFO smogmtm8am@gmail.com	<b>Zoom Meeting</b> ID: 869 5089 3684   Code: 718948	<b>Seattle</b>		2021-05 Group 30744787
Thursday	10:00 AM <b>11/24 only Zoom</b>	<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	<b>Issaquah</b>	Our Savior Lutheran Church 745 Front St S <b>[Face Masks Optional]</b>	District 16 Group 14204
Thursday	10:00 AM <b>Mtg on 11/24 - Y</b>	<b>Kirkland Thursday Morning AFG</b> 90 minutes / B / FAFO	<b>Zoom Meeting</b> ID: 832 0523 7594   Code: 133691	<b>Kirkland</b>		<b>District 15</b> <b>Group 14223</b>
Thursday	12:30 PM <b>Mtg on 11/24 - N</b>	<b>Sound Serenity AFG</b> 60 minutes / FAFO	SUSPENDED DURING COVID	<b>Des Moines</b>	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>Mtg on 11/24 - Y</b>	<b>Women Living in Focus AFG (Seattle)</b> 90 minutes / WOMEN / FAFO	<b>Zoom Meeting</b> ID: 805 686 374   Code: 347291	<b>Seattle</b>	The Fauntleroy Church 9140 California Ave SW (CH H)	District 19 Group 44646
Thursday	7:00 PM <b>Mtg on 11/24 - N</b>	<b>Madison Madrona AFG</b> 90 minutes / B / FFAOW / <b>BIPOC / LGBTQIA</b>	<b>IN-PERSON ONLY</b>	<b>Seattle</b>	Epiphany Church Parish Hall 1805 38th Ave (Upstairs) <b>[Face Masks Optional]</b>	District 20 Group 46407
Thursday	7:00 PM <b>Mtg on 11/24 - Y</b>	<b>New Horizons AFG</b> 90 minutes / B / FFAOW	<b>Zoom Meeting</b> ID: 871 8802 5506   Passcode: 212121	<b>Carnation</b>	Tolt Congregational Church 4851 Tolt Ave (H)	District 15 Group 30537397
Thursday	7:00 PM <b>Mtg on 11/24 No</b>	<b>Terrace View AFG</b> 90 minutes / FFAOW	Phone Meeting Dial: 605-313-4484   Code: 503150	<b>Lynnwood</b>	Gloria Dei Lutheran Church 3215 Larch Way (H)	District 22 Group 30760

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Thursday	7:30 PM <b>Mtg on 11/24 - N</b>	<b>Bellevue Lake Hills AFG</b> 90 minutes / FFAOW lakehillsthursdaynite@gmail.com	<b>HYBRID - Zoom Meeting</b> ID: 999 6642 1488   Code: 2650148	<b>Bellevue</b>	Saint Andrew's Lutheran Church 2650 148th Ave SE (H AT AA) <b>[Face Masks Optional]</b>	District 16 Group 14118
Thursday	7:30 PM <b>Mtg on 11/24 - N</b>	<b>Eastside Parents AFG</b> 90 minutes / PARENTS / FFAOW	<b>Zoom Meeting</b> ID: 856 1992 6150   Code: 016103	<b>Issaquah</b>	Faith United Methodist Church 3924 Issaquah-Pine Lk Rd SE	District 16 Group 30522678
Thursday	7:30 PM <b>Mtg on 11/24 - Y</b>	<b>Fremont AFG</b> 60 minutes / FFAOW	<b>IN-PERSON ONLY</b>	<b>Seattle</b>	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>Mtg on 11/24 - Y</b>	<b>Renton Thursday Night AFG</b> 90 minutes / B / FFAOW	<b>HYBRID - Zoom Meeting</b> ID: 293 138 1614	<b>Renton</b>	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.	<b>Seattle</b>	St Paul's United Church of Christ 6512 N 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	<b>Shoreline</b>	St. Dunstan's Episcopal Church 722 N 145th St (Back entrance) <b>[Vaccinations and Face Masks Required]</b>	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	<b>Auburn</b>	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	<b>Kirkland</b>	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>Friday Night Women's AFG</b> 60 minutes / WOMEN / FFAOW	<b>Zoom Meeting</b> ID: 87327654713	<b>Seattle</b>		<b>District 20 Group 87327654713</b>
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	<b>Seattle</b>	Wallingford Presbyterian Church 1414 N 42nd St (Enter back of church)	District 20 Group 30712924
Friday	7:30 PM	<b>Burien Friday Night AFG</b> 60 minutes / FFAOW <b>Book Study: Reaching for Personal Freedom</b>	<b>IN-PERSON ONLY</b>	<b>Burien</b>	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	<b>IN-PERSON ONLY</b>	<b>Kent</b>	Church of the Holy Spirit 327 2nd Ave S (Library /enter in back) (H) <b>[Face Masks Optional]</b>	District 14 Group 14217

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Friday	7:30 PM	<b>Redmond Friday Night AFG</b> 90 minutes / FFAOW	<b>CONCURRENT</b> - 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	<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>	<b>IN-PERSON ONLY</b>	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	<b>===INACTIVE 9/2022===</b>	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</b> - Zoom Meeting 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	<b>IN-PERSON ONLY</b>	Federal Way	Wayside Church of Christ 2000 SW Dash Point Rd (H) <b>[Face Masks Required]</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</b> - Zoom Meeting 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</b> - Zoom Meeting ID: 856 2984 4324   Code: 634512	Burien	Burien Elks Club 14006 1st Ave S <b>[New Location - 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

**Meeting Legend | Best Practices**

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**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 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	10:00 AM	<b>Saturday Morning AFG</b> 60 minutes / B / FFAOW	<b>Zoom Meeting</b> ID: 617 173 7159	<b>Vashon</b>	Vashon Presbyterian Church 17708 Vashon Hwy SW (Upstairs in belfry - pull cow bell) (B)	District 19 Group 30556459
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>Hybrid</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	<b>Zoom Meeting</b> 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	<b>Zoom Meeting</b> ID: 896 7579 4182   Code: 107130	<b>Kent</b>	Hillside Church 930 E James St (H)	District 14 Group 30507169
<b><u>SUNDAY</u></b>						
Sunday	8:30 AM	<b>Sunday AM Fresh Start AFG - ASL Available</b> 90 minutes / FFAOW / Sponsorship (5th weeks) freshstartinfoseattle@gmail.com	<b>Zoom Meeting</b> 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]</b> <b>[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	<b>Zoom Meeting</b> 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	<b>HYBRID</b> - Zoom Meeting ID: 941 566 343   Code: 886139	<b>Enumclaw</b>	Hillside Community Church 24015 SE 436th Way (90 H) <b>[Face Masks Optional]</b>	District 14 Group 53679



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**| MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY LEGEND NEWS HOLIDAYS 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>Ballard Sunday Nite AFG</b> 90 minutes / FFAOW	<b>CONCURRENT - Zoom Meeting</b> 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
Sunday	7:00 PM	<b>Bothell Sunday Night AFG</b> 90 minutes / FFAOW	<b>IN-PERSON ONLY</b> (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

**ALATEEN**

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

**SPANISH**

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

**LEGEND**

<p>FAFO = Families and Friends Only                  FFAOW = Families, Friends, &amp; Observers Welcome                  AA = Alcoholics Anonymous at Same Time &amp; Place                  AC = Adult Children of Alcoholics Same Time &amp; Place                  AL = Al-Anon at Same Time &amp; Place                  AT = Alateen at Same Time &amp; Place                  B = Beginners Intro/Meeting</p> <p>BIPOC = black, indigenous, and people of color                  LGBTQIA = Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual</p>	<p>45 = 45-Minute Duration                  60 = 60-Minute Duration                  75 = 75-Minute Duration                  90 = 90-Minute Duration                  135 = 135-Minute Duration</p> <p>ASL = American Sign Language                  CC = Closed Captioned for the Hearing Impaired</p> <p>BYOB = Bring Your Own Beverage                  CH = Childcare                  FF = Fragrance Free                  H = Handicap Accessible</p>
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**HOLIDAYS and Temporary Closures**

- Monday, 12:00 PM, **Capitol Hill AFG - Monday Holidays – Zoom Only 12/26/22, 01/02/23**
- Wednesday, 7:00 PM, **Alderwood AFG: Yes, will be meeting in person on 11/23, 12,21, and 12,28/22** {updated 11/19/2022}
- Thursday, Thanksgiving Day, 11/24/2022**

**NEWS: Recently reported updates.**

- Monday, 5:30 PM, Mountain AFG: **address location correction** {updated 11/16/2022}
- Monday, 7:00 PM, Living in the Solution AFG: **IN-PERSON ONLY** starting 11/7 {updated 10/25/2022}
- Monday, 7:00 PM, Parents for Serenity AFG: **changed from CONCURRENT to HYBRID and removed email address** {updated 11/6/2022}
- Tuesday, 10:00 AM, Renton Tuesday Morning AFG: **IN-PERSON ONLY** {updated 10/2/2022}
- Tuesday, 7:00 PM, Serenity in Snoqualmie AFG: **new Zoom details** {updated 11/2/2022}
- Tuesday, 7:15 PM, Bothell Tuesday Nites AFG: **removed face mask requirement; childcare restored** {updated 10/10/2022; 11/16/2022}
- Tuesday, 7:30 PM, North End Men's AFG: **IN-PERSON ONLY** {updated 10/28/2022}
- Tuesday, 7:30 PM, Tuesday Night Gratitude AFG: **new Zoom details; Beginners designation removed** {updated 9/8/2022, 10/5/2022}
- Tuesday, 7:30 PM, Wedgwood Tuesday Night AFG: **DISBANDED 10/25/2022** {updated 10/28/2022}
- Wednesday, 7:00 PM, Alderwood AFG: **Face Masks Optional** {updated 11/14/2022}
- Wednesday, 8:00 PM, Newport Study AFG: **Directions revised** {updated 11/22/2022}
- Friday, 6:00 PM, Courage to Change AFG - Kirkland: **new Zoom details** {updated 10/4/2022}
- Friday, 8:00 PM, TGIF AFG: **INACTIVE** {updated 9/24/2022}
- Saturday, 11:00 AM, Search for Serenity AFG: **New Zoom details** {updated 10/30/2022}
- Sunday, 8:30 AM, Sunday AM Fresh Start AFG - ASL Available: **Zoom only** {updated 9/29/2022}

**SUPPORT: Groups Needing Support**

- Monday, 7:00 PM, Living in the Solution AFG {added 11/16/2022}
- Thursday, 7:00 PM, Madison Madrona AFG, In-Person, BIPOC / LGBTQIA {added 8/31/2022}
- Sunday, 7:30 PM, Auburn Sunday Night AFG, HYBRID - Zoom Meeting {added 10/2/2022}