

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

NEWCOMERS ARE WELCOME AT ALL MEETINGS!

Updated: May 2, 2024 1:00 PM

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 #		
<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>	<a href="#">Zoom Meeting</a> ID: 879 9945 6407   Code: 490681		Seattle			District 21 Group 502461		
Monday	10:30 AM	<b>Monday Morning Jump Start AFG</b> 90 minutes / FAFO / Closed Captioning (CC)	<b>IN-PERSON ONLY</b>		Auburn	<a href="#">Auburn City Seventh - Day Adventist</a> 402 29 <sup>th</sup> St SE <span style="color: red;">Masks no longer required</span>		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> ID: 614 658 9565   Code: serenity		Seattle	<a href="#">St. Mark's Cathedral</a> 1245 10th Ave E (Bloedel Hall) <span style="color: red;">Face Masks Optional</span>		District 20 Group 64446		
Monday	12:00 PM	<b>Monday Gratitude AFG</b> 60 minutes / FFAOW	<a href="#">Zoom Meeting</a> ID: 978 6172 1702   Code: 2650148		Bellevue			District 16 Group 30836688		
Monday	12:00 PM	<b>Monday Nooners AFG</b> 60 minutes / FFAOW <a href="mailto:MondayNooners@gmail.com">MondayNooners@gmail.com</a>	<b>IN-PERSON ONLY</b>		Bellevue	<a href="#">St Andrew's Lutheran Church</a> 2650 148th Ave SE (H) <span style="color: red;">Face Masks Optional</span>		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	<a href="#">First Free Methodist Church</a> 3200 3rd Ave W <span style="color: red;">Face Masks Optional</span> (The Rm / Park on Cremona / use North entry) (H)		District 20 Group 62081		
Monday	12:30 PM	<b>Bothell Monday Study AFG</b> 90 minutes / FFAOW	<b>IN-PERSON ONLY</b>		Bothell	<a href="#">Eastside Church</a> 14520 100th Ave NE (H) <span style="color: red;">Face Masks Optional</span>		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	<a href="#">Lake Forest Park Presbyterian Church</a> 17440 Brookside Blvd NE <span style="color: red;">Face Masks Optional</span>		District 22 Group 30518096		
Monday	5:30 PM	<b>Mountain AFG</b> 60 minutes / FFAOW	<b>IN-PERSON ONLY</b>		Enumclaw	<a href="#">Calvary Presbyterian Church</a> 1725 Porter St (Downstairs in Fellowship Hall) (H) <span style="color: red;">Face Masks Optional</span>		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>	<a href="#">Zoom Meeting</a> Login info: Get via email		Des Moines			District 14 Group 30512485		

Monday	7:00 PM	<b>Boundaries Not Walls Women's AFG</b> 60 minutes / WOMEN / FFAOW	<a href="#">Zoom Meeting</a> ID: 209 074 2264   Code: 1dED8w	Seattle		District 20 Group 30808052
Monday	7:00 PM	<b>Magnolia Monday Nite Fireside AFG</b> 60 minutes / FFAOW	<a href="#">Zoom Meeting</a> ID: 864 6238 3566   Code: 783005	Seattle		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	<a href="#">St Hilda &amp; St Patrick Episcopal Church</a> 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 <a href="mailto:4mipfs@gmail.com">4mipfs@gmail.com</a>	<b>HYBRID - Zoom Meeting</b> ID: 850 7898 9662   Code: 812822	Mercer Island	<a href="#">Holy Trinity Lutheran Church</a> 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	<a href="#">St Lukes Episcopal Church</a> 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	<a href="#">Newport Covenant Church</a> 12800 Coal Creek Pkwy SE <b>Face Masks Optional</b> (1st flr in main church bldg) (AA)	District 16 Group 33387
Monday	7:30 PM	<b>No Expectations Women's AFG</b> 60 minutes / WOMEN / FFAOW	<b>IN-PERSON ONLY</b>	Seattle	<a href="#">St Paul's United Church</a> 6512 12th Ave NW (AA) <b>Face Masks Optional</b>	District 21 Group 30731356
Monday	7:30 PM	<b>Richmond Beach AFG</b> 90 minutes / FFAOW	<a href="#">Zoom Meeting</a> ID: 812 6853 3090   Code: 807829	Shoreline		District 22 Group 14320
Monday	7:30 PM	<b>Salmon Bay Candlelight AFG</b> 90 minutes / FFAOW	<b>Hybrid 1<sup>st</sup> Monday only</b> <a href="#">Zoom Meeting</a> ID: 815 1082 7369   Code: 435506	Seattle	<a href="#">Ballard First Lutheran Church</a> 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	<a href="#">Zoom Meeting</a> ID: 838 8546 9911   Code: 684135	Seattle		District 20 Group 30614923
Tuesday	10:00 AM	<b>Highland Tuesday AFG</b> 90 minutes / FAFO / B	<b>IN-PERSON ONLY</b>	Shoreline	<a href="#">St Dunstan's Episcopal Church</a> 722 N 145th St <b>Face Masks Optional</b> (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	<a href="#">First United Methodist Church</a> 2201 NE 4th St <b>Face Masks Optional</b> (Entrance via upper parking) (H)	District 17 Group 14290
Tuesday	12:30 PM	<b>Kirkland Tuesday Afternoon AFG</b> 90 minutes / FAFO	<b>IN-PERSON ONLY</b>	Kirkland	<a href="#">Kirkland Congregational Church</a> 106 5th Ave (Room 21)	District 15 Group 44099
Tuesday	12:30 PM	<b>Tuesday Reboot AFG - West Seattle</b> 75 minutes / FFAOW	<a href="#">Zoom Meeting</a> ID: 873 5336 2294   Code: 861344	Seattle		District 19 Group 30619812
Tuesday	7:00 PM	<b>Serenity in Snoqualmie AFG</b> 60 minutes / FFAOW	<b>HYBRID - Zoom Meeting</b> ID: 857 4841 7555   Code: 123450303	Snoqualmie	<a href="#">St Clare Episcopal Church</a> 8650 Railroad Ave (Left side room)	District 16 Group 30657168
Tuesday	7:00 PM	<b>Tuesday Unity AFG</b> 75 minutes / FFAOW	<a href="#">Zoom Meeting</a> ID: 810 034 621   Code: 026128	Seattle		District 20 Group 30592290

Tuesday	7:15 PM	<b>Bothell Tuesday Neters AFG</b> 90 minutes / FFAOW / B	<b>IN-PERSON ONLY</b>	<b>Bothell</b>	<a href="#">Eastside Four Square Church</a> 14520 100th Ave NE (CH H AA)	District 15 Group 14130
Tuesday	7:30 PM	<b>Denny Park Family AFG</b> 60 minutes / FFAOW	<a href="#">Zoom Meeting</a> ID: 870 1387 9260   Code: 325659	<b>Seattle</b>		District 20 Group 27198
Tuesday	7:30 PM	<b>North End Men's AFG</b> 90 minutes / MEN / FAFO <a href="mailto:northendmensafg@gmail.com">northendmensafg@gmail.com</a>	<b>IN-PERSON ONLY</b>	<b>Shoreline</b>	<a href="#">St David Emmanuel Episcopal Church</a> 18842 Meridian Ave N	District 22 Group 500659
Tuesday	7:30 PM	<b>Tuesday Night Gratitude AFG</b> 60 minutes / FFAOW <a href="mailto:RedmondTuesdayNight@gmail.com">RedmondTuesdayNight@gmail.com</a>	<a href="#">Zoom Meeting</a> ID: 988 1917 0446   Code: 547332	<b>Redmond</b>		District 15 Group 52374
<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 - Zoom Meeting</b> ID: 879 9945 6407   Code: 490681	<b>Seattle</b>	<a href="#">St Paul's United Church</a> 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>	<b>IN-PERSON ONLY</b>	<b>Federal Way</b>	<a href="#">Light of Christ Lutheran Church</a> 2400 SW 344th St <b>Face Masks Required</b>	District 14 Group 25474
Wednesday	7:00 PM	<b>Alderwood/Edmonds AFG</b> 75 minutes / FFAOW	<b>IN-PERSON ONLY</b>	<b>Edmonds</b>	<a href="#">Maplewood Presbyterian Church</a> 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	<a href="#">Zoom Meeting Only</a> (1st & 3rd Weds) ID: 462 9397184   Code: SQSea3 <b>IN-PERSON ONLY</b> (2nd, 4th, 5th Weds)	<b>Seattle</b>	<a href="#">Mount Baker Park Presbyterian Church</a> (upstairs rm) 3201 Hunter Blvd S (2nd, 4th, 5th Weds) <b>Face Masks Optional</b>	District 19 Group 62852
Wednesday	7:00 PM	<b>Maple Valley Wednesday Night AFG</b> 90 minutes / FFAOW <a href="mailto:mvmw17@gmail.com">mvmw17@gmail.com</a>	<b>HYBRID - Zoom Meeting</b> Log info: Get via email	<b>Covington</b>	<a href="#">Light of Life Lutheran Church</a> 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>IN-PERSON ONLY</b>	<b>Seattle</b>	<a href="#">Woodland Park United Methodist Church</a> 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	<b>Wednesday Back to Basics AFG</b> 60 minutes / FFAOW	<b>IN-PERSON ONLY</b>	<b>Mountlake Terrace</b>	<a href="#">Bethesda Lutheran Church</a> 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	<b>IN-PERSON ONLY</b>	<b>Kirkland</b>	<a href="#">Kirkland Congregational Church</a> 106 5th Ave Upstairs, Room 21 <b>Face Masks optional</b>	District 15 Group 64991
Wednesday	7:30 PM	<b>Midweek Men's AFG</b> 90 minutes / MEN / FFAOW / B <a href="mailto:MWMAFG@gmail.com">MWMAFG@gmail.com</a>	<b>HYBRID - Zoom Meeting</b> ID: 857 8017 2055   Code: 857372	<b>Kirkland</b>	<a href="#">Kirkland Congregational Church</a> 106 5th Ave Upstairs, Room 23	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>	<a href="#">St Margaret's Episcopal Church</a> 4228 Factoria Blvd (Follow signs) <b>Face Masks optional</b>	District 16 Group 14122
<b>THURSDAY</b>						
Thursday	7:00 AM	<b>Focus on Gratitude AFG</b> 60 minutes / FFAOW <a href="mailto:fogzoom2021@gmail.com">fogzoom2021@gmail.com</a>	<a href="#">Zoom Meeting</a> ID: 822 0783 2473   Code: 920052	<b>Seattle</b>		District 20 Group 30503143

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

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

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