Greater Seattle Al-Anon Information Service *Groups Listed At Their Own Request

Al-Anon & Alateen

AL-ANON INFORMATION SERVICE

MARCH 2010

Al-Anon & ALATEEN MEETING DIRECTORY

WEB site: www.seattle-al-anon.org

updated Meeting Directory, area Events and Links *online*

Please Visit us for more information:

24-hour Information Phone Line:

(206) 625-0000

Email: info@seattle-al-anon.org

Message / Fax: (206) 625-0018

Greater Seattle Al-Anon Information Service
OFFICE & LITERATURE SALES

OPEN: Monday – Friday - 9:30 am - 3:30 pm

1402 3rd Ave. #803 * Seattle, WA 98101

SPANISH: Para comunicarse en Espanol (800) 399-0899

When anyone, anywhere, reaches out for help let the hand of Al-Anon and Alateen always be there, and—

Let it Begin with Me

Meeting Codes/Concurrent Meetings:

O-Open to Observers Ch-Child Care H-Handicap Access

AFG: Al-Anon Family Groups
AC: Al-Anon Adult Children of Alcoholics
AT: Alateen Meeting at the same time/location
AL: Al-Anon Meeting at the same time/location
AA: Alcoholics Anonymous Meeting
at the same time/location in a different room
*MA: Men only AA * WA: Women only AA

ALATEEN MEETINGS

SUN	SUNDAY ALATEEN	
7 PM	St Paul's United Ch 6512 12th Ave NW	
H, AA, AL	Dist# 21	Seattle WA, 98117-5246
TUE	Together We Can Make It A-T	#65201
7:30 PM	Denny Park Lutheran Ch in Fellowship Hall 210 Dexter N @ John	
AL	Dist# 20	Seattle WA 98109-5104
WED	AUBURN WED NITE A-T AFG	#52091
8 PM	First United Methodist Ch, E Main & N St, 100 N St SE	
AL,AA	Dist# 14	Auburn WA 98002-5705
THUR	LAKE HILLS A-T AFG (Bellevue)	#14119
7:30 PM	St. Andrew's Church 2650 - 148th Ave SE	
H,AA,AL	Dist# 16	Bellevue WA 98007-6452

CENTRAL SEATTLE District 20

Madison Park -Capitol Hill - Downtown –Queen Anne- Magnolia

SUN	PATHWAYS TO RECOVERY AFG	
12 PM	Capitol Hill Alano Club, 1900 E Madison - room 101	
O	Dist# 20 step study—all welcome	Seattle WA 98122-2842
MON	NOONTIME RECOVERY	#47697
12PM	Vance Bldg 1402 3rd Ave. rm 530	
H	Dist# 20 (Does not meet on Holidays. Bldg locked)	Seattle, WA 98101
MON	CAPITOL HILL AFG	#64446
12PM	St. Mark's Cathedral, 1245 10th Ave E, Leffler House, upstairs	
O 1st Monday	Dist# 20 (step, tradition, topic format)	Seattle WA, 98102-4323
MON	Queen Anne Mid Day AFG	#62081
12 PM	First Free Meth Ch 3200-3rd Ave W (Glen room)	
H	Dist# 20	Seattle WA 98119-1903
MON	MAGNOLIA MONDAY NIGHT AFG	#63177
7 PM	United Church of Christ 3555 W. McGraw	
H	Dist# 20	Seattle WA 98199-3213
TUE	LUNCHEONAIRE'S HOUR AFG	#14316
12 PM	Seattle 1st Presbyterian—1013 8th Ave in McConkey Room	
	Dist# 20	8th @ Madison—Seattle WA 98104-1222
TUE	DENNY PARK FAMILY GROUP AFG	#27198
7:30 PM	Denny Park Lutheran Ch Fellowship Hall, 210 Dexter N @John St	
AC. AT	Dist# 20	Seattle WA 98109-5104
WED	LUNCH TIME SERENITY AFG	#45936
12 PM	Seattle 1st Presbyterian—1013 8th Ave –in McConkey Room	
	Dist# 20	8th Ave @ Madison Seattle WA 98104-1222
WED	WEDNESDAY AFTERNOON AFG	
4:30 PM	Seattle U Student Center, 901 12th Ave, 1st floor, Room 122	
	Dist # 20	Seattle WA 98122-4411
WED	QUEEN ANNE AFG	#14319
8 PM	Queen Anne Lutheran Church 2400 Eighth Ave W	
AA	Dist #20	Seattle WA 98119-2517
THUR	DENNY PARK EARLY BIRDS AFG	#64682
6:30 AM	Denny Park Lutheran Church, John & Dexter	
O AA	Dist# 20	Seattle WA 98109-5112
THUR	FOCUS ON GRATITUDE AFG	#503143
7 AM	Capitol Hill Alano Club 1900 East Madison, room 2B	
	Dist# 20	Seattle WA, 98122-2842
THUR	FIERCE COMPASSION ALL-WOMEN AFG	#66578
12 PM	Recovery Café—2022 Boren Ave (@Denny)	
O	Dist# 20 **NEW location**	Seattle WA 98121-2703
THUR	MAD. PARK-MADRONA AFG	#46407
7:30 PM	Epiphany Ch. Parish Hall (upstairs) 1805 38th Ave (near E. Denny)	
AC, AA, O	last Th Dist# 20	Seattle WA 98122-3447
FRI	GLBT FRIDAY NIGHT AFG	
8 PM	Capitol Hill Alano Club, 1900 E Madison (gay/lesbian)	
AA, H	Dist# 20	Seattle WA 98122-2842
SAT	FELLOW SISTERS IN RECOVERY AFG women's	
10:30 AM	All Saint's Church, 1716 2nd Ave N (2nd and Blaine)	
1 hour	Dist# 20	Seattle WA 98109-2805

EASY DOES IT ....

Ballard - Bothell - Edmonds - Greenwood
Lynnwood-Mountlake Terrace
Shoreline - University

NORTH SEATTLE / BOTHELL

Districts 20-21-22-15

- Highlands - Lake City - Laurelhurst—
– Northgate—Richmond Beach – Sandpoint –
- View Ridge—Woodland Park

SUN SUN AM FRESH START OPEN AFG #43260
8:30 AM UW Sch of Soc'l Wk -4101 15th Ave NE. by campus
O rm #301 Dist# 20 Seattle WA 98105-6299

SUN BALLARD SUN NITE OPEN AFG #14300
7 PM St Paul's United Ch 6512 12th Ave NW
H, AA, AT Dist# 21 Seattle WA 98117-5246

SUN BOTHELL SUNDAY AFG #41890
7 PM First Lutheran Church 10207 NE 183rd
Dist# 15 Bothell WA 98011-3417

MON HOPE FOR TODAY AFG (only Monday, Wed, Fri starting Oct1)
7 AM St Paul's United Ch 6512 12th AVE NW
O Dist# 21 Seattle WA 98117-5246

MON BOTHELL MONDAY STUDY AFG #31186
12:30 PM First Lutheran Church 10207 NE 183rd
H O Dist# 15 Bothell WA 98011-3417

MON 3rd PLACE LITERATURE STUDY AFG #30518096
4:30 PM Lake Forest Park Presb Ch., 17440 Brookside Blvd NE
1 hr meeting Dist# 22 (holidays @ LFP Commons)Lake Forest Park WA 98155

MON MEADOWDALE AFG (Edmonds) #49029
7 PM St Hilda's Episcopal Ch 15224 52nd Ave. W
Dist# 22 Edmonds WA 98026-4304

MON RICHMOND BEACH AFG #14320
7:30 PM Ch of the Nazarene N 175th & Meridian Ave N
AA, H, O-2nd Mon Dist# 22 Seattle WA 98133 -5104

MON SALMON BAY CANDLELIGHT AFG #41889
7:30 PM Ballard 1st Luth ChHarvik Hall 2006 NW 65th St
Dist# 21 Seattle WA 98117-5715

MON LAKE CITY MONDAY NITE AFG #44358
8 PM St George Episcopal Ch 2212 NE 125th St
O, H,AA Dist# 21—enter downstairs back of church Seattle WA 98125-4219

TUE HIGHLANDS TUESDAY MORN AFG #14311
10 AM Bethel Lutheran Ch. NE 175TH & 8TH NE
Ch,WA, H Dist# 21 Shoreline WA 98155-5028

TUE TUESDAY MORNING SNOHOMISH REFLECTIONS AFG #30536645
10 AM Christ the King Lutheran Ch, 13th and Pine Ave
O, H, Ch Dist# 23 Snohomish WA 98290

TUE BOTHELL TUESDAY NITERS AFG #14130
7:30 PM First Lutheran Church 10207 NE 183rd
Dist# 15 Bothell WA 98011-3417

TUE VIEW RIDGE OPEN AFG #41334
7:30 PM Sand Point Community Ch, 4710 NE 70th St
H,AA Dist# 21 Seattle WA 98115-6148

TUES SERENITY AFG in LAURELHURST #503495
7:30 PM St Stephens Epis Ch. (Red Carpet Room) 4805 NE 45th
O,H, AA Dist# 20 Seattle Wa 98105-3803

TUES NORTHEND MEN'S AFG Shoreline/Bothe #500659
7:30 PM St David Emmanuel Episc Ch, 18842 Meridian N
Dist# 22 Shoreline WA 98133-4223

TUES EDMONDS AFG (upstairs) #500668
7:30 PM S. County Senior Ctr. 220 Railroad Ave
O,H, AA@8 Dist# 22 Edmonds WA 98020-4133

WED HOPE FOR TODAY AFG (only Monday, Wed, Fri starting Oct1)
7 AM St Paul's United Ch 6512 12th AVE NW
O Dist# 21 Seattle WA 98117-5246

WED SUNSET AFG #14327
7 PM Woodland Park Methodist Ch 302 N 78th St
O,H Dist# 21 Seattle WA 98103-4618

WEDS WEDNESDAY BACK TO BASICS AFG #501477
7 PM Bethesda Luth. Ch. 23406 56th Ave W
O 1hour meeting Dist# 22 Mountlake Terrace WA 98043-5239

THUR STUDY/WRITE/SHARE AFG #54484
11 AM North Creek Presb. Ch, 621 164th St SE enter at back of church
O H Dist# 23 room #C-76 Mill Creek WA 98012-6303

THU TERRACE VIEW AFG (OPEN) - New location Sept 3rd- 30760
7 PM Mount Zion Lutheran Church 21428 44th Ave W. use back door
H, O Dist# 22 Mountlake Terrace WA 98043

THUR LAURELHURST THURSDAY EVE AFG #46355
7:30 PM St Stephens Epis Ch, (Parish Hall) 4805 NE 45th
O,H,AC Dist# 20 Seattle WA 98105-3803

THUR FREMONT AFG (1st floor lounge- 1 hour meeting)
7:30 PM Fremont Baptist Ch, 717 N 36th Dist# 20 Seattle WA 98103-8804

THUR ESPERANZA PARA HOY AFG Spanish
7:30 PM Greenwood Senoir Ctr 525 N 85th St in Dining Room (SPANISH)
Spanish Dist# 21 Seattle WA 98103-3720

FRI HOPE FOR TODAY AFG (only Monday, Wed, Fri starting Oct1)
7 AM St Paul's United Ch 6512 12th AVE NW
O Dist# 21 Seattle WA 98117-5246

FRI HIGHLANDS FRI AM AFG #32362
10 AM St Dunstan's Ch Paddington nursy. ent 722 N 145th
Dist# 21 Seattle WA 98133-6502

FRI 24 HORAS DE SERENIDAD ALL AGES AFG Spanish
4PM Marysville Library, 6120 Grove Street (SPANISH)
AC *Spanish* **2nd** and **4th** Fridays only Dist# 23 Marysville WA 98270-4127

FRI HOME AFG (Mill Creek) #66661
7:00 PM Advent Lutheran Ch, 4306 132nd St. SE (meeting in portable)
O H Dist# 23 Mill Creek WA 98012-8940

FRI TGIF AFG Lynnwood/Edmonds #14171
8 PM Maplewood Pres Ch 19523-84th W (corner of 196th)
H, Beg. Dist# 22 Lynnwood WA 98026-6105

SAT SAT AM FRESH START AFG #48851
9:30 AM Univ. Congregational Ch. 4515 16th Ave NE, Pilgrim Rm
scent free Dist# 20 Seattle WA 98105-4201

SAT SATURDAY NITE OPEN DOOR AFG #14170
7:30 PM Stevens Hosp 21601~76th Ave. W. 4th flr
O H Dist# 22 Edmonds WA 98026-7507

SAT SATURDAY AFG RECOVERY #42815
7:30 PM Sandpoint Comm Ch, 4710 NE 70th (enter NE corner)
H Dist# 21 Seattle WA 98115-6148

Groups Meet Weekly-
generally for 90 min (some are 60 min)

Speakers Meetings are once a month.
The format is 2 speakers who share their story.
Speaker's meetings are 90minutes

—THINK—

Thoughtful
Honest
Intelligent
Necessary
Kind

Speakers meetings meet only ONE week each month

SAT M.E.S.H. - 2nd SAT SPEAKER AFG March 6th—last 1st Sat.
8 PM O St David Emmanuel Episc Ch. 18842 Meridian N. Shoreline WA 98133

SAT M.E.S.H. - 2nd SAT SPEAKER AFG 2nd Sat 2010– Starting April
8 PM St David Emmanuel Episc Ch. 18842 Meridian N, Shoreline WA
O- Monthly Dist# 22 (Apr 10, May 8, June 12, '10)Shoreline WA 98133-4223

SAT 2ND SAT SPEAKER AFG VOICES OF HOPE Only 2nd Sat
7 PM St Charles Anglican Ch, 20295 Little Valley Rd NE
O Monthly Dist #27 (Mar 13, Apr 10, May 8, '10) Poulsbo WA 98370-6514

SAT **H.E.A.R.** Saturday SPEAKERS AFG Only 3rd Sat
8 PM Kent Nazarene Church, 930 E James St
O -Monthly Dist# 14 (Mar 20, Apr 17, May 15, '10) Kent WA 98031-4608

SAT 3rd Saturday Dist 23 Speakers AFG Only 3rd Sat
7 PM Advent Lutheran Ch, 4306 32nd St. SE
O H -Monthly Dist# 23 (Mar 20, Apr 17, May 15, '10)Mill Creek WA 98012

SUN ENUMCLAW SUNDAY NITE AFG #53679
6 PM Calvary Presb Ch Annex 1725 Porter St.—Annex behind the Church
AA Dist# 14 Enumclaw WA 98022-3138

SUN SERENITY SEEKERS AFG
7 PM Highline Specialty Center 12844 Military Rd S Rm 256-A
O H Dist# 18 Tukwila WA 98168-3045

SUN AUBURN SUNDAY NIGHT AFG #14111
7:30 PM Holy Family Catholic (behind church) 505-17th St SE
H AA Dist# 14 Auburn WA 98002-6821

MON MONDAY MORN JUMP START AFG #63297
10:30 AM 1st United Methodist Ch. E Main & N St. SE
H Dist# 14 Auburn WA 98002-5705

MON JUST FOR TODAY AFG (Federal Way) #30512114
7 PM St Lukes Lutheran Church, 515 S. 312th
O Dist# 14 new Location Oct 5th 2009 Federal Way WA 98003

MON SALTWATER AFG #3051248
6:30PM Saltwater Unit-Univ Ch, 25701 14th Pl S
O AA H Dist# 14 Des Moines WA 98198-8908

MON BURIEN TURNING POINT AFG step/topic meeting #49260
7 PM St. Elizabeth's Episcopal Ch,1005 SW 152nd, Fireside Room
O Dist# 18 Seattle WA 98166-6549

MON RENTON MONDAY NITE AFG #50914
7 PM Prichard Hall, 99 Wells Ave S,
Dist# 17 Renton WA 98057-2153

MON KENT MONDAY NIGHT AFG #14214
8 PM First Presbyterian Ch, 9425 S 248th
O AA Dist# 14 Kent WA 98030-4867

MON TRADITIONS IN PRACTICE AFG 1 HOUR MEETING #30526980
7:30 PM Empire Espresso, 3829 S Edmunds St
Dist# 19 (Columbia City Neighborhood) Seattle WA 98118

TUE RENTON TUESDAY MORN AFG #14290
10 AM 1st United Methodist Ch, 2201 NE 4th St—lower lot and entrance
H Dist# 17 Renton WA 98056-4073

TUE WEST SEATTLE DAY AFG #14332
12:15 PM Holy Rosary Convent now in PARISH HALL 4139 42nd Ave SW
Dist# 19 (Dining rm under construction) Seattle WA 98116-4202

TUE STEPS TO SERENITY AFG #65354
7 PM Des Moines Methodist Church, 22225 9th Ave S
O AA Dist# 18 Des Moines WA 98198-6312

TUE QUE EMPIECE POR MI AFG (SPANISH)
7 PM Prichard Hall 99 Wells Ave S. (New Comers Welcome)
AA in English ***Spanish*** Dist #17 Renton WA 98057-2153

TUE VIDA NUEVA AFG (Spanish) (SPANISH) #65270
7 PM Kent Lutheran Church 336 2nd Ave S (use back door)
O ***Spanish*** Dist# 14 Kent WA 98032-5849

TUE RENTON TUESDAY NITE AFG downstairs #14291
7:30 PM 1st United Methodist Ch (rm 6) 2201 NE 4th St
H Dist# 17 Renton WA 98056-4073

TUE COURAGE TO CHANGE AFG #52245
8 PM Calvary Lutheran Ch, 2415 S 320th—enter doors @NW corner
AA, H Dist# 14 Federal Way WA 98003-5442

TUE PACIFIC PARENTS AFG #30543700
8 PM New Hope Lutheran Church 603 3rd Ave SE
O *parents* Dist# 14 Pacific WA 98047-1431

WED WEDNESDAY MORN SUNSHINE AFG #25474
10:30 AM Light of Christ Church, 2400 SW 344th
Ch Dist# 14 Federal Way WA 98023-3032

WED BEACON HILL AFG #62852
7 PM Beacon Hill Pres Ch, 1625 S. Columbian Way
O Dist# 19 Seattle WA 98108-1533

WED MAPLE VALLEY WED NIGHT AFG -Bldg B #62618
7 PM Light of Life Luth 28505 216th Ave SE Covington
O Bldg B Dist# 17 Kent WA 98042-6895

WED EXPERIENCE, STRENGTH, HOPE AFG #305193
7 PM Nativity Lutheran 17707 140th Ave SE (Fairwood)
H Dist# 17 Renton WA 98058-6826

WED SOUTH END AFG
7 PM Com'ity Bible Fellowship, 11227 Renton Ave S (south lot)
O AC H Beg Dist# 17 Seattle WA 98178-6041

WEDNESDAY Meetings: CONTINUED NEXT COLUMN

WED RENTON AFG (Adult Children focus) #35146
7:30 PM ECC— 16930-116th SE -Cascade Shopping Ctr near Bartell's
AC Dist# 17 Renton WA 98058-5952

WED AUBURN WEDNESDAY NIGHT AFG #14109
8 PM First United Methodist Ch E Main & N St
H AT AA Dist# 14 Auburn WA 98002-5705

THUR RENTON THURSDAY MORNING AFG #25344
10 AM 1st United Methodist Ch, 2201 NE 4th St, LOWER lot & entrance
Dist# 17 (step study) Renton WA 98056-4073

THUR DES MOINES MIDWAY DAY AFG #45476
12:30 PM Grace Lutheran Church, 22975 - 24th Ave S
H Dist# 18 Des Moines WA 98198-7109

THUR SEA-TAC THURSDAY AFG #502658
6:15 PM Prince of Peace Luth. Church, 19030 8th Ave. S
H Dist# 18 Seattle WA 98148-1937

THUR W SEA WOMEN LIVIN IN FOCUS AFG #44646
6:30 PM Seaview United Methodist Ch, 4620 SW Graham
H Ch Dist# 19 Seattle WA 98136-1455

THUR RENTON THURSDAY NITE AFG #14286
7:30 PM Prichard Hall, 99 Wells Ave S
Dist# 17 Renton WA 98057-2153

FRI FAIRWOOD FRIDAY AM AFG—Book Study–
10AM Nativity Lutheran Ch (in Modular Bldg) 17707 140th Ave SE
1 hour Dist #17 (corner of Petrovisky & 140th) Renton WA 98058-6826

FRI AUBURN FRIDAY AM AFG #23848
10:30 AM First United Methodist Ch. E Main & N St. SE
H AA Dist# 14 Auburn WA 98002-5705

FRI WOMEN'S AMAZING GRACE AFG Renton #64871
7 PM location to be announced—effective 3-1-2010
O Dist# 17 Renton WA 98058

FRI SUELTA LAS RIENDAS Y ENTREGASELAS A DIOS AFG #64644
7:30 PM Lake Burien Pres. Church 15003 - 14th Ave SW (SPANISH)
O H AA ***Spanish*** Step / Topic meeting Dist# 18 Burien WA 98166-1746

FRI VIDA NUEVA AFG (Spanish) (SPANISH) #65270
7 PM Kent Lutheran Church 336 2nd Ave S (use back door)
O ***Spanish*** Dist# 14 Kent WA 98032-5849

FRI BURIEN FRIDAY NIGHT AFG #14302
7:30 PM Lake Burien Pres Ch (S.W. corner) 15003 14th Av SW
O AA Dist# 18 Seattle WA 98166-1746

FRI KENT ALL MEN'S AFG #14217
8 PM Ch. of the Holy Spirit 310 S 3rd (library enter in back)
H Dist# 14 Kent WA 98032-5863

SAT PATHS TO RECOVERY AFG (W. Seattle) #63247
8 AM St. John, 4210 SW Hanford-enter SE door on corner
O Dist# 19 Seattle WA 98116-3302

SAT WEST SEATTLE SAT. MORNING AFG #37671
8:30 AM Admiral Congregational Ch, 4320 SW Hill St (basement entry)
H Ch Dist# 19 Seattle WA 98116-1923

SAT CHANGING ATTITUDES AFG #53678
9 AM Wayside Ch of Christ, 2000 SW Dash Point Rd
Beg Dist# 14 Federal Way WA 98023-51181

SAT UPWARD BOUND AGAIN AFG #14331
10 AM Lake Burien Presbyterian Ch, 15003-14th Ave SW
H Dist# 18 Burien WA 98166-1746

SAT EXPECT A MIRACLE AFG #14216
10 AM United Methodist Church, 11010 SE 248th
O H Dist# 14 Kent WA 98030-4925

SAT FOURTH STEP STUDY GROUP AFG #501852
10 AM Prichard Hall, 99 Wells Ave S
Dist #17 Renton WA 98057-2153

SAT SAT MORN OPEN BREAKFAST AFG #66395
10 AM Rainbow Café, 112 East main
Dist #14 Auburn WA 98002-5411

SAT RENTON SAT MORNING AFG rm #207 #37673
10:30 AM May Valley Alliance Ch, 16431 SE Renton-Issaquah Rd
H Dist# 17 Renton WA 98059-8312

Speakers Meeting: meets only ONE week each month—Only 3rdSat—Open Mtg
SAT H.E.A.R. 3rd SAT SPEAKER AFG (Mar 20, Apr 17, May 15, '10)
8 PM Kent Nazarene Church, 930 E James St. Dist# 14 Kent WA 98031

EAST of LAKE WASHINGTON
Districts 15 - 16

- Bellevue - Issaquah - Kirkland -

- Mercer Island - Redmond - Snoqualmie -

MON BELLEVUE GOOD MORNING AFG #42816
7AM First Cong Ch #207 10808 NE 8th (Women's)
H Dist# 16 Bellevue WA 98004-4428

MON MONDAY NOONERS AFG
12 PM St Andrews Lutheran Church, 2650 148th Ave SE
H Dist# 16 1 hour meeting Bellevue WA 98007-6452

MON LIVING IN THE SOLUTION AFG Juanita #49784
7 PM Holy Spirit Lutheran Church, 10021 NE 124th St , lower fellowship hall
O H Dist# 15 (use northend ramp to lower level) Kirkland WA 98034-6725

MON PARENTS FOR SERENITY AFG #61342
7:30 PM Holy Trinity Lutheran Ch, 8501 SE 40th St
O *parents* Dist# 16 Mercer Island WA 98040-3625

MON COAL CREEK AFG-upper lot-mid cabin #33387
7:30 PM Newport Cov Ch-12701 SE Newport Wy
AA Dist# 16 Bellevue WA 98006-1921

MON BELLEVUE MONDAY NITE AFG #49418
8 PM (1st Mon O) St Thomas Episcopal Chapel NE12th & 84thNE
AA Dist# 15 Bellevue-Medina WA 98039-3100

TUES KIRKLAND TUE AFTERNOON AFG #44099
12:30 PM Kirkland Congregational Church, 106 5th Ave, rm 21
O Dist# 15 Kirkland WA 98033-6164

TUE SERENITY IN THE VALLEY AFG #51114
7 PM Church of Nazarene 39051 SE Park St.—meets upstairs
O Dist# 16 Snoqualmie WA 98065-9179

TUE NEW HOPE AFG #62825
7 PM Unity Church of Bellevue 16330 NE 4th
Dist# 16 Bellevue WA 98008-4452

TUE TUESDAY NITE GRATITUDE AFG #52374
7 PM United Methodist Church 16540 NE 80th
O Dist# 15 Redmond WA 98052-3951

WED MIDWEEK MEN'S AFG (Kirkland) #53963
7:30 PM Trinity Lutheran Church. 11920 NE 80th St
O Dist# 15 Kirkland WA 98033

WED WEDNESDAY WOMEN'S AFG #64991
7:30 PM Kirkland Congregational Ch, 106 - 5th Ave, Rm. 21
O, Ch Dist# 15 Kirkland WA 98033-6164

WED NEWPORT STUDY AFG - in temporary building #14122
8 PM St. Margarets Episcopal. 4228 Factoria Blvd
AA Dist# 16 Bellevue WA 98006-1929

THUR ISSAQUAH DAY AFG #14204
10 AM Our Savior Lutheran Church 745 Front S
O Dist# 16 Issaquah WA 98027-4206

THUR KIRKLAND THURDAY MORNING AFG #14223
10 AM Seventh Day Adventist Church, 6400—108th Ave NE
Ch, H, AA Dist# 15 Kirkland WA 98033-7244

THUR BRIDGE BUILDERS AFG
7 PM Hope Hall, 8305 Meadowbrook Way SE
O, H Dist# 16 Snoqualmie WA 98065

THUR NORTH BEND AFG
7 PM Mt Si Lutheran Church, 8th and Ogle
AA fragrance free Dist# 16 North Bend WA 98045

THUR NEW HORIZONS AFG New Location March 2010
7 PM Old US Post Office. 2nd and Stella
O H Dist# 16 Duvall WA 98019

THUR BELLEVUE LAKE HILLS AFG #14118
7:30 PM St. Andrew's Church 2650 - 148th Ave. SE
O,AT, AA, H Dist# 16 Bellevue WA 98007-6452

THUR EASTSIDE PARENTS AFG (Issaquah) #30522678
7:30 PM Faith United Meth Church, 3924 Issaquah Pine Lake Road SE
parents Dist# 16 Issaquah WA 98029-7259

FRI FRIDAY NOONERS AFG Starting Nov 2009
12 PM St Andrews Lutheran Church, 2650 148th Ave SE
H Dist# 16 1 hour meeting Bellevue WA 98007-6452

FRI BELLEVUE FRIDAY NITE AFG #14117
7 PM St.Thomas Episcopal (Parkside Room) NE 12th & 84th NE
AA@8 Dist# 15 (literature study) Bellevue-Medina WA 98039-3100

FRI REDMOND FRIDAY NITE AFG #14285
8 PM Faith Lutheran Church 9041-166th NE
O, AA, H Dist# 15 (literature study) Redmond WA 98052-3709

SAT SEARCH FOR SERENITY AFG #24759
10:30 AM Alano Club of the Eastside 12302 NE 8th
O H Beg Dist# 15 Bellevue WA 98005-3116

Phone Numbers

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BAINBRIDGE ISLAND District 26

SUN BAINBRIDGE SUNDAY MORN AFG #49016
10 AM Winslow Arms Apts Club House 220 Parfitt Way SW
O Dist# 26 Step Study Bainbridge Is WA 98110-2558

MON BAINBRIDGE MONDAY NIGHT AFG #53810
7:30 PM St Barnabas Ch (library) 1187 Wyatt Way NW @ Finch
O Dist# 26 Bainbridge Is WA 98110-2722

WED BAINBRIDGE ISLAND STUDY AFG #14112
7:30 PM Bethany Lutheran Church, High School Rd & Sportsman's Club
Dist# 26 Bainbridge Is WA 98110-2704

THUR BAINBRIDGE ISLAND MEN'S AFG
7:30 PM Nipponzan Myohoji Buddhist Temple, 6154 Lynwood Center Rd
O Dist# 26 Bainbridge Is WA 98110-4011

FRI BAINBRIDGE ISLAND NOON AFG #65350
12 PM Bethany Lutheran Church, High School Rd & Finch
Dist# 26 Bainbridge Is WA 98110-2704

VASHON ISLAND District 19

SUN VASHON SUNDAY SIDE UP AFG #30043
9:00 AM Vashon Presbyterian. Ch., 17708 Vashon Hwy, upstairs belfry
O, scent free Dist# 19 Vashon WA 98070

TUES VASHON ISLAND WOMEN'S AFG #502955
7 PM Episcopal Church of the Holy Spirit, 15420 Vashon Hwy SW
frag'nce free Dist# 19 Vashon WA 98070

SAT SAFE HARBOR AFG #30043
9:30 AM Vashon Presbyterian. Ch., 17708 Vashon Hwy, belfry-pull string
O Dist# 19 Vashon WA 98070

One Day at a Time

FOUR Al-Anon Speaker's Meetings in our Area…. They feature 2 Speakers sharing their story.
They are listed inside (North & South) as MONTHLY