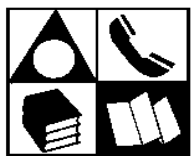


Al-Anon
& Alateen
A L A T E E N
I N F O R M A T I O N S E R V I C E



FEBRUARY
2012

Al-Anon & ALATEEN

MEETING DIRECTORY

updated Meeting Directory, area Events and Links *online*

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

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

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

ASL: American Sign Language

Thoughtful

Honest

Intelligent

Necessary

Kind

THINK

SPANISH: Para comunicarse en Espanol (206) 419-3266

ALATEEN MEETINGS

Alateen meetings are no longer posted on the WEB.

Please contact the Al-Anon Information Service Office
regarding Alateen

Phone: 206-625-0000

Email: info@seattle-al-anon.org

Madison Park—Capitol Hill—Downtown

CENTRAL SEATTLE District 20

Belltown—Queen Ann—Magnolia

SUN 12 PM O	PATHWAYS TO RECOVERY AFG Seattle Univ. Student Center— 901 12th Ave (1st Floor, rm #122) Dist# 20 step study—all welcome Seattle WA 98122	#30536933
MON 12PM H	NOONTIME RECOVERY Vance Bldg 1402 3rd Ave. rm 530 Dist# 20 (Does not meet on Holidays. Bldg locked) Seattle, WA 98101	#47697
MON 12PM O	CAPITOL HILL AFG St. Mark's Cathedral, 1245 10th Ave E. Adm. Off. Entrance, 2nd fl conf rm 1st Monday Dist# 20 (step, tradition, topic format) Seattle WA, 98102-4323	#64446
MON 12 PM H	QUEEN ANNE MID DAY AFG First Free Meth Ch 3200-3rd Ave W (Glen room) Dist# 20 Seattle WA 98119-1903	#62081
MON 7 PM H	MAGNOLIA MONDAY NIGHT AFG (1 hour meeting) United Church of Christ 3555 W. McGraw Dist# 20 (Beginners Meeting) Seattle WA 98199-3213	#63177
TUE 7 AM	FOCUS ON GRATITUDE AFG (also meets Thurs) Seattle U 1313 E Columbia room#115 Facilities Bldg (former Library) Dist# 20 (street parking) Seattle WA, 98122-2842	#30503143
TUE 12 PM	LUNCH TIME SERENITY AFG Seattle 1st Presbyterian—1013 8th Ave –in McConkey Room Dist# 20 8th Ave @ Madison Seattle WA 98104-1222	#45936
TUE 7 PM	TUESDAY UNITY AFG Unity on Union Books, 2420 E Union (Central District) 1 hour mtg Dist# 20 Seattle WA 98122-3046	NEW Time Feb 1
TUE 7:30 PM AC.	DENNY PARK FAMILY GROUP AFG Denny Park Lutheran Ch Fellowship Hall, 210 Dexter N @John St Dist# 20 Seattle WA 98109-5104	#27198

WED 12 PM	LUNCH TIME SERENITY AFG Seattle 1st Presbyterian—1013 8th Ave –in McConkey Room Dist# 20 8th Ave @ Madison Seattle WA 98104-1222	#45936
WED 4:30 PM	WEDNESDAY AFTERNOON AFG Seattle U Student Center, 901 12th Ave, 1st floor, Room 122 Dist # 20 Seattle WA 98122-4411	#30525513
WED 8 PM AA	QUEEN ANNE AFG Queen Anne Lutheran Church 2400 Eighth Ave W Dist #20 Seattle WA 98119-2517	#14319
THUR 6:30 AM O AA	DENNY PARK EARLY BIRDS AFG Denny Park Lutheran Church, John & Dexter Dist# 20 Seattle WA 98109-5112	#64682
THUR 7 AM	FOCUS ON GRATITUDE AFG (also meets Tues) Seattle U 1313 E Columbia room#115 Facilities Bldg (former Library) Dist# 20 (street parking) Seattle WA, 98122-2842	#30503143
THUR 12 PM O	FIERCE COMPASSION ALL-WOMEN AFG Recovery Café—2022 Boren Ave (@Denny) use NW door & intercom Dist# 20 Seattle WA 98121-2703	#66578
THUR 7:30 PM AC, AA, O	MAD. PARK-MADRONA AFG Epiphany Ch. Parish Hall (upstairs) 1805 38th Ave (near E. Denny) last Th Dist# 20 Seattle WA 98122-3447	#46407
FRI 8 PM AA, H	LGBT FRIDAY NIGHT AFG Temp Location Gay City, 511 E Pike St Dist# 20 (gay/lesbian) Seattle WA 98122	#14299
SAT 10:30 AM 1 hour	HOW IMPORTANT IS IT? AFG women's Queen Anne Lutheran Ch- 2400 Eighth Ave W. (enter from McGraw Street) Dist# 20 meets upstairs in John room Seattle WA 98119-2517	#30578357

**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 rm #301
O ASL 1st & 3rd Sundays 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, 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 (Monday, Wed, Fri) #502461
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 Emanuel Presbyterian Ch. 19540 104th Ave NE
 H O Dist# 15 Bothell WA 98011

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) -Speaker on 5th Mon #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 Lutheran Church, Harvik Hall, 2006 NW 65th St
 H Dist# 21 Seattle WA 98117-5715

MON LAKE CITY MONDAY NITE AFG O Dist# 21 #44358
7:30 PM Lake City Presbyterian Church, 3841 NE 123rd St
 Dist# 21 (1 block off Sandpoint Way) Seattle WA 98125-5799

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 REFLECTIONS AFG (SNOHOMISH) #30536645
9:30 AM Christ the King Lutheran Ch, 13th and Pine Ave
 O, H, Ch Dist# 23 Snohomish WA 98290

TUES KEEPING IT SIMPLE 2 AFG NEW OCT 2 011 30589803
6:30 PM Maple Leaf Evangelical Ch, 1059 NE 96th St
 O 1 hour Dist# 21 Seattle Wa 98115

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

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, O, AA Dist# 21 Seattle WA 98115-6148

TUES NORTHEND MEN'S AFG Shoreline/Bothe #500659
7:30 PM St David Emmanuel Episcopal 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 Dist# 22 Edmonds WA 98020-4133

WED HOPE FOR TODAY AFG (Monday, Wed, Fri) #502461
7 AM St Paul's United Ch 6512 12th AVE NW
O Dist# 21 Seattle WA 98117-5246

WED KEEPING IT SIMPLE AFG #30566730
5:30 PM Luther Memorial Church, 13047 Greenwood Ave N
 1 hour Dist# 21 Seattle WA 98133-7308

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 Lutheran Church 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

THUR TERRACE VIEW AFG (OPEN) -Speaker on 5th Thurs #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 hr meeting) #30580844
7:30 PM Fremont Baptist Ch, 717 N 36th Dist# 20 Seattle WA 98103-8804

THUR ESPERANZA PARA HOY AFG Spanish #30532766
7 PM Greenwood Senior Center 525 N 85th St in Library (SPANISH)
Spanish Dist# 21 Seattle WA 98103-3720

FRI HOPE FOR TODAY AFG (Monday, Wed, Fri) #502461
7 AM St Paul's United Ch 6512 12th AVE NW
O Dist# 21 Seattle WA 98117-5246

FRI HIGHLANDS FRI AM AFG (Paddington nursery entrance) #32362
10 AM (Dist# 21) St Dunstan's Church, 722 N 145th, 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 SEATTLE MEN'S AFG #30582130
7:30 PM Calvary Assembly, 6801 Roosevelt Way NE
O H Dist# 21 Seattle WA 98115-

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
 AC scent free Dist# 20 Seattle WA 98105-4201

SAT SATURDAY NITE OPEN DOOR AFG #14170
7:30 PM Edmonds Swedish Hosp 21601~76th Ave. W.
O H Dist# 22 cafeteria 2nd Floor Edmonds WA 98026-7507

SAT SATURDAY AFG RECOVERY #42815
7:30 PM Sandpoint Community 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**

*Keep Coming Back.....One Day at a Time
Courage to Change what I can
Progress Not Perfection..... Easy Does it*

Speakers meetings meet only ONE week each month

SAT M.E.S.H. - 2nd SAT SPEAKER AFG Only 2nd Sat
7:30PM St David Emmanuel Episc Ch. 18842 Meridian N, Shoreline WA
O Monthly Dist# 22 (Feb 11, Mar 10, Apr 14, 2012) 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 #26 (Feb 11, Mar 10, Apr 14, 2012) 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 H -Monthly Dist# 14 (Feb 18, Mar 17, Apr 21, 2012) 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 (Feb 18, Mar 17, Apr 21, 2012) Mill Creek WA 98012

SUN 5 PM	SUNDAY STEPPING STONES AFG New Life Church - 15711 152nd Ave SE Room 201 Dist# 17 Renton WA 98058	#30576303	THUR 12:30 PM	DES MOINES MIDWAY DAY AFG Grace Lutheran Church, 22975 - 24th Ave S Dist# 18 (sided oor @ N of church) Des Moines WA 98198-7109	#45476
SUN 6 PM	ENUMCLAW SUNDAY NITE AFG Calvary Presb Ch Annex 1725 Porter St.—Annex behind the Church Dist# 14 Enumclaw WA 98022-3138	#53679	THUR 6:15 PM	SEA-TAC THURSDAY AFG - literature study Prince of Peace Lutheran Church, 19030 8th Ave. S Dist# 18 in Fireside Room Seattle WA 98148-1937	#502658
SUN 7:30 PM	AUBURN SUNDAY NIGHT AFG Holy Family Catholic (behind church) 505-17th St SE Dist# 14 Auburn WA 98002-6821	#14111	THUR 6:30 PM	W SEA WOMEN LIVING IN FOCUS AFG Fauntleroy Church, 9140 California SW Dist# 19 (now at the above location) Seattle WA 98136-2556	#44646
MON 10:30 AM	MONDAY MORN JUMP START AFG Zion Lutheran Ch 1305 17th St SE (Auburn Way S at M Street) Dist# 14 Auburn WA 98002	#63297	THUR 7 PM	WESTSIDE MEN'S AFG Holy Rosary Parish Ctr, 4152 42nd Ave SW, 2nd Floor Dist# 19 Seattle WA 98116-4202	#65923
MON 6:30 PM	SALTWATER AFG Saltwater Unit-Univ Ch, 25701 14th Pl S Dist# 14 Des Moines WA 98198-8908	#3051248	THUR 7 PM	SENDEROS DE RECUPERACION AFG Sacred Heart Church, 1614 Farrelly St. (SPANISH) O Spanish Dist# 14 (Study Bldg) Enumclaw WA 98022-2342	
MON 7 PM	JUST FOR TODAY AFG (Federal Way) Brooklake Community Church 629 S. 356th Dist# 14 Federal Way WA 98003	#30512114	THUR 7:30 PM	RENTON THURSDAY NITE AFG Prichard Hall, 99 Wells Ave S Dist# 17 Renton WA 98057-2153	#14286
MON 7 PM	BURIEN TURNING POINT AFG -Speaker on 5th Mon St. Elizabeth's Episcopal Ch, 1005 SW 152nd, in the Library Dist# 18 step/topic meeting Seattle WA 98166-6549	#49260	FRI 10:30 AM	AUBURN FRIDAY AM AFG Zion Lutheran Ch 1305 17th St SE (Auburn Way S at M Street) Dist# 14 Auburn WA 98002	#23848
MON 7 PM	RENTON MONDAY NITE AFG (Open Meeting) Prichard Hall, 99 Wells Ave S. Dist# 17 Renton WA 98057-2153	#50914	FRI 6:30 PM	SUELTA LAS RIENDAS Y ENTREGASELAS A DIOS AFG #64644 Lake Burien Pres. Church 15003 - 14th Ave SW (SPANISH) O H AA Spanish Step / Topic meeting Dist# 18 Burien WA 98166-1746	
MON 7:30 PM	TRADITIONS IN PRACTICE AFG Mt Baker Park Presb. Church, 3201 Hunter Blvd. S Dist# 19 (Mt Baker Neighborhood) Seattle WA	#30526980	FRI 7 PM	VIDA NUEVA AFG (Spanish) (SPANISH) #65270 Kent Lutheran Church 336 2nd Ave S (use back door) O Spanish Dist# 14 Kent WA 98032-5849	
TUE 10 AM	RENTON TUESDAY MORN AFG 1st United Methodist Ch, 2201 NE 4th St—lower lot and entrance Dist# 17 Renton WA 98056-4073	#14290	FRI 7:30 PM	BURIEN FRIDAY NIGHT AFG Lake Burien Pres Ch (S.W. corner) 15003 14th Av SW Dist# 18 Meets in the Fireside Room Seattle WA 98166-1746	#14302
TUE 7 PM	STEPS TO SERENITY AFG Des Moines Methodist Church, 22225 9th Ave S Dist# 18 Des Moines WA 98198-6312	#65354	FRI 8 PM	KENT ALL MEN'S AFG Ch. of the Holy Spirit 310 S 3rd (library enter in back) Dist# 14 Kent WA 98032-5863	#14217
TUE 7 PM	QUE EMPIECE POR MI AFG (SPANISH) Prichard Hall 99 Wells Ave S. (New Comers Welcome)		SAT 8 AM	PATHS TO RECOVERY AFG (W. Seattle) St. John, 4210 SW Hanford-enter SE door on corner Dist# 19 Seattle WA 98116-3302	#63247
TUE 7 PM	VIDA NUEVA AFG (Spanish) (SPANISH) #65270 Kent Lutheran Church 336 2nd Ave S (use back door) O Spanish Dist# 14 Kent WA 98032-5849		SAT 8:30 AM	WEST SEATTLE SAT. MORNING AFG Admiral Congregational Ch, 4320 SW Hill St (basement entry) Dist# 19 Seattle WA 98116-1923	#37671
TUE 7:30 PM	PACIFIC PARENTS AFG New Hope Lutheran Church, 603 3rd Ave SE Dist# 14 Pacific WA 98047-1431	#30543700	SAT 9 AM	CHANGING ATTITUDES AFG Wayside Ch of Christ, 2000 SW Dash Point Rd Dist# 14 Federal Way WA 98023-51181	#53678
WED 10:30 AM	WEDNESDAY MORN SUNSHINE AFG Light of Christ Church, 2400 SW 344th Dist# 14 Federal Way WA 98023-3032	#25474	SAT 10 AM	UPWARD BOUND AGAIN AFG Lake Burien Presbyterian Ch, 15003-14th Ave SW Dist# 18 Burien WA 98166-1746	#14331
WED 1:15 PM	WEDNESDAY AFTERNOON AFG (Burien) Highline United Methodist Church, 13015 1st Ave S Dist# 18 Burien WA 98168		SAT 10 AM	EXPECT A MIRACLE AFG United Methodist Church, 11010 SE 248th Dist# 14 Kent WA 98030-4925	#14216
WED 7 PM	MAPLE VALLEY WED NIGHT AFG -Bldg B Light of Life Lutheran, 28505 216th Ave SE, Covington Dist# 17 Kent WA 98042-6895	#62618	SAT 10 AM	FOURTH STEP STUDY GROUP AFG Prichard Hall, 99 Wells Ave S Dist# 17 Renton WA 98057-2153	#501852
WED 7 PM	Solo Por Hoy AFG Spanish #30591116 1st United Methodist Ch., 2201 NE 4th - downstairs Dist# 17 Renton WA 98056-4073		SAT 10 AM	SAT MORN OPEN BREAKFAST AFG Rainbow Café, 112 East main Dist# 14 Auburn WA 98002-5411	#66395
WED 7 PM	EXPERIENCE, STRENGTH, HOPE AFG Nativity Lutheran 17707 140th Ave SE (Fairwood) Dist# 17 Renton WA 98058-6826	#305193	SAT 10:30 AM	RENTON SAT MORNING AFG -Speaker every 3rd Sat #37673 May Valley Alliance Ch, (rm #207) 16431 SE Renton-Issaquah Rd Dist# 17 Renton WA 98059-8312	
WED 7 PM	SOUTH END AFG Community Bible Fellowship, 11227 Renton Ave S (south lot) Dist# 17 Seattle WA 98178-6041		Speakers Meeting: meets only ONE week each month—Only 3rdSat- #30507169		
WED 7:30 PM	RENTON AFG (Adult Children focus) #35146 Living Hope Christian Fellowship, 16015 116th Ave SE Dist# 17 Renton WA 98058		SAT 8 PM	H.E.A.R. 3rd SAT SPEAKER AFG (Feb 18, Mar 17, Apr 21, 2012) Kent Nazarene Church, 930 E James St.	
WED 7:30 PM	COURAGE TO CHANGE AFG (was Columbia City AFG) #62852 Mt Baker Park Presby. Ch. 3201 Hunter Blvd S Dist# 19 Speaker every 4th Weds Seattle WA 98144-7029		Keep it Simple		
WED 8 PM	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran Ch 1305 17th St SE (Auburn Way S at M Street) Dist# 14 Auburn WA 98002		Easy Does it		

MON 7AM	BELLEVUE GOOD MORNING AFG First Cong Ch #207 10808 NE 8th (Women's) Dist# 16 Bellevue WA 98004-4428	#42816	THUR 10AM	ISSAQUAH DAY AFG Our Savior Lutheran Church 745 Front S Dist# 16 Issaquah WA 98027-4206	#14204
MON 12 PM	MONDAY NOONERS AFG St Andrews Lutheran Church, 2650 148th Ave SE Dist# 16 1 hour meeting Bellevue WA 98007-6452	#30520789	THUR 10AM	KIRKLAND THURSDAY MORNING AFG Seventh Day Adventist Church, 6400—108th Ave NE Ch, H, AA Dist# 15 Kirkland WA 98033-7244	#14223
MON 7 PM	LIVING IN THE SOLUTION MONDAY NIGHT AFG (Juanita) Holy Spirit Lutheran Church, 10021 NE 124th St , lower fellowship hall Dist# 15 (use northend ramp to lower level) Kirkland WA 98034-6725	#49784	THUR 7 PM	VIVE AFG Jubilee Reach Ctr 14200 SE 13th Place <i>O Spanish</i> Dist# 16 Beginners Bellevue WA 98007-5521	(SPANISH)
MON 7:30 PM	PARENTS FOR SERENITY AFG -Speaker on 5th Mon Holy Trinity Lutheran Ch, 8501 SE 40th St <i>O parents</i> Dist# 16 Mercer Island WA 98040-3625	#61342	THUR 7 PM	BRIDGE BUILDERS AFG Church of Nazarene, 39051 SE Park, (upstairs) Dist# 16 Snoqualmie WA 98065	
MON 7:30 PM	COAL CREEK AFG-upper lot-mid cabin Newport Cov Ch-12701 SE Newport Way Dist# 16 Bellevue WA 98006-1921	#33387	THUR 7 PM	NEW HORIZONS AFG Old US Post Office. 2nd and Stella Dist# 15 Duvall WA 98019	#30537397
TUES 12:30 PM	KIRKLAND TUE AFTERNOON AFG Kirkland Congregational Church, 106 5th Ave, rm 21 Dist# 15 Kirkland WA 98033-6164	#44099	THUR 7:30 PM	BELLEVUE LAKE HILLS AFG St. Andrew's Church 2650 - 148th Ave. SE O AA, H Dist# 16 Bellevue WA 98007-6452	#14118
TUE 7 PM	SERENITY IN THE VALLEY AFG Church of Nazarene, 39051 SE Park St.—meets upstairs Dist# 16 Snoqualmie WA 98065-9179	#51114	THUR 7:30 PM	EASTSIDE PARENTS AFG (Issaquah) Faith United Meth Church, 3924 Issaquah Pine Lake Road SE <i>parents</i> Dist# 16 Issaquah WA 98029-7259	#30522678
TUE 7 PM	NEW HOPE AFG Unity Church of Bellevue 16330 NE 4th Dist# 16 Bellevue WA 98008-4452	#62825	FRI 12 PM	FRIDAY NOONERS AFG St Andrews Lutheran Church, 2650 148th Ave SE H Dist# 16 1 hour meeting Bellevue WA 98007-6452	
TUE 7 PM	TUESDAY NITE GRATITUDE AFG United Methodist Church 16540 NE 80th Dist# 15 Redmond WA 98052-3951	#52374	FRI 7 PM	BELLEVUE MEDINA FRIDAY AFG St.Thomas Episcopal (Parkside Room) NE 12th & 84th NE AA@8 Dist# 15 (literature study) Bellevue-Medina WA 98039-3100	#14117
WED 7:30 PM	MIDWEEK MEN'S AFG (Kirkland) Trinity Lutheran Church. 11920 NE 80th St Dist# 15 Kirkland WA 98033	#53963	FRI 8 PM	REDMOND FRIDAY NIGHT AFG Faith Lutheran Church 9041-166th Ave. NE O, AA, H Dist# 15 Redmond WA 98052-3709	#14285
WED 7:30 PM	WEDNESDAY WOMEN'S AFG Kirkland Congregational Ch, 106 - 5th Ave, Rm. 21 O, Ch Dist# 15 Kirkland WA 98033-6164	#64991	SAT 10:30 AM	SEARCH FOR SERENITY AFG Alano Club of the Eastside 12302 NE 8th O H Beg Dist# 15 Bellevue WA 98005-3116	#24759
WED 8 PM	NEWPORT STUDY AFG - in temporary building St. Margarets Episcopal. 4228 Factoria Blvd AA Dist# 16 Bellevue WA 98006-1929	#14122			

BAINBRIDGE ISLAND District 26

SUN 10 AM	BAINBRIDGE SUNDAY MORN AFG Winslow Arms Apts Club House 220 Parfitt Way SW Dist# 26 Step Study Bainbridge Is WA 98110-2558	#49016
MON 7:30 PM	BAINBRIDGE MONDAY NIGHT AFG St Barnabas Ch (library) 1187 Wyatt Way NW @ Finch Dist# 26 Bainbridge Is WA 98110-2722	#53810
THUR 7:30 PM	BAINBRIDGE ISLAND MEN'S AFG Nipponzan Myohoji Buddhist Temple, 6154 Lynwood Center Rd Dist# 26 Bainbridge Is WA 98110-4011	30541813
FRI 12 PM	BAINBRIDGE ISLAND NOON AFG Bethany Lutheran Church, High School Rd & Finch Dist# 26 Bainbridge Is WA 98110-2704	#65350

One Day at a Time

Courage to Change what I Can

Phone Numbers

VASHON ISLAND District 19

SUN 9:00 AM	VASHON SUNDAY SIDE UP AFG Vashon Presbyterian. Ch., 17708 Vashon Hwy, upstairs belfry O, scent free Dist# 19 Vashon WA 98070	#30043
TUES 7 PM	VASHON ISLAND WOMEN'S AFG Episcopal Church of the Holy Spirit, 15420 Vashon Hwy SW frag'nce free Dist# 19 Vashon WA 98070	#502955
SAT 10 AM	SATURDAY IN THE BELFRY AFG Vashon Presbyterian. Ch., 17708 Vashon Hwy O Dist# 19 ,in the belfry-pull Cow Bell Vashon WA 98070	

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