



the bits newsletter

Seattle AI-Anon Information Service

[NEW TO AL-ANON?](#)

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January 2024

2024: And the Beat Goes On

by Dave M - Chair

Happy New Year! Hope your holiday season was a peaceful one!

I would like to start 2024 the way Karen L ended 2023; by expressing gratitude for all those that made it happen in 2023, gratitude for those who will continue making it happen in 2024 and gratitude for those unknown volunteers who will step up, fill the gaps, and make it happen in 2024! A colleague of mine says "it takes a village to make AIS work" to which I would add "a village of volunteers"! I am grateful for your service and look forward to working with you!

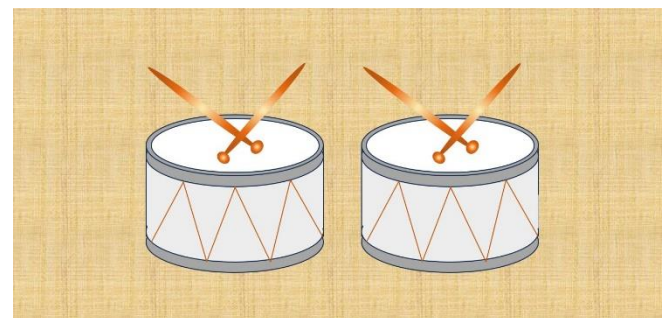
The title of the article sums up my feelings as AIS enters the new year! My sense is that 2024 will be a year of maintenance as opposed to a year of creation. Our mission continues to be to provide services for Districts 14-22 and to make AI-Anon available to the public and that mission will drive our actions.

These services include:

- A website where members and the public can find information about AI-Anon
- A Literature Distribution Center
- A monthly newsletter
- A 24-hour phone service
- A weekly schedule of meetings
- A monthly Calendar of Events
- Information for Newcomers
- Outreach activities to attract those affected by the disease.

Activities planned for 2024:

- The office will be open the first Saturday of each month.
- A celebration of Lois's Birthday in March will be considered.
- The Ice Cream Social will be held in August.
- The Sound Transit Outreach campaign will take place in December.



No year is without its challenges and 2024 will be no different.

Challenge #1: Our current website no longer meets our needs and will be replaced in January. A new provider has been sourced and our Communications Team is busy designing the new website. We will go live at the end of January.

Challenge #2: We have an urgent need for volunteers! Open positions on Council are Vice Chair, Communications Coordinator and Meetings Editor. Please contact chair@seattle-al-anon.org for more information. Our LDC and Phones services are also looking for volunteers. Please contact ldc@seattle-al-anon.org or phones@seattle-al-anon.org for more information.

Challenge #3: The issue of Electronic Meetings registering in Washington Area and Districts 14-22 needs resolution. The issue is currently held up pending Area creating a process to make registration available to the groups. Electronic and Concurrent groups are affected and are being encouraged to be patient while this sorts itself out. More will be revealed.

With your help and support, these challenges (and others that pop up) will be resolved in 2024! The first opportunity to participate will be January 11th when the Council meets for the first time this year! I look forward to working with all who step forward!

Other Sources

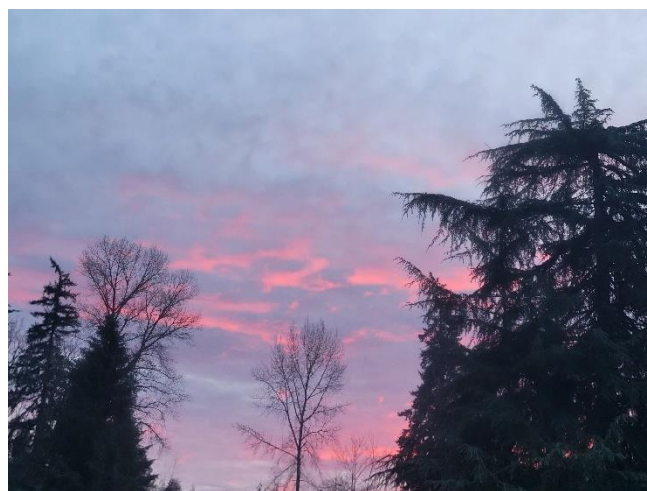
by Allen L

Since the principles of AI-Anon are so universal I often hear those concepts

expressed in different ways outside the program. Sometimes a character in a movie or a novel will express a variation of an AI-Anon idea and that other way of saying it will resonate with me. When I share that insight at a meeting or in writing, I usually just say that I read or heard it and give the brief quote without naming the source.

The *AI-Anon/Alateen Service Manual* provides the structure for the AI-Anon program and the conduct of our meetings. One section deals with use of outside sources: “While individuals may use whatever they find helpful as part of their personal recovery outside of meetings, AI-Anon does not evaluate or recommend anything other than AI-Anon materials. When sharing at meetings, members limit any mention of outside material to a brief reference.” (Pg 112)

My goal is not to recommend that outside source but to share the AI-Anon principle stated in different words. My hope is that others will be able to use that different viewpoint as I have — to make the concept more useful in my daily life.



I suspect that my Higher Power has been putting those encouraging and supportive ideas in my life all along. I just had to practice my program long enough to let go of my old negative mind set and open up to the positive that is all around me.

The world is rich in wisdom and if I use that richness to support my Al-Anon practice I rediscover just how surprisingly positive a place the world around me really is. Even in or maybe especially in difficult times.

Has Your Meeting Changed?

- Gone back to meeting in person
- Become hybrid or concurrent
- Has a new physical location
- Made other changes that members need to know about
- Has an alternate Holiday Schedule
- Has disbanded

Please send all meeting changes to the WA Area Group Records Coordinator [<https://wa-al-anon.org/meeting-changes/>]

Changes and Updates are made Weekly. (Seattle AIS is automatically cc'd in the change request)

If you have any questions or concerns regarding the Seattle AIS updated meeting schedule, please contact

meetingdirectoryeditor@seattle-al-anon.org

Happy New Year from Seattle Literature Distribution Center

by Mary R - LDC Co-Coordinator



We at LDC are ready and waiting to serve your literature needs for this coming year.

We could be even more ready if we had a few more volunteers to help us out.

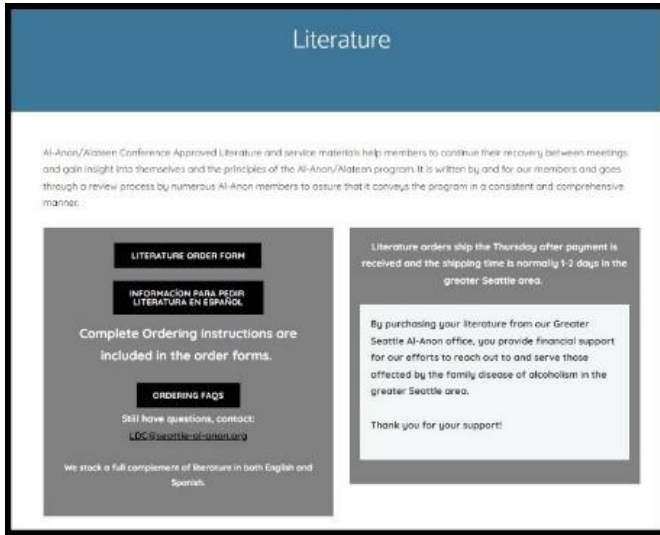
Our biggest need is for some Home Volunteers to start the process of literature orders by answering the LDC e-mail requests. It takes about an hour a day for a one week stretch, and the week is only about once a month.

We could also use some shippers for Thursdays in the office, sending out the orders that have been requested.

Please come join us in our endeavor to help all our members with their literature needs. We hope to have more of the new daily readers, *A Little Time for Myself*, coming to

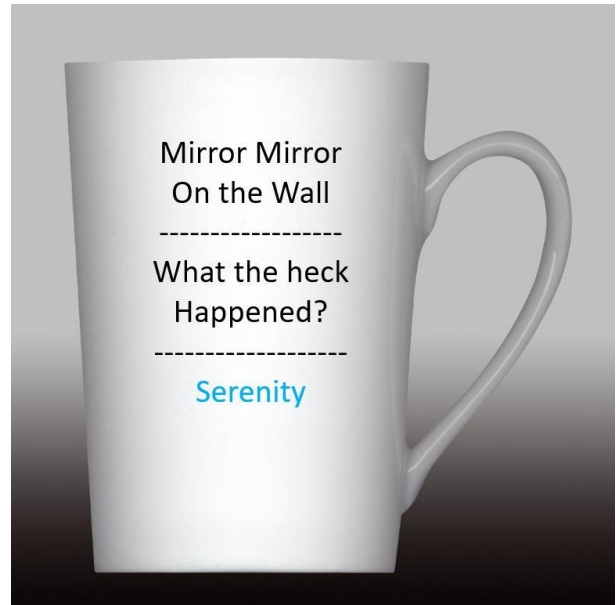
the office this year. As you know we and WSO are out of them again. The last word is we may be able to have them in again at the end of January. But watch for our announcement that they are here.

Looking forward to a great year full of experience, strength, and hope, and filled with serenity.



The Cup

by Clif H



At a recent Zoom meeting, I observed a fellow member with a coffee cup that displayed an interesting writing. "Mirror Mirror On The Wall – What The Heck Happened?" In discussion with the individual during the meeting after the meeting, the conversation revolved around how we had changed and grown as the result of the program. In short, what happened was that each of us, as the result of actively working the program, had found new states of serenity at a level that we had never imagined possible. To me, that conversation was nearly as powerful as the speaker meeting itself.

Order the Forum Magazine



Al-Anon's monthly magazine features timely sharing's from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery. Experience and insight you won't find anywhere else!

My Higher Power Has My Back

by Zenia D

Today I decided to get busy on a project that I have been putting off for a while. A 36 in square of plywood was needed for the project. No problem, just a quick trip to the hardware store would solve that issue. I had some other running around to do in that vicinity, so it would be easy enough to combine tasks. So, I jumped in my car and headed for the store. Picked up the plywood, paid and headed to the car. Only one little problem, the sheet of plywood was 48 by 48 and it was 3 inches wider than the biggest opening of my car. Well, now what am I going to do?

I could take it back and get a refund, return home for my truck, then repurchase it an hour later. Perhaps, I could go back in and get someone in the lumber area to cut off a few inches? While I was standing there the gentleman in the full-sized truck next to me struck up a conversation. He didn't snicker, though it may have crossed his mind. What he did instead was to point out that he had tools in the back of his truck that could cut the sheet, and offered to help. The thoughtful Al-Anon in me said, "Don't be too proud, accept his offer." And I did; further commenting that God is known to work in mysterious ways. Moments later, I was fitting the two pieces into my car and headed home after thanking the gentleman and his wife for their generous assistance.

End of the story, right? Not exactly. On the ride home I was reflecting on the situation. Turns out, my Higher Power opted to help me out, even though I didn't listen to her before. Earlier in the day I had been out and started my truck, for the first time in 3 weeks. At that

point the thought occurred to me that I could take the truck shopping, so that if I had to acquire a 4ft by 8ft full sheet of plywood that I wouldn't have any problems getting it home. But I discarded that notion because I only needed a 36in by 36in piece. Note that this was my first failure to listen. Pulling out of my driveway in the car, the thought again struck that maybe I should take the truck. Unfortunately, possibly out of arrogance, I told myself that I had already discarded the idea earlier, so I proceeded.



In retrospect, as I laugh at my foolishness, I recognize that my Higher Power sent me multiple subtle messages that I ignored and yet she still had my back in the end.

Courage to Change, November 10:

"I will trust my Higher Power with tomorrow. Today is only a small manageable segment of time in which our difficulties need not overwhelm us. This lifts from our hearts and minds the heavy weight of both past and future."

One Day at a Time in Al-Anon"

Courage to Change—One Day at a Time in Al Anon II: Part 2. Al-Anon Family Groups. Kindle Edition

NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.

Families and friends are suffering too.

Do you worry about how much someone drinks?

Al-Anon and Alateen can help.

1. Go to the Play Store app on your phone
2. Search for and download "Al-Anon Family Groups" app
3. Open the app and create your account
4. At the bottom, click on "Meetings"
5. Under "Meetings" search for "WA Area Alateen Room"
6. When it is time for the meeting, the "Join" button will be red. Click on "Join"

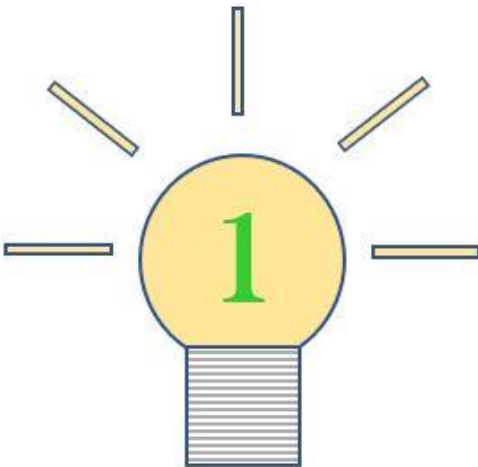
Join the Alateen Zoom Meeting Monday Nights At 7 pm!

AL-ANON.ORG

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

Step One

We admitted we were powerless over alcohol—that our lives had become unmanageable.



Kirkland Mid Week Men's AFG presents

GRATITUDE POTLUCK DINNER

6:00PM Saturday February 3rd, 2024

WELCOME BACK!



the best journey always brings you home

AA & Al-Anon Speakers

Entrée, Coffee and Drinks Provided

If you choose to land with us,
bring a dessert!

Everyone is Welcome

Men and Women, Al-Anon, AA, Family, Friends and Fowl

Kirkland Congregation Church

106 5th Ave. Kirkland

Tradition One

Our common welfare should come first; personal progress for the greatest number depends upon unity.



Al-Anon Concepts Feature

by BITS Editor

Throughout 2024, I look forward to including a monthly article sharing about the 12 Concepts. Many of us are challenged to understand and apply the Concepts to our daily lives, and we hope these insights will add perspectives and value to your journey.

Concept of the Month

by Allen L

I am probably a typical Al-Anon member. When I first started, I came for the Steps. I needed to get myself back in my lane. As I progressed, I started paying attention to the Traditions. I was told that the Traditions were how we managed the Al-Anon group and the meetings.

As I progressed further, I discovered that the Traditions applied to all the groups I was a part of. My family, the people I worked with, even a short-term group, such as a clerk at the grocery store and me.

The concepts were about how the individual groups work together through the World Service Office.

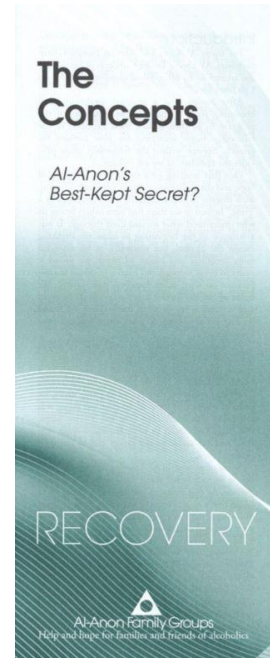
At one of my meetings, we read and shared our experience about the “concept of the month” in the same way we share about each step and tradition. I decided to look at each concept using the questions in Paths to Recovery in the same way I had worked the steps and traditions.

Working Concept One: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

One of the questions *Paths to Recovery* asked is: How well do I accept decisions of my district? My Area Assembly? The World Service Conference?

Answering that question caused me to think; what if I changed it from “district, Area, or WSC” to my family and my work? Sometimes what I want is in conflict with the wants and needs of the group I’m part of at that moment.

At one Al-Anon business meeting we were discussing a course of action and after



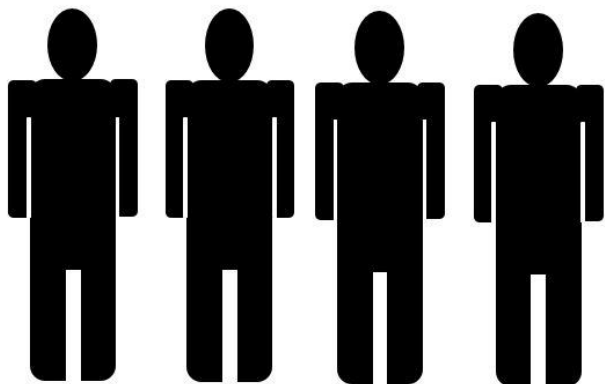
listening to the discussion I had made up my mind. We went around the room asking each person for their vote and a brief explanation why they had decided for that action. When it was my turn to vote I had to explain that I had changed my mind listening to a preceding explanation. I heard something new. After I spoke and voted several other people asked to change their vote since they too had heard something new.

I can't count the number of times a group I belong to has chosen a direction different from what I thought was correct. The group continued to serve the members and often I saw the wisdom of that choice only when I saw how it worked out. I find that the reason those "wrong" decisions worked out was because each of us, despite our individual opinion, accepted the group conscience and worked to make the new idea successful.

My life got better when I accepted that the ultimate authority for Al-Anon (and whatever group I am part of) is not me; that the ultimate authority is the group.

Concept One

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



AFG

AIS Council Meeting

The next Council meeting is Thursday, January 11, 2024, 7:30-9:00 pm. Check the AIS website calendar (<https://www.seattle-al-anon.org/events>) for the zoom link.

AIS Board Meeting

Thursday, January 18th, 2024 at 7:00-8:30 pm. Check the AIS website calendar (<https://www.seattle-al-anon.org/events>) for the zoom link.

2024 Board Meeting Schedule

January 18	7:00 - 8:30 PM
April 18	7:00 - 8:30 PM
July 18	7:00 - 8:30 PM
October 17	7:00 - 8:30 PM

2024 Washington Area Event Schedule

WINTER AWSC: February 24, Puyallup (D12)
PRE_CON: April 5-6
ASTAR: April 12-14
SSA: May 17-19
WAAC: July 5-7
AWSC: August 3
FALL ASSEMBLY: October 4

You are invited to

Voices of Hope

Second Saturday of Every Month
7 pm Pacific Time

In Person:
Faith Episcopal Church, 20295 Little Valley Rd., Poulsbo, WA 98370

Via Zoom:
Meeting ID: 819 3104 5787
Passcode: VOICES

Alanon Speaker meeting with AA Participation.
Experience, strength and hope shared by AA & Al-Anon Speakers

Graphic Attribution Required:
Invitations

Need a Free Newcomer Packet?

Anyone local to Seattle who is a newcomer and wants an individual newcomer packet (or in Spanish, too!), please send an email to outreach@seattle-al-anon.org with the name and mailing address.



Out of the
Toolbox
by BITS Columnist Callie D.

Bothell Sunday Night AFG

Winter

Speaker Meeting

We'll have an Al-Anon Speaker
and an AA Speaker

Please join us Sunday, January 14th, 2024
from 7:00 - 8:30 pm

First Lutheran Church
10207 - NE 183rd St, Bothell

The Power of MESH

I was excited to see that a couple of the in-person speaker meetings had resumed recently. I found my way back to the MESH meeting in December. MESH stands for MY EXPERIENCE STRENGTH and HOPE. The parking lot was packed, as I arrived, so I anticipated a full house.

It wasn't anything in particular that was spoken, but the palpable presence of Fellow Travelers gave me that incredible sense of belonging. When people authentically share their pain, vulnerabilities and flaws, it opens the door to accept and reflect on my own. The knowing laughter that erupts from the array of 12-steppers, gives us common ground to embrace our humanity.

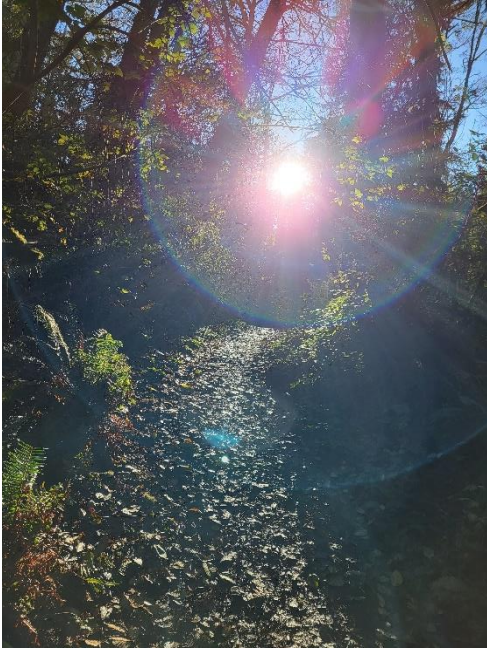


Photo by Callie D

At the break there were warm smiles, and even a wink or two that lightened my heart. I sat down next to a person I had not seen in years, but our conversation picked up without a glitch. They shared rumors of another favorite speaker meeting starting up again soon! A fun exchange at the coffee pots, and back to our seats for the second speaker.

As I left the building, it felt like I was carrying that “experience” with me, renewing my strength and hope! It was like a refueling after driving across a dry hot desert. True recovery isn’t a mirage...it is an oasis!

As I reflect on the year behind me, God reveals mileposts of growth and hard-won accomplishments. Sometimes the black and white thinking of perfectionism tries to extinguish my sense of worthiness. However, I have learned a lot from my experiences and I’m working on a softer approach to life.

Enabling is a big word in recovery circles. But apart from the obvious, enabling can be

hard to determine. When I put the focus back on me, it is easier to make decisions regarding the alcoholic. Am I operating out of (FOG), or Fear Obligation and Guilt? Am I “rescuing” the alcoholic out of circumstances that they ignored or created? If it isn’t enabling, do I really have the time or energy to invest right now?

It is interesting that the antonym of “enabling” is “preventing.” As the *AI-Anon Detachment Bookmark* states: “Not to prevent a crisis if it is in the natural course of events.” So, “prevention” is on the other side of the coin of “enabling.” I seem to have this “crises” radar, when it comes to the typical oblivious and irresponsible behaviors of alcoholics. Although uncomfortable, I am taking measures to retreat from the chaos and insanity, and allow the flow of events. This step can be heartbreaking, when I witness no change, despite the damaging results that occur within alcoholism. However, I have seen progress within the journey. (<https://al-anon.org/pdf/S19.pdf>)

December 2023 AIS Council Meeting Minutes (Summary, not yet approved)

Note from the Editor: There was no Council Meeting in December, therefore there are no minutes. Look for the January Council Meeting Minutes in the February BITS.

Thank you for your donations and your support of AIS!

Our funding now comes primarily from:

*Donations by Members, Groups, and Districts

*Literature Sales

Please send all AIS mail, including checks for literature orders and donations, to:

Seattle AIS

505 Broadway E #400
Seattle, WA 98102-5023

[Donate Now](#)

And More ...

MEETING SCHEDULE: registered Al-Anon groups in the Greater Seattle Area. Hybrid, Concurrent, and in-person meetings are listed

MEETING SCHEDULE

Please visit our **Members** section for the most up-to-date information on:

- [List of AIS Officers and Coordinators](#)
- [Where to Send Donations](#)
- [District Representatives and Business Meeting Information](#)
- [AIS Financial Information](#)
- [Calendar of Events](#)

Meeting News

News from the Meeting Directory Editor

Here are the meeting changes received since those reported in the December Bits.

Here are the updates from the meeting directory:

- Saturday, 10:00 AM, Expect a Miracle, Meeting Zoom ID Changed to 867 9195 0378 {11/22}
- Monday, 5:30 PM, Mountain AFG, New meeting address is 1725 Porter Street {12/6}
- Thursday, 10:00 AM, Issaquah Day AFG, New email address issdayafg@hotmail.com {12/6}
- Tuesday, 7:00 PM, Parents and Friends AFG, Deleted. Merged with another meeting {12/15}
- Wednesday, 7:00 PM, Sunset AFG, In Person Only starting on 1/10 after the holiday break. New room. {12/21}

Seattle Al-Anon Information Service
Meeting Directory Editor
