



the bits newsletter

Seattle AI-Anon Information Service

NEW TO AL-ANON?

FIND A MEETING

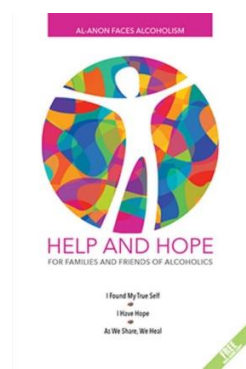
October 2023

Carry This Message To Others

by Solveig W - Outreach Coordinator

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Here at the Seattle AI-Anon Information Service, we strive to offer members and their AI-Anon Family Groups opportunities and suggestions to carry the message of AI-Anon through Outreach. **We have a new free Outreach Bundle for your group to sign up for in October!**



Outreach activities vary by individual AI-Anon member and by AI-Anon Family Group.

Outreach can involve visiting a treatment center, a place of worship, or a therapist or doctor's office and leaving literature (with permission). It can also mean simply talking to others on an individual basis when they are in crisis, and giving them a Conference Approved pamphlet or magazine they may look at later. Seattle AIS is also invited to attend professional health conferences, social service fairs, or other public or professional conferences or events to staff a table and distribute literature, which we often contact local AFGs to support. For additional ideas on potential AI-Anon Outreach locations, check out our Outreach page at <https://www.seattle-al-anon.org/outreach.html>

The fall season is a great time for your AFG to plan and execute its Outreach activities. **Email Seattle AIS Outreach now, Outreach@seattle-al-anon.org, in the month of October, if you are interested, so we can send Outreach materials to your AFG in November.**

If your AFG is interested in carrying the message of AI-Anon to others, Seattle AIS will support you by sending a FREE Outreach Bundle of 50 Alanon Faces Alcoholism magazines and an assortment of 10 additional Outreach flyers to your Group's current mailing address. AI-Anon's

outreach magazine, *Al-Anon Faces Alcoholism*, is a great resource when doing Outreach to the general public. Email Outreach@seattle-al-anon.org - along with your group's language preference (English or Spanish), your Group name, District number, and mailing address - and we will mail this Outreach bundle to your Group.

The winter months are often a time of loneliness and difficulty for many, but you can help Al-Anon reach out with a message of hope to friends and family of alcoholics.

Let It Begin With Me. *When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me.*

We are not able to order the new daily reader "A Little Time for Myself" from WSO due to their printer company issues. When they give us a ready date we will announce it. Not until probably November. So sorry here at LDC.

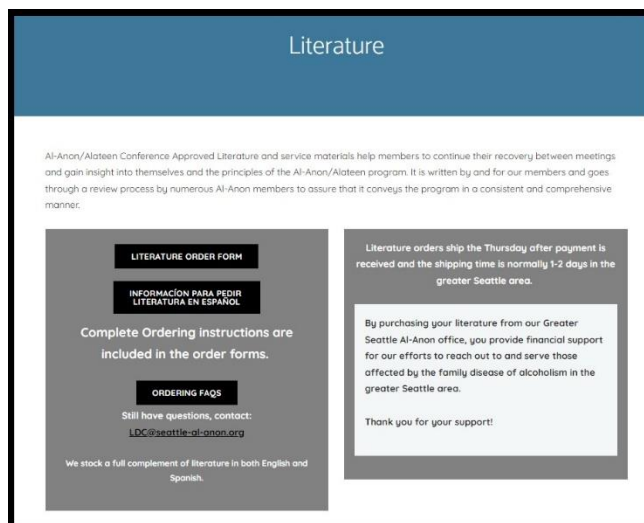
Access to Al-Anon Literature

by Mary R - LDC Co-Coordinator

Do you like a quick easy access to Al-Anon Literature?

Seattle AIS/LDC offers an easy way to purchase Al-Anon Literature for yourself and/or your group. In English and Spanish. We have all the Literature available.

Purchase Literature - GREATER SEATTLE AL-ANON AND ALATEEN (seattle-al-anon.org)



At our Literature Distribution Center in Seattle, you can order literature from an on-line form and have it delivered to you at your address.

(See more ordering details at the end of this message)

Or you can come pick it up on the first Saturday of the month.

(See the flyer in the BITS).

We have volunteers ready to take your order via e-mail at LDC@seattle-al-anon.org, and more volunteers to pack it up and ship it to you.

As life does there are always changes in our personal lives. Right now, life has changed for some us in LDC. We NEED VOLUNTEERS to facilitate your literature orders.

The two positions are Home Volunteer and Shipper.

The Home Volunteer takes as little as an hour a day, computer access, and as the title implies you don't even have to leave home to do it.

The Shipper position is 2-3 hours in the office, generally once a month.

Both positions come with training, assistance, and fellowship with other volunteers.

This is an easy way to perform service in Al-Anon, and grow your personal program.

Please contact Mary R or Linda H at LDC@seattle-al-anon.org if you would like to join us.

Ordering note.

Download the order form from the web site Purchase Literature - GREATER SEATTLE AL-ANON AND ALATEEN (seattle-al-anon.org) to your desktop, fill it out completely, then attach it to an email and send it to LDC@seattle-al-anon.org

When LDC receives it, we will process an invoice and email the invoice to you.

It will have the Review and Pay Now button on it. After you review, click that button and follow the credit card instructions.

We are not able to order the new daily reader "A Little Time for Myself" from WSO due to their printer company issues. When they give us a ready date we will announce it. Not until probably November. So sorry here at LDC.

Learning to Ask for Help

by Gordy B

As a man in early recovery, I had to learn that many of the "male characteristics" I had been given, or adopted, were actually detrimental for me. While working with my sponsor it became clear to him that I had developed an exceptionally strong, independent personality. I had always been taught to figure things out for myself. Asking for help was a sign that I was not capable. Men that are incapable were considered "less than" in my world.

My sponsor gave me an assignment, to ask for help twice a week and report back to him on who and what I had asked for help with. I really struggled with the assignment. During our next knee to knee meeting, he asked me how I felt when someone asked me for help. I said it felt great to be of service! He then told me I was incredibly selfish! I said what?!?! He hit me with an AI-Anon fastball, he asked me "Who are you to deny others the experience of feeling great and being of service?"

That really gave me pause. If I was willing to set aside my defective belief that asking for help was a weakness, I could expand my circle. Asking for help gives someone a chance to be of service, and to find that rare feeling of fulfillment.

A number of years ago we made our first downsizing move. I asked for help from my program family and non-program family. Thirty-two people showed up and our move took only four hours! (Including the refrigerator story, but we'll leave that alone for now). Having learned to ask for help has allowed me to expand my circle, make deeper connections with others, and to feel appreciated and loved.



Patterns of Behavior

by Allen L

A simple cup of coffee got me thinking about the power of habit and of self image. From somewhere I accepted the idea that “real men” drink their coffee black. While it’s OK to add sugar, adding cream is somehow only for special occasions. Yet I have always seen the European in the sidewalk cafe with a cafe au lait as an enviable part of a more sophisticated life.

I am on vacation with my son and his family who routinely use half and half, so that’s in their fridge. I find myself adding that half and half to my coffee many mornings.

What’s going on inside my head?

Do I not buy the cream for my coffee back home because of my lifetime habit of drinking my coffee black with one sugar? Am I too cheap to spend the couple of bucks for a cardboard carton of half and half? Does being on vacation give me permission to pamper myself with that homemade cafe au lait?

I agree that reflecting over a simple cup of coffee might be self indulgent narcissism.

BUT!

How many other patterns of behavior and thought have I fallen into where I’m not taking advantage of the good things around me?

I tend to think of Step 10, Continued to take personal inventory and when we were wrong promptly admitted it, as it relates to my relationships with other people. Maybe I should apply it to myself. Just maybe I should

do that tenth step about how I treat me and learn to treat me as well as I treat my friends.

Maybe it’s as simple as putting both sugar and some cream in my morning coffee.



[Order the Forum Magazine](#)



Al-Anon’s monthly magazine features timely sharings 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!

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

Al-Anon District 18



Fall Fellowship Gathering

October 21, 2023
5:30- 6:30 pm dinner
6:30 pm Speakers

Please join us for a speaker meeting, fellowship, and food.
We will provide Spaghetti Dinner.
Please bring a dessert to share with others.

Al-Anon Speaker - Rose R.
AA Speaker - Doug

St Elizabeth's Church
1005 SW 152nd St. Burien, WA 98166

Suggested donation \$10

Bothell Sunday Night AFG October Speaker Meeting



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

Please join us Sunday, October 29th, 2023
from 7:00 - 8:30 pm
Costumes Optional!

First Lutheran Church
10207 - NE 183rd St, Bothell

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.

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

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"



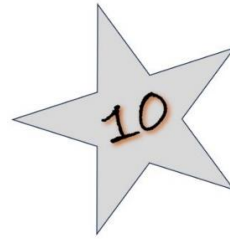
Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.



Tradition Ten

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.



AIS Council Meeting

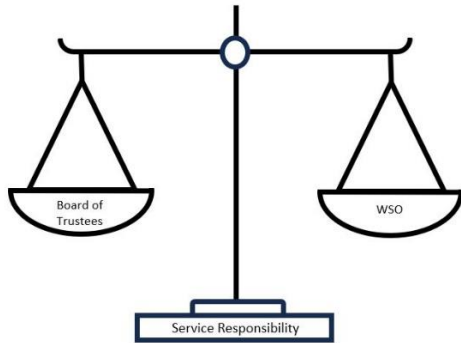
The next Council meeting is Thursday, October 12th, 2023, 7:30-9:00 pm. Click the AIS website 2023 *Calendar* link on the *Events* page (<https://www.seattle-al-anon.org/events>) for the zoom information.

AIS Board Meeting

Thursday, October 19th, 2023, 7:00-8:30 pm. Click the AIS website 2023 *Calendar* link on the *Events* page (<https://www.seattle-al-anon.org/events>) for the zoom information.

Concept Ten

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.



Seattle AIS Office Hours

First SATURDAYS of Every Month

11 AM - 3 PM

Masks OPTIONAL

All Pilgrims Church
509 10th Ave E. Seattle, WA 98102

Join us for treats, coffee and fellowship! No speakers, just lots of Conference Approved Literature to browse/buy and friends to see. Newcomers and Long Timers Welcome!

Curbside pickup available!

Note: Enter on 10th Ave via the BLUE DOOR (NOT on Broadway). PUSH THE AL-ANON DOORBELL. Free street parking available. Paid Parking at the QFC or on E. Republican between Broadway and Harvard.

Volunteers: Do we need you? Of course we do: Email vicechair@seattle-al-anon.org for more info

Horas de Aperatura de Seattle AIS

El Primer SÁBADO del Mes

11 AM - 3 PM

No se requiere cubrebocas

All Pilgrims Church
509 10th Ave E. Seattle, WA 98102

¡Únate a nosotros para disfrutar de golosinas, café y compañerismo! Sin oradores, solo mucha literatura aprobada por la Conferencia para echar un vistazo y/o comprar y ver a los amigos! ¡Los recién llegados y veteranos todos son bienvenidos!

Recogida en la acera disponible.

Nota: Ingrese por la 10th Ave por la PUERTA AZUL (NO por la Broadway). PRESIONE EL TIMBRE DE AL-ANON. Estacionamiento gratis en la calle. Hay dos sitios que se paga el estacionamiento que es QFC y E. Republican entre Broadway y Harvard.

Voluntarios: ¿Te necesitamos? ¡Por supuesto!
Envíe correo electrónico al vicechair@seattle-al-anon.org

Need a Free Newcomer Packet?

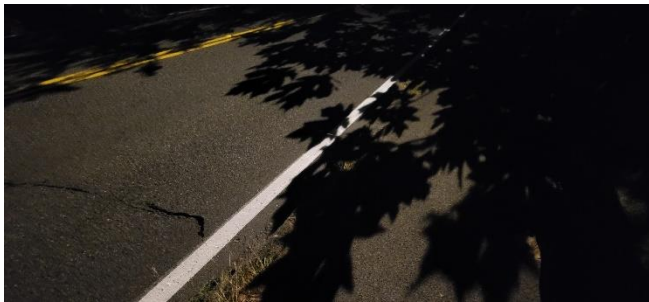
Anyone local to Seattle who is a newcomer and wants an individual newcomer packet (or in Spanish, too!), please send an email to outreach@seattle-al-anon.org with the name and mailing address.



Out of the Toolbox

by BITS Columnist Callie D.

Serenity Within the Darkness



Sunsets come earlier, and a distinct crispness replaces the sultry summer evenings as autumn approaches the Pacific Northwest. I love this reflective season of burrowing inward and embracing the epiphanies that the “dark night of the soul” may reveal.

I was raised in the Evergreen State, but lived in a sunnier climate for a couple of decades before my unplanned return. At the time, I thought it was a temporary stopgap, but I guess my Higher Power had other musings. I went from owning my home and the delicious autonomy of living solo...to being housed back into the alcoholic family system of my traumatic upbringing!

I had reached milestones in personal growth and recovery, but never anticipated being thrust backwards into the constant chaos and crises of alcoholism. I was often verbally attacked, mocked or bullied in encounters. I quickly became hypervigilant, succumbing to sleepless nights of anguish, and catch 22

choices. Al Anon and other meetings filled my nights like a life raft bobbing on a tumultuous sea.

I had been accustomed to seeing the sun and enjoying the outdoors every day in my former life. Suddenly I was faced with the abysmal gloom of long grey winters plus daily exposure to the insanity and volatility of alcoholism. The palpable fear of the alcoholic dying by their own belligerent risk taking and stupidity often engulfed my heart. The night was so black at times, and the alcoholic so cruel; it felt like God had abandoned me.

It is like living in a petri dish and experiencing the phenomenon of “Alcoholism as a Family Disease” at the amebic level! My efforts to authentically connect and be of service to my loved ones tragically turned into being manipulated, criticized and exploited. My old patterns of over responsibility, displaced loyalty, and rescue emerged once again. I was getting chewed up by the machinery of this insidious disease. It was like pouring my resources out into the gutter, and having nothing left for myself.

As the months turned into years, the messy endeavor of recovery, with its peaks and valleys, has yielded a harvest of steadfast growth and healing. Over time I have found safe harbors of sanctuary in ocean getaways, camping, and contemplative hikes among wildlife and nature. I have found relief and comfort in the presence of my Higher Power who holds space for all my thoughts and emotions.

Recently, I was overcome with grief by the toll alcoholism is inflicting upon my life and loved ones. I took refuge in the trees. I started sobbing and collapsed onto a log. As I released everything to God, the darkness lifted as serenity enveloped my soul.

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

Meeting Opened at 7:30 PM with the Serenity Prayer

Attendance: 17 individuals

Introductions: all

Readings: Concept 9

Secretary: Kathy K: Reading and Approval of the August Minutes.

Treasurer: Gary H: Financial reports: Seattle AIS remains financially stable, as they work toward achieving the accepted Ample Reserve.

Chair: Karen L, Chair: November Elections: All positions are for 1 year. The officers are elected at the Council Meeting and Coordinators are appointed by the Chair. Please contact Karen L. if interested or desire more information.

She will not attend Fall Assembly but Karen T. (Renton Sat Morning) is going and will represent AIS. She would rather have monies spent on outreach since she doesn't have a vote.

Vice Chair Report: Dave M: September Open House Report: There were people inspired by it being Labor Day Weekend and were engaged in fellowship with some literature sold. He is scheduled out to the end of the year. He thinks we should continue in 2024. The hours continue to be 11-3PM on the first Sat of the month. He is sending thank-you notes to groups and individuals who are donating.

Coordinators:

Outreach: Solveig W: : She continues to send newcomer's packets. She has received inquiries re: starting an Alateen meeting and a Somali women's meeting. There has been a request for literature to an ICE detention center. We will be donating 42 copies of Al-Anon literature in paperback both in Spanish and English. She also sent 50 pamphlets for a Seward Park Community Health Fair.

Communications: Jackie T: Wren is the new meeting directory and Pierre is serving as back up for both the web and meeting director. Please send any meeting changes to WA area so we all have the same information. The AIS office hours are posted on the Home and events page.

LDC: Mary R: The Garden Party on August 20 was a success. AIS had just over \$550 in literature sales and a good time by all.

Phones: Dave M (outgoing Coordinator): It was a very quiet month. Dave will continue until Dec. 2023 as Phone coordinator unless someone steps up sooner. A new coordinator is needed.

Tech: Pierre J: Please contact him if help is needed.

Old Business: Need phone coordinator.

New Business: : Solving, Outreach Coordinator, is not sure digital ads are a good use of our money and wants to support AFGs doing OR more directly especially as groups are coming back to in person.

The question was asked about how we want to spend the money and the general consensus that it would be a better investment at the group level rather than digital ads targeting the internet.

There was discussion of the options presented above and the general consensus was that whatever we can do to support outreach at the group level should be our priority.

Seventh Tradition: <https://www.seattle-al-anon.org/donationinfo.html>

Next Council Meeting: Thursday, October 12, 2023 from 7:30-9:00 PM

Next Board Meeting: Thursday, October 19th, 2023 at 7:00 PM

Adjournment: Al-Anon/Alateen Declaration at 9:05 PM

Submitted by Kathy K, Secretary

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

The following changes were made during September.

- Saturday, 10:00 AM, Saturday Morning AFG, This meeting is virtual only {9/5}
- Monday, 12:00 PM, Capitol Hill AFG, This meeting is in-person only {9/5}
- Monday, 12:30 PM, Bothell Monday Study AFG, This meeting is in-person only {9/5}
- Monday, 12:00 PM, Queen Anne Midday AFG, Labor Day notice removed {9/5}
- Monday, 12:00 PM, Queen Anne Midday AFG, Fixed spelling error {9/7}
- Monday, 12:00 PM, Capitol Hill AFG, This meeting will be on zoom only October 9th {9/19}

Best,

Wren B
Seattle Al-Anon Information Service
Meeting Directory Editor