

APRIL
2018



BITS Newsletter

Seattle Al-Anon Information Service

New Format for AIS Spring Fundraiser Includes Speakers

by AIS Fundraising Coordinator Jennifer P.

Hello! My name is Jennifer and I have been blessed to be able to step up and fill the shoes of the AIS Fundraising Coordinator. For the past several years, AIS has put on the Spring and Fall Auctions. Yet, after much thought and feedback from the Council, along with other members of Al-Anon, our vision has changed about what type of fundraiser we wanted.

We really wanted to incorporate the programs of recovery into our event. Our new event includes speakers from Al-Anon, AA, and Alateen. We also wanted an event that everyone could participate in without worrying that they could not afford to bid on the baskets. I have attended many events that raffled off the items rather than auctioning them off. More people attended because, who knew if you might win or not? You did not have to spend a lot of money. Of course, you still could. I saw children put in raffle tickets on items and win. The look on their faces were priceless.

One common complaint about our auctions was that they were so complicated, too much stuff going on at the same time. That is why we are planning on having raffle items, speakers and a dessert auction. Making this event simple and fun.

“We really want to incorporate the programs of recovery into our event.”

We are asking Groups to supply baskets or other items for the raffle. If a group in the past put together a basket that had a high value, we encourage those groups to have multiple baskets instead of one large one. Examples could be - tools for gardening, hanging flower baskets, other items related to outdoor activities, or anything for Mother's Day. And the popular, work party donations would be greatly appreciated as well.

We still need some help in putting this event on. So please do not hesitate to step up, even if you do not know what you would like to do. The biggest things we need help with are a set-up committee, kitchen help, clean-up, and a couple of people who are CPR certified to be with the children in the children's room (this will only be during the speakers). We also need volunteers selling raffle tickets, and making sure everyone is having a good time.

Again, I am very blessed to be a part of this event, to share my experience, strength and hope. Those things I have been freely given by the Al-Anon program. I also want to thank those who have shared my vision.

There have, of course, been many questions about the new format. I would like to address those questions.

Why did the venue change from Bellevue to Auburn? I attended another event at this church in Auburn a few months back and the

*Spring
into
Action*

Al-Anon Information Service
Fundraiser & Speaker Event

May 12th 5:00 - 8:30 PM
Auburn First United Methodist Church
100 N Street NE, Auburn

Raffle Baskets • 50/50 Raffle • Potluck • Dessert Auction
PLUS
Al-Anon, Alateen & AA Speakers

VOLUNTEER COORDINATORS NEEDED FOR:
Speakers | Kitchen | Decorations & Set-up | Clean-Up | Raffle Ticket Sales

Please don't hesitate to contact Jennifer at fundraising@seattle-al-anon.org to volunteer or with questions.

main room is very large and easy to set up. The sound system is really basic and everyone that was there heard the speakers without any issues. The kitchen is very large with lots of space to work. At some past auctions, there had not been enough seating for all in attendance. We realize that it makes for a long drive for some of our northend members, but hope you will consider carpooling and by doing so have some extra fellowship time.

When will the raffle drawings occur? The raffle items will be raffled during dinner and between the speakers.

Will the revenue from the raffle supply enough operating funds for AIS? Since the operating funds required to operate AIS have been greatly reduced, I am hopeful that this event will cover the operating costs. Your support of the event will insure that we will be there for those seeking Al-Anon in the greater Seattle area.

If you have additional questions or would like to volunteer, please contact me at: fundraising@seattle-al-anon.org.

IN THIS ISSUE

Feature Articles

- 10: A Mother's Story
- 10: Tradition 4
- 10: Archivist's Find
- 10: Need a Speaker
- 10: CAL in My Life
- 10: Literature: How to Order & Pay for Literature

Monthly Features

- 10: Council Meeting Summary
- 10: AIS Financials
- 10: AIS Officers and Coordinators
- 10: District Reps and Business Meetings
- 10: Where to Send Donations
- 10: Events Calendar
- 10: Meeting Directory/Schedule

CONTACT AIS

For Up to Date Information
www.seattle-al-anon.org

To Order Literature
 Email to LDC@seattle-al-anon.org
 or call 206-625-0018 and
 leave a message.

Mailing or Order Pick Up
 1401 3rd Ave #803
 Seattle, WA 98101-2118
 Open Thursdays 9:30 - 3:30

To Speak with a Member
 Call 206-625-0000
 24/7

A Mother's Story

by Guest Writer Leslie S.

My son died when he was 23 years old of an accidental drug overdose. Life was dark and confusing at that time and I clung to God like never before. My oldest daughter, who is only 15 months younger than her brother, began to spiral out of control with drug use. I tried everything I could think of to control her situation, and move her towards a better path. But it seemed the harder I tried to control the worse the situation became. At one point I was searching for a specific rehab facility (specification given by her where state insurance would be accepted and only Suboxone would be used to detox). I set aside certain hours each day to search on the computer for this (possibly non-existent!) rehab facility while my daughter slept on the futon next to me!

Finally, I found my way to Al-Anon. What a relief to hear others telling my story! The well-meaning family members and friends who had tried to give advice and comfort in the past left me feeling even more alone. In these rooms I had finally found my people! I began to heal from the devastating loss of my precious son, and the fear gripping me about the very real possibility of losing my daughter.

I learned the three C's in Al-Anon – I didn't cause it, I can't control it, and I can't cure it. I learned to detach from my daughter's difficulties and let her live and handle her own life. I learned to focus on me and the wonderful life I had been given.

Oh, don't get me wrong – I still have difficulties with relationships and those I love. But now I have a program! Turning to the tools of the program like the slogans, my sponsor and friends, literature and meetings makes all the difference in the world these days. When I start mulling over difficulties in my head, I think of "doing the next thing", "living in the moment", and "let go and let God".

My Higher Power inevitably has a much better plan in mind for my loved ones than I may have ever thought of! Soon the serenity returns to my world, and the beauty of each moment once more becomes visible.

I am grateful to the loved ones in my life, and to my beautiful son for the time I got to be his mother. Even in the midst of difficulties and chaos I can now see the loveliness of life.

Archivist's Find: An Old Briefcase

by AIS Archivist Abby H.

We have yet another treasure from the archives, an old briefcase. This item was full of documents from the late 70s - pamphlets, flyers, sign in sheets, oodles of AIS relics. There was a telephone manual and a binder which contained all of the Al-Anon meetings available and their information, that we now have readily accessible to us online. It was as if time warping into the past, even the inside of the briefcase smells of an era. There were stickers that looked like they had some official purpose but now most of them have no stick left, time has passed for the usefulness of some of these items, but we have the ability to relive those times long lost through our AIS Archives! **BONUS:** This historic briefcase (without the contents) will be one of the awesome raffle items at our AIS Spring Into Action fundraiser on May 12th!



Conference Approved Literature in My Life by Newsletter Columnist Allen L.

Many of us start out our day by reading from Al-Anon books or pamphlets. I start with the day's selection from Courage to Change but sometimes include the day's reading from One Day at a Time in Al-Anon, better known as the ODAT. I find that starting from an Al-Anon approved source helps me practice the part of the 12th step that reads "and to practice these principals in all our affairs".

My go-to book for step work is Paths to Recovery, but on a regular basis I use a little bookmark called "Just for Today". I learned about the power of these short statements in a meeting that read them as part of every meeting.

This one helped me through a particularly difficult time. Just for today – "I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime." For me this is a reminder that whatever I am struggling with will pass, that my entire life is not defined by this particular moment.

Since I retired, I have caught myself getting impatient with slow checkout lines or traffic jams and the following one did a lot to keep those inconveniences in perspective. Just for today – "I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody but myself." I use it to remind myself the 2 minutes more or less in getting to my haircut or to return a library book won't matter. I generally don't have an appointment to keep!

One of the challenges of living alone in retirement is all the "What Ifs". What if I slip getting something off the top shelf? What if I get sick? Just for today – "I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world so the world will give to me.

I can't recommend strongly enough that you ask your sponsor or a trusted Al-Anon friend to recommend a daily reader. Conference Approved Literature will help you keep the principles front and center as you work your way through your day.

I'll leave you with this thought: Just for today – "I will be happy. This assumes to be true what Abraham Lincoln said, that 'Most folks are as happy as they make up their minds to be.'"

Editor's Note:

Al-Anon World Services has a large library of CAL (Conference Approved Literature) for sale and in some cases free download of the electronic version. Those pamphlets that are set out at your meetings are part of the CAL offering. To see what's available, click [here](#).

And please remember to support our local Seattle Al-Anon Information Service by ordering your books and literature from AIS. Click [here](#) to download our order form and instructions.

AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

chair@seattle-al-anon.org

Vice Chair

OPEN

Secretary

Cindy G.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Archivist

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Fundraising Coordinator

Jennifer P.

fundraising@seattle-al-anon.org

Literature Dist. Center Coordinator

Karen L.

LDC@seattle-al-anon.org

Outreach Coordinator

OPEN

Parliamentarian

Chris G.

parliamentarian@seattle-al-anon.org

Phone Volunteers Coordinators

Susan CH. and Karen T.

phones@seattle-al-anon.org

Policy Coordinator

Bob F.

policy@seattle-al-anon.org

Tech Coordinator

OPEN

The AIS Board is made up of a representative from each of our 9 Districts plus the Officers and Coordinators listed above.

The AIS Council is made up of a representative from each Group in Districts 14-22 plus the Officers and Coordinators listed above.

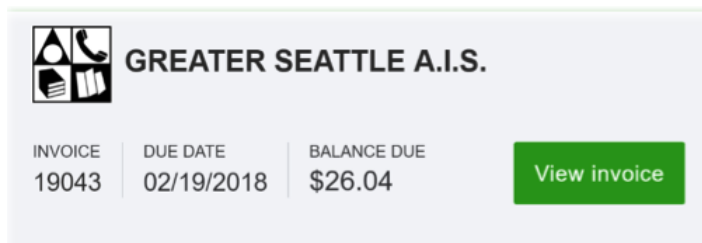
How to Order & Pay for Literature from Your Couch: Ordering Literature with Examples and FAQs

by Literature Distribution Coordinator Karen L.

With the AIS conversion to QuickBooks Online, we are able to send you an invoice for literature orders that you can pay online by credit card in the comfort of your home, in your slippers if you want at 7am or 11pm. No more requirement to come to downtown Seattle or coordinate with your Group Treasurer to write a check.

Here's how simple it is:

1. Email us at LDC@seattle-al-anon.org
 - a. Include your Al-Anon Family Group name, Group # and District #
 - b. Include your telephone #
 - c. Include the shipping address if you want the order shipped
2. Tell us what you want to order:
 - a. You can use the excel spreadsheet on the website to see what's available and track your costs, then email the spreadsheet
 - b. Or just send an email with what you want.
3. We will then send you an email; click the Green "View Invoice" to see the detailed Invoice.



Dear West Seattle Sat. Morning AFG,
Here's your invoice for payment.
If this is for a donation, THANK YOU!

4. Click the Pay button to input Credit Card information, or you can send a check to AIS.



5. Once payment is received, your order will be packed (and shipped, if designated) on the next Thursday.

FAQs:

Q: What are the AIS shipping and handling costs?

A: AIS' goal is to recoup our costs, not make any profit on shipping costs.

- Orders up to \$10.00 = \$3.00 shipping
- Orders from \$10.01 to \$25.00 = \$6.00 shipping
- Orders from \$25.01 to \$50.00 = \$8.00 shipping
- Orders from \$50.01 to \$100.00 = \$10.00 shipping
- Orders over \$100 = \$12.00 shipping
- Orders over \$200 = \$14.00 shipping

Q: How long will the shipment take?

A: We mail using USPS media rates. Within King County, shipments are being received in 1-2 days

Q: Can I still pick-up orders at the office?

A: Yes, we are open only on Thursdays between 9:30am and 3:30.

Q: Why are office hours so limited?

A: AIS is 100% volunteer run at this time. With more volunteers we will be able to open more. The hope is that when the office moves to a more accessible location, there will be volunteers to open the office on Saturdays. Contact LDC@seattle-al-anon.org if you are interested in volunteering.

“Within King County, shipments are being received in 1-2 days!”

Q: What is the 10% WSO fee?

A: This fee supports the AIS infrastructure, such as rent, technology and phones that make it possible for AIS to provide 24x7 support and a local Al-Anon Distribution Center.

Q: Why should I buy from AIS instead of directly from World Service Organization (WSO)?

A: First, to support Greater Seattle AIS that provides support for all of the Al-Anon Family Groups in the Greater Seattle area. Second, delivery time. WSO's website says "allow for 3 weeks for delivery". Delivery can be up to 4-5 weeks sometimes. Third, WSO's shipping charges are more. \$10 for under \$100 order and 10% for orders over \$100.

Q: Many retail and online stores sell Al-Anon books. Why shouldn't I buy from them?

A: Purchasing from private companies for the same or possibly lower costs may be possible. However, this provides profits for the private companies. Buying from Great Seattle AIS contributes to the annual funds it needs to provide a central resource for the Al-Anon Family Groups and outreach for our communities.

Q: Does AIS have pamphlets?

A: Yes, AIS has inventory of nearly of every WSO publication.

Where to Send Donations

Service Arm and Instructions

AIS

1402 Third Avenue #803
Seattle, WA 98101-2118

or

Pay online by emailing your Group name and number along with the amount you wish to donate to LDC@seattle-al-anon.org. You will then receive a Quickbooks payment request for you to enter your credit card information.

WASHINGTON AREA

Send email to treasurer@wa-al-anon.org to get their address

or

Go online to www.wa-al-anon.org/7th-tradition/ Choose the donate button and you will be taken to a PayPal page to pay.

WSO

1600 Corporate Landing Pky
Virginia Beach, VA 23454

or

Go online to www.al-anon.org/contributions/

District 14

Send email to district14@seattle-al-anon.org to request their address

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

Send email to district17@seattle-al-anon.org to request their address

District 18

Send email to district18@seattle-al-anon.org to request their address

District 19

Send email to district19@seattle-al-anon.org to request their address

District 20

P.O. Box 31288
Seattle WA 98103

District 21

PO Box 55306
Shoreline WA 98155

District 22

Send email to district22@seattle-al-anon.org to request their address

Please make checks payable to the service arm listed above.

Tradition Four: Balance

by Newsletter Columnist Allen L.

“Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.”

Early in my Al-Anon experience I heard long-time members share how they used the Traditions in their daily life. This seemed counterintuitive since the Traditions mainly deal with the groups and the “structure” side of the Al-Anon program.

At first glance, Tradition Four seems to only relate to how a group conducts itself and its relationship to the greater body of Al-Anon and AA. As I listened to others share I learned to view it in a greater way. I could paraphrase it as: “I can make my own decisions, to satisfy myself except in matters affecting the rest of my family or the many others in my life”.

While I not only have the right and obligation to take care of myself, I also have responsibilities to ALL the other people I am connected to. In all honesty I must consider how my actions or decisions will affect them.

I work hard. I deserve that new TV. Do I deserve it at the expense of my children’s school lunch money? I tried to pick a clear example where almost everyone would agree the lunch money comes first, but how many times is the choice not as clear? How many of us have denied ourselves well-earned rewards to allow an alcoholic to indulge their own behavior? Have we fallen in the trap of caring so much for others that we forget to care for ourselves?

“Watching other Al-Anon friends practice this Tradition in their daily lives I gained a better appreciation for the balance necessary to care for loved ones without ignoring myself.”

When I was a very young boy my older sister’s boyfriend showed up driving his father’s brand new MG sports car. My father watched them drive away and told me that the father had a brand new “toy” while the wife and kids were riding around in a 5 or 6 year- old beater. “A real man makes sure the family is taken care of first and his toys come second”. As many children do I took that lesson to heart. Too much so, as through far too much of my life I did without many things I needed to make sure my family had what they wanted.

Watching other Al-Anon friends practice this Tradition in their daily lives I gained a better appreciation for the balance necessary to care for loved ones without ignoring myself. I am single and my children are grown so I only have to concern myself with my own financial needs and my own wants.

Large screen TVs have recently come down in price and I wanted one for several of the new features and the amazingly higher picture quality. It took me about 3 days to justify spending money, that wouldn’t affect my normal budget, for something nice for myself. A lifetime habit of putting off taking care of ME still reared it’s ugly head, and took some real effort to overcome.

I did buy the TV, and after a week of use am still highly satisfied and “guilt free”. Without thinking about this purchase as practicing Tradition Four, I put my program into practice. It has become so much how I live my life that I recognized that it was a decision that affected only me and not the others in my life, leaving me free to do something nice for me.

Need a Speaker? Want to Be a Speaker

by Newsletter Columnist Allen L.

When asked to speak for the first time, many members feel like Alice in Wonderland. When the Red Queen asked Alice how she got there, Alice replied, "I hardly know where to begin!" The Red Queen advised, "Begin at the beginning, continue until you come to the end, then stop." Great advice whether you are sharing in a meeting or speaking in front of a larger crowd.

Many people don't accept the first time they are asked to speak because of the fear of public speaking or thinking they don't have anything interesting to say. Keep in mind that the person who asked you to speak has heard something in your sharing that struck a chord with them, and they think others will hear that same interesting story. Every speaker you hear spoke for the first time in their past and faced the same difficulties and fears you will. They overcame them and so can you! A good place to start

is by downloading the Al-Anon guideline pamphlet, "Members Interested in Speaking". You can check it out here.

Many of us find it very useful to write out what we plan to say. Personally, I write in a journal style and then transfer key points to 3 by 5 file cards. I also mentally wad up all the pages I have written and try to speak from my heart. I respond to people who tell their story honestly and simply so I try to tell mine the same way.

If you have never been asked to speak and feel the call, go to some local speakers meetings and listen to what others share. Usually the chair or moderator can introduce you to the person finding speakers. Ask them how to get on their list.

“Every speaker you hear spoke for the first time in their past and faced the same difficulties and fears you will.”

The Seattle Al-Anon Information Service has Speakers Bureau Coordinators for the South and East areas and you can get their contact information by emailing communications@seattle-al-anon.org.

Bruce S, Speaker Bureau Coordinator for the South area, explained how he discovers potential speakers: "I go to many meetings and speaker events so I hear a lot of people. I just ask those I like if they would be interested in speaking either at a particular event like the monthly HEAR meeting or if I can call them when a meeting needs a speaker. After years of doing this, I have a pretty extensive list of people I can call."

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 Eliza D. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
Districts 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM Grace Lutheran Church, 9625 NE 8th St, Bellevue
Districts 16 Barbara P district16@seattle-al-anon.org	Meets with District 16 See above
District 17 Katharine R. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	1st Wednesday Contact Grita for Time and Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Denise A. district20@seattle-al-anon.org	2nd Monday at 7:00 PM Denny Park Lutheran Church, 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly, 6801 Roosevelt Way NE, Seattle
District 22 Lynn T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal, 18842 Meridian Ave N, Shoreline

Please send any meeting changes including Group Rep and Alt Group Rep changes to:
group-records@wa-al-anon.org
AND
communications@seattle-al-anon.org

GREATER SEATTLE A.I.S.

STATEMENT OF ACTIVITY

February 2018

	TOTAL
Revenue	
CanAppeal Donations	250.38
Donations	1,502.60
Donations from Spare Change	115.37
Literature Sales	4,087.18
Sales of Product Revenue	35.00
Services	24.15
Shipping Income	129.00
Total Revenue	\$6,143.68
Cost of Goods Sold	
Inventory Shrinkage	0.00
Literature Cost of Goods Sold	3,733.65
Literature Discounts	-307.39
Literature Shipping & Handling	89.00
Total Cost of Goods Sold	\$3,515.26
GROSS PROFIT	\$2,628.42
Expenditures	
Copier Lease	363.47
Insurance	90.40
Internet Expense	32.85
Office Supplies	120.10
Parking/Bus	127.00
Payroll Expenses	
Taxes	466.80
Wages	6,000.00
Total Payroll Expenses	6,466.80
Postage	
BITS Postage	281.36
General Postage	63.40
Shipping Postage	78.42
Total Postage	423.18
QuickBooks Payments Fees	66.02
Rent	865.67
Maintenance - common area	32.84
Total Rent	898.51
Technology	40.74
Telephone	248.50
Website	323.28
Total Expenditures	\$9,200.85
NET OPERATING REVENUE	\$ -6,572.43
NET REVENUE	\$ -6,572.43

Unofficial March AIS Council Meeting Summary

by Newsletter Editor Teresa H.

- We need a Vice Chair – preferably one who can move into the Chair position when Anessa's term ends at the end of this year.
- Progress is being made on finding a new office location. The search is currently focused in the Capitol Hill area with All Pilgrims Christian Church being one possibility. The next Board meeting will be there so members can check it out.
- The new Spring Fundraising event is scheduled for May 12th at the Auburn First United Methodist Church. There was great enthusiasm for the event, but some question about the location being at the far south end of our AIS area. A vote was taken and the Auburn location was approved.
- No invitation will be mailed for the Spring event. A special electronic notification will go out ASAP.
- New volunteers have been signing up for the phones, but more are needed for our 24/7 phone service. Stats on the number of calls are being gathered.
- The volume of literature sales is commensurate with 2017. Two more volunteers are needed to take a Thursday shift.
- The email is being checked by volunteers. One more volunteer is needed.
- AIS Literature shipping and handling charges were adjusted: lowering the "up to \$10 order" from \$4 to \$3 and a new category was created for orders "over \$200". That charge is \$14.
- The Ricoh printer contract of \$190 per month can not be gotten out of.
- The website has had lots of activity with 1,042 unique visitors in the past week and 2,376 page visits. Some folks have gotten an error message. If there is an error message, just refresh the page.
- The cost of the electronic newsletter is \$64.32 per year. The cost of the BITS from an analysis done 10 years ago was \$3,180 per year. So the savings is significant.
- Many former BITS subscribers are donating the remainder of their subscription fee.
- The Treasurer reported that her reports show we were deep in the red for February. That was due to the severance paid which is a one-time charge.

Check out the FAQ Section on the [Members page](#) of our new website to find the answers to the most frequently asked questions by members.

For more AIS Financial information, visit our Member's page at www.seattle-al-anon.org

Al-Anon and Alateen Events Listing as of April 1

For up-to-date information and to print flyers, go to the Events page at www.seattle-al-anon.org
(Note: Includes AA Events and Conferences with Al-Anon Participation)

April 5- May 10	Thursdays 7:30PM	Blueprint for Progress Workshop	St. Andrew's Lutheran Church 2650 148 th Ave SE, Bellevue	Lakehillsafgthursdaynight@gmail.com
April 5	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
April 7	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakersmeeting.org
April 7	Saturday 8:00AM-9:00PM	2018 WA Area Pre-Conference	Red Lion Hotel Yakima Center 607 E Yakima Ave, Yakima	http://wa-al-anon.org/eventlistings/2018/
April 12	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
April 14	Saturday 4:30-6:45PM	Spring Serenity Speaker Meeting	San Juan Island Grange 152 1 st St, Friday Harbor	
April 14	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	mesh@seattle-al-anon.org
April 14	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Poulsbo First Lutheran Church 18920 4 th Ave NE, Poulsbo	
April 17	Tuesday 6:30-8:00PM	District 22 Business Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
April 18	Wednesday 6:00-8:00PM	AMIAS Recertification Training	Webinar	waalateen@gmail.com
April 20-22	Weekend	WA Area ASTAR Weekend	Lazy F Camp & Retreat Center 16170 Manastash Rd, Ellensburg	waalateen@gmail.com
April 21	Saturday 1:00-4:00PM	AIS Board Meeting	All Pilgrims Christian Church 500 Broadway E, Seattle	chair@seattle-al-anon.org
April 21	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 James St, Kent	hear@seattle-al-anon.org
April 23	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
April 25	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
April 28	Saturday 10:00-2:30PM	A Day in Al-Anon and Alateen	St. Andrew's Lutheran Church 2650 148 th Ave SE, Bellevue	adia@seattle-al-anon.org
April 30	Monday 7-8:30PM	Meadowdale AFG Ask It Basket Panel Meeting	St. Hilda St. Patrick Episcopal Church 15224 52 nd Ave W, Edmonds	
April 30	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152 nd St, Burien	district18@seattle-al-anon.org
May 12	Saturday 5:00-8:30PM	Spring Into Action AIS Fundraiser & Speaker Event	Auburn First United Methodist Church 100 N St NE, Auburn	fundraising@seattle-al-anon.org
May 16	Thursday 7:00PM	Terrace View AFG Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	
May 18-20	Weekend	WA Area Summer Seminar Assembly	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	http://wa-al-anon.org/eventlistings/2018/
May 30	Wednesday 7:00PM	Alderwood AFG Speaker Meeting	Maplewood Presbyterian Church 19523 84 th Ave W, Edmonds	
May 31	Thursday 6:30PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
June 8	Weekend	Kent All Men's Al-Anon Fort Worden Weekend	Fort Worden 200 Battery Way, Port Townsend	
July 6-8	Weekend	Al-Anon International Convention 2018	Baltimore Convention Center Baltimore, MD	https://al-anon.org/al-anon-international-conventions/

Only the next occurrence of an event is listed. The list is updated many times each month. The date at top indicates last change.

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of April 4, 2018

For the most up-to-date information, go to seattle-al-anon.org
 Speak with an Al-Anon member at 206-625-0000.

Directory Guide

AA = AA at Same Time & Place
 AC = Adult Children of Alcoholics Same Time & Place
 AL = Al-Anon at Same Time & Place
 ASL = American Sign Language
 AT = Alateen at Same Time & Place 45 = 45-Minute Duration
 B = Beginners Intro/Meeting 60 = 60-Minute Duration
 CH = Childcare Offered 75 = 75-Minute Duration
 FF = Fragrance Free 90 = 90-Minute Duration
 H = Handicap Accessible 135 = 135-Minute Duration
 O = Open to Observers

To Change or Correct Meeting Information,
 email changes to group-records@wa-al-anon.org
 AND
communications@seattle-al-anon.org

ALATEEN MEETINGS

MON 7:30PM 60/AL	LAKE CITY MONDAY NIGHT ALATEEN #30678031 Lake City Presbyterian, 3841 NE 123 rd St, Seattle (Age Range 12-19) DIST 21
TUES 7:30PM 60/H/AL/AA	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Meets upstairs/Ages 12-21) #30639096 DIST 22
WED 7:30PM 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AA	LAKE HILLS ALATEEN #14119 St. Andrews Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

VASHON ISLAND MEETINGS

SUN 9:00AM 90/O/FF	VASHON SUNDAY SIDE UP AFG #30043 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs Belfry) DIST 19
TUES 6:30PM 90/FF	VASHON ISLAND WOMEN'S AFG #502955 Episcopal of the Holy Spirit, 15420 Vashon Hwy SW, Vashon (Women's Meeting) DIST 19
SAT 10:00AM 90/O/B	SATURDAY IN THE BELFRY AFG #30556459 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs in Belfry - Pull Cow Bell) DIST 19

SEATTLE CENTRAL ZONE

**Madison Park • Capitol Hill • Downtown
 Belltown • Queen Anne • Magnolia**

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd fl conf/Holidays@Victrola)DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North entry/Signs to Glen Rm) DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (In Edgewood Services Office) DIST 20
TUES 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 Vance Building, 1402 3rd Ave #630, Seattle (Feel free to bring lunch) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

**Seattle North • Shoreline • Mountlake Terrace
Lake Forest Park • Lynnwood • Edmonds**

SUN 8:30AM 60/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1st & 3rd Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave SW, Seattle DIST 21
MON 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave SW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No meeting on legal holidays) DIST 22
MON 7:00PM 90/O	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 2nd Monday of month) DIST 22
MON 7:30PM 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
MON 7:30PM 90/O/H/AT	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
TUES 10:00AM 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery Entry) DIST 21
TUES 6:30PM 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt entry-back/lot off 25th) DIST 21
TUES 7:30PM 90/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle DIST 21
TUES 7:30PM 90	NORTH END MEN'S #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) DIST 22
WED 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave SW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 6:00PM 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 th Ave NE, Seattle (Side bldg. north of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 th St, Seattle (Enter from rear parking lot) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace DIST 22

WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 th Ave W, Edmonds (Speaker on 5 th Wed/corner of 196 th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
THURS 7:30PM 90/O/H/AC	LAURELHURST THURSDAY EVE AFG #46355 St Stephen's Episcopal, 4805 NE 45 th St, Seattle (Meets in Parish Hall) DIST 20
THURS 7:30PM 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36 th St, Seattle (Meets in 1 st floor lounge) DIST 20
FRI 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave SW, Seattle (Meets Mon, Wed & Fri) DIST 21
FRI 10:00AM 90	HIGHLANDS FRIDAY AM AFG #32362 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Paddington Nursery Entry) DIST 21
FRI 7:00PM 90	WALLINGFORD FRIDAY AFG Wallingford Presbyterian, 1414 N 42 nd St, Seattle (Enter back of church from parking lot) DIST 20
FRI 7:30PM 90/O/H	SEATTLE MEN'S AFG #30582130 Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21
FRI 8:00PM 90/H/B	TGIF AFG #14171 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196 th) DIST 22
SAT 7:30PM 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70 th St, Seattle (Enter on NE corner) DIST 21

SPANISH LANGUAGE MEETINGS

MON 7:00PM 90/O	GFA UN REGALO PARA MI #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
TUES 7:00PM 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) DIST 17
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 th Pl, Bellevue DIST 16

Please support AIS by ordering Literature from AIS.

- Go to our website at www.seattle-al-anon.org
- Click on the Literature Tab •Click on the Order Form Button
- Email your completed form to LDC@seattle-al-anon.org
- Have it shipped or pick up at our office on a Thursday

SOUTH ZONE

**So. & West Seattle • Burien • Des Moines • Pacific
Federal Way • Auburn • Kent • Renton • Enumclaw**

SUN 6:00PM 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436 th Way, Enumclaw DIST 14	WED 7:00PM 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 th Wed) DIST 19
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 th St SE, Auburn (Enter main church on 17 th St SE) DIST 14	WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14	THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 th Ave S, Des Moines (Side door at north of church) DIST 18
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18	THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Free Childcare/Women's Meeting) DIST 19
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines DIST 14	THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14	FRI 10:30AM 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Mon) DIST 18	FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot & entrance) DIST 17	SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19	SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
TUES 7:00PM 90/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18	SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn DIST 14
TUES 7:30PM 90/O	PACIFIC PARENTS AFG #30543700 New Hope Lutheran, 603 3 rd Ave SE, Pacific (Parent Focused Meeting) DIST 14	SAT 10:00AM 90/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 th St, Federal Way (Free Childcare) DIST 14	SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
WED 1:30PM 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 st Ave S, Burien (Use side entrance/basement) DIST 18	SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
WED 7:00PM 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 th Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17	SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17	ONCE A MONTH SPEAKER MEETINGS	
		2nd SAT 7:30PM 90/O/H	M.E.S.H. 2 nd SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2 nd Saturday) DIST 22
		3rd SAT 7:30PM 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 rd Saturday) DIST 14

EAST ZONE

**Bothell • Kirkland • Redmond • Bellevue
Mercer Island • Issaquah • Snoqualmie**

SUN 12:00PM 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran, 10207 NE 183 rd St, Bothell DIST 16
MON 12:00PM 60/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
MON 12:30PM 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104 th Ave NE, Bothell DIST 15
MON 7:00PM 90/O/H	LIVING IN THE SOLUTION MONDAY NIGHT AFG #49784 Holy Spirit Lutheran, 10021 NE 124 th St, Kirkland
MON 7:30PM 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40 th St, Mercer Island (Parent's meeting/speaker 5 th Monday) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Covenant, 12800 Coal Creek Pwy SE, Bellevue (1 st floor in main church bldg.) DIST 16
TUES 12:30PM 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland DIST 15
TUES 7:00PM 75/H	NEW HOPE AFG #62825 Unity Church of Bellevue, 16330 NE 4 th St, Bellevue (Book study) DIST 16
TUES 7:00PM 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
TUES 7:15PM 90/O/CH/H/A	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100 th Ave NE, Bothell (Free childcare) DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 th St, Redmond DIST 15
WED 7:00PM 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
THURS 10:00AM 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
THURS 10:00AM 90/CH/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 th Ave NE, Kirkland (Free Childcare) DIST 15

THURS 7:00PM 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15
THURS 7:30PM 90/O/H/AT/AA	BELLEVUE LAKE HILLS AFG #14118 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
THURS 7:30PM 90/O	EASTSIDE PARENT'S AFG #30522678 Faith United Methodist, 3924 Issaquah-Pine Lk Rd SE, Issaquah (Parent's meeting) DIST 16
FRI 12:00PM 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
FRI 8:00PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166 th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
SAT 8:30AM 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
SAT 10:30AM 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

NORTH	SNOHOMISH COUNTY www.dist23.org 425-348-7828
SOUTH	PIERCE COUNTY www.al-anon-pierce-wa.org 800-726-8094
WEST	KITSAP AND NORTH MASON COUNTY www.kitsap-al-anon.org

PHONE NUMBERS

**Speak to a Member Anytime
206-625-0000**