

APRIL  
2019



# BITS Newsletter

## Seattle Al-Anon Information Service

### April Is Alcohol Awareness Month by AIS Outreach Committee

*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. - The Al-Anon Declaration*

April is Alcohol Awareness Month. It is a nationwide campaign to raise public awareness about the use of alcohol and its effects on individuals, families and communities. It provides opportunities for Al-Anon and Alateen groups to reach out to families and friends of alcoholics who are suffering and still unaware of the Al-Anon program of recovery.

It is estimated that over 18 million Americans have a drinking problem. According to commonly accepted healthcare provider estimates, each problem drinker can significantly affect the lives of at least four other people. Using population estimates, statistics indicate that over 300,000 people are affected by someone else's drinking right here in King County.

We hope Al-Anon and Alateen members, Groups, and Districts will think of how to spread the word of Al-Anon and Alateen to

those still suffering in the community. Is there a school, community center, or library where a poster or meeting schedules could be displayed? Could you send a letter to a doctor, clergy member, or counselor explaining what Al-Anon/Alateen is and what it

*I am only one Al-Anon member, but I can draw attention to the fact that alcoholism is a family disease and to the availability of local Al-Anon and Alateen meetings.*

has meant to you? Could an Al-Anon press release be posted in a community newsletter or online blog?

The Greater Seattle Al-Anon Information Service (AIS) is a great resource for affordable public outreach literature that can be distributed in locations around our communities. Please see our literature order form on our AIS website for titles and pricing.

**GO TO OUR HOMEPAGE TO PRINT AN AL-ANON AND/OR ALATEEN POSTER FOR DISPLAY.**

### SSA Is for All Al-Anon and Alateen Members by WA Area Alternate Delegate Lynn T.



**5/17-5/19/2019**  
**SUMMER SEMINAR ASSEMBLY**

**Action is Attraction– There is No Growth in the Comfort Zone**

All Al-Anon/Alateen members are invited to join other members from around Washington state at the Summer Seminar Assembly (SSA) as we observe our Third Legacy of Al-Anon: Service. The Assembly is the weekend of May 17-19 at the Seaback Conference Center.

The WA Area Delegate will report on what is new at the World Service Office. You might ask, what else may I learn by attending this Assembly? Tentative workshops include: How do I herd cats? Spiritual money. What is it like to attend an Al-Anon meeting, when I'm the only English speaking person in the room? Alateen Awareness. What process do we use to formulate a motion? Group Safety. How do I write and submit submissions to the Forum? How do I know what information to include on a flyer I intend to post online? And much more! Note: Each workshop is subject to change. In addition to the seminars, there are also regular Al-Anon meetings for a full weekend of fellowship.

Besides its large number of interesting workshops, SSA is slightly different from our other Assemblies in that your registration is all-inclusive. It includes lodging and family-style meals on Saturday and on Sunday morning. The early registration deadline is April 17th, and you may register online (<http://wa-al-anon.org/ssa-online-registration/>) or on paper. Please be sure to specify the building you would like to lodge in on the line for specifying your roommate.

My sponsor taught me early on: If we build it they will come! Looking forward to seeing you all there!

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## CONTACT AIS

### For Up-to-Date Information

<https://www.seattle-al-anon.org/>

### To Order Literature

email [LDC@seattle-al-anon.org](mailto:LDC@seattle-al-anon.org) or call 206-625-0018 and leave a message.

### Office/Lit Pick Up Location

509 10th Ave E #100  
Seattle, WA 98102

Open Thursdays 9:30 a.m. - 3:30 p.m.

### Mailing Address

505 Broadway E #400  
Seattle, WA 98102-5023

### To Speak with a Member

call 206-625-0000

## AIS Website: A Wealth of Information by AIS Communications Coordinator Teresa H.

The AIS website at [www.seattle-al-anon.org](http://www.seattle-al-anon.org) has most of the information that members in the Greater Seattle area might want about current meeting information, special events, contact information for trusted servants at the AIS and District levels, and the latest Al-Anon news, and temporary meeting cancellations. Below are three examples of how you might use it.

### Want a Flyer for an Event?

Just go to the Events page and click on the image of the flyer you want to print. It will open as a .pdf. Simply print it in color or black and white to share with Group members.

### Scheduling a Special Event? Check the 2019 Calendar of Events

In the header of the Events page and on the Members page, there is a link to the full listing of all 2019 scheduled events. By checking that calendar, you can avoid scheduling conflicts.

### Ordering Literature?

Download an Excel file of all the literature available at the Seattle AIS Literature Distribution Center. It includes pricing and shipping charge information. There are separate forms for English, Spanish, and Alateen Conference Approved Literature.

## Powerful Slogans and Sayings by BITS Columnist Allen L.

There are a few slogans that help me when times get tough. "Easy Does It!" stands out as does "How Important Is It?" The sunny side of slogans is that they are easy to remember and can give me a quick lift when chaos brings me down.

Other sayings are equally easy to remember and just as powerful. Sayings that parents, siblings, and teachers said so often I came to believe them - believed so completely that I learned to say them to myself. I learned them so thoroughly that they came to have the same power as those positive Al-Anon slogans.

For me it was "You're stupid" and its close cousin "You're just lazy."

I heard them or some variation all through school because I can't spell. Even if I remember how to spell a word because I use them regularly, as soon as I stop writing them for short periods I forget again, it is so bad that I often change what I am writing because I can't even get close enough for spell check to suggest the correct spelling.

I remember being in grade school, somewhere between the 2nd and 6th grades. I was having trouble with spelling, and my father was determined to help me. We took the 10-word spelling list - remember those? And my father had me try and spell them without any practice. I got maybe half right.

We drilled for a while, and by the end, I could spell all 10. Dad said, "See, you just have to try." The next night we were going to do a refresher, and on the first attempt, I got the same 5 right from the first night and the same 5 wrong. Again we drilled and again I spelled all 10 correctly.

The third night I got maybe 6 right on my first attempt; drill, drill, drill and all 10. The last night before the quiz and sure enough I got 7 right. We drilled like crazy, and again I could spell all 10. The day of the quiz I got maybe a D grade for getting 7 words right. My father never worked on spelling with me again. I just turned 74 years old, and I still have words that I can't remember how to spell.

Which brings me to the slogan that most represents my life in Al-Anon. Progress, not Perfection. If I had to spell or write perfectly, I couldn't share this article since I'm not a perfect writer. The joy is I don't have to be "perfect" I just have to be good enough to share my experience, strength, and hope.

Every time those old sayings of "you are stupid" or "you are lazy" scream at me, I remind myself that while I'm not perfect, I am quite good enough!



# Out of the Toolbox

by BITS Columnist Callie D.

## The 3 C's

In the household I grew up in there was often conflict, confusion, and chaos. The rules were arbitrary, and stability was elusive. It seemed that even as a child, I was to blame for many things. This was a painful way to experience life, and I was groomed to be overly responsible at an early age. Grownups were not really consistent with the way they behaved, and adding alcohol and other mind-altering substances just increased the gathering whirlwind of chaos: conflicting thoughts and conflicting feelings. Confusion and bewilderment overshadowed the ability to think clearly. This was the power of denial and cognitive dissonance.

*“I thought that love meant that I needed to ‘rescue’ family members and other people I cared for from their own choices and addictive behaviors.”*

Before recovery, I carried with me the unrelenting drive of over-responsibility. I thought that love meant that I needed to “rescue” family members and other people I cared for from their own choices and addictive behaviors. They were hurting themselves in so many ways, and the old conflict, confusion, and chaos would resurface and became my uninvited companions. So much of my mind was preoccupied with how I needed to help others, and I spent much of my energy doing research and trying to figure out how to make my dysfunctional relationships work.

I got into recovery and started to learn about codependency and how rescuing people from the natural consequences of their actions was actually hurting them (and me). I hated to see people in pain, so I would throw down emotional pillows to keep them from hitting bottom and really feeling it. Later, I started hearing about a more redemptive set of three C's. “I didn't cause it.” It wasn't my fault that someone was drinking or “using” their addiction of choice. I didn't make them dependent upon it. “I can't control

*“No matter how much I cared about them, I could not make them modify their behavior. I could turn myself inside out...”*

it.” No matter how much I cared about them, I could not make them modify their behavior. I could turn myself inside out and be hyper-vigilant, and that would just make my life increasingly unmanageable.

“I can't cure it.” I sure wish I could, but that ball is not in my court. I have lost a lot of people to alcoholism and the effects of alcoholism. Through various levels of detachment with love, I can let them know I care about them without dragging myself onto their side of the street. I know I have had to hit my own excruciating bottom to begin to deal with my own dysfunctional patterns. Sometimes a window opens, and the person suffering from addiction asks about recovery. I can be a bridge to resources. I can let that person know that I am “for” them and encourage steps toward health. But then I must let them embark on their own unique journey.

## AIS OFFICERS AND COORDINATORS

Chair  
Eliza D.

[chair@seattle-al-anon.org](mailto:chair@seattle-al-anon.org)

Vice Chair  
Doug L.

[vicechair@seattle-al-anon.org](mailto:vicechair@seattle-al-anon.org)

Secretary  
Jeanne D.

[secretary@seattle-al-anon.org](mailto:secretary@seattle-al-anon.org)

Treasurer  
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Archivist Coordinator  
Abby H.

[archives@seattle-al-anon.org](mailto:archives@seattle-al-anon.org)

Communications Coordinator  
Teresa H.

[communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org)

Literature Dist. Center Co-Coordination  
Cindy G. and Elizabeth G.

[LDC@seattle-al-anon.org](mailto:LDC@seattle-al-anon.org)

Outreach Co-Coordination  
Elizabeth B. and Ellen M.

[outreach@seattle-al-anon.org](mailto:outreach@seattle-al-anon.org)

Phone Volunteers Coordinator  
Karen T.

[phones@seattle-al-anon.org](mailto:phones@seattle-al-anon.org)

Tech Co-Coordination  
Jeffrey M. and Tatiana G.

[tech@seattle-al-anon.org](mailto:tech@seattle-al-anon.org)

## AIS BOARD

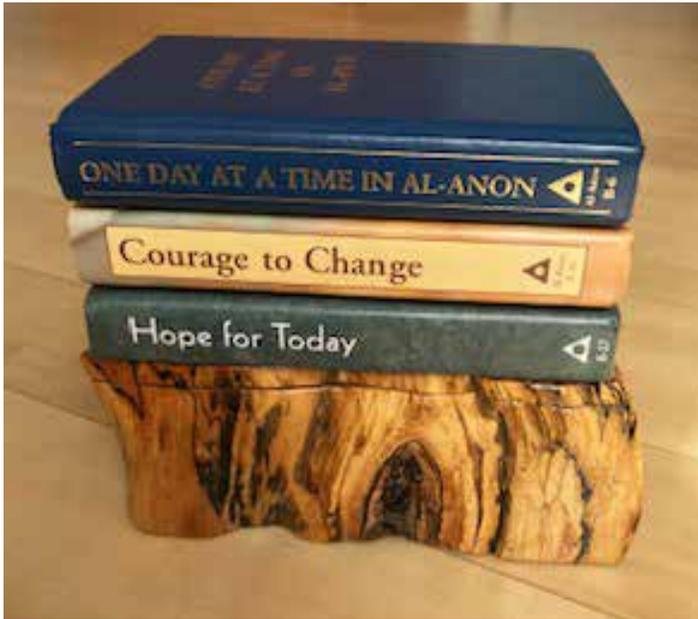
*The AIS Board is made up of a representative, usually the DR or Alt-DR, from each of our 9 Districts plus the Officers and Coordinators listed above. AIS also has an Alateen Liaison, Kathy B., who is a non-voting member. You can contact her at [alateen@seattle-al-anon.org](mailto:alateen@seattle-al-anon.org).*

## AIS COUNCIL

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

# Daily Readers Provide a Daily Dose of Hope and Healing

by BITS Editor Teresa H.



Many Al-Anon members start their day by reading from one or more of our daily readers: *One Day at a Time in Al-Anon (ODAT)*, *Courage to Change*, and *Hope for Today*. They are great program tools. But what is the difference between them? What is their history? Which one is the best one for me?

All three books have a similar format. Each day of the year has a short share followed by a daily reminder or thought for the day and ending with a quote from either an Al-Anon member or an inspirational quote from a named source. All three elements are contained on a single page for each day of the year.

The first Al-Anon daily reader was *One Day at a Time in Al-Anon*, published in 1968. In keeping with the concept of a daily reader, it focuses on living One Day at a Time. The tone is set in the January 1 reminder that states: “I can live my life only One Day at a Time.” In my mind, it also has a greater emphasis on “God” and refers to “Him” more than the later readers. On January 1 the quote of the day includes, “Let me remind myself to bring every problem to Him for I know He will show me the way I must go.” Many of its daily quotes are taken from the *Bible*. Affectionately referred to as *ODAT* by many Al-Anon members, it is a source of guidance for members who read through it year after year, one day at a time.

The next daily reader to be published was *Courage to Change*. Its subtitle is *One Day at a Time in Al-Anon II*. In the preface, it states, “The 1988 Al-Anon World Service Conference voted to produce a second daily reader to more fully reflect the variety of our fellowship, whose members are the real authors of this collection.” Coming 20 years after *ODAT*, it was an attempt to address the cultural shifts that had taken place. Again the January 1 entry reflects that intention: “We live in a society of instant gratification: instant coffee, instant breakfast, instant money from our local ready bank machine – it’s everywhere we look!” I remember when “instant” was the new thing. Life was speeding up. The January 1 quote is actually from *ODAT*, but is placed right up front in

the updated volume: “If I am under pressure and setting myself deadlines, I will stop for a few minutes...”

The latest daily reader is *Hope for Today* published in 2002. The purpose of printing another daily reader was “to develop a daily reader for Al-Anon adult children.” But as explained in its preface: “As this book developed, however, something amazing happened. Though it definitely meets the Conference charge that it is ‘for Al-Anon adult children,’ it is much more than that.” I have also found that to be true. It is truly a book for all Al-Anon members on the path of recovery. So again the focus of the book is reflected in the January 1 entry: “In the past I developed many uncomfortable emotional connections with the word ‘home.’” And in the thought for the day: “The world is much larger than my family of origin.”

No matter when or how you arrived at the doors of Al-Anon, any of these three books provide a daily dose of hope and healing from the family disease of alcoholism.

## New WSO Document: *Let’s Talk about Safety in Al-Anon Meetings!* by BITS Editor Teresa H.

Safety has been a topic at Al-Anon conferences at all levels of the organization for a few years. Now there is a new 4-page WSO document to generate discussion at the Group level, *Let’s Talk about Safety in Al-Anon Meetings!* All Groups are encouraged to read and print it at <https://al-anon.org/pdf/Safety-in-Al-Anon-meetings.pdf>.

It is up to each Group through Group conscience to decide how to address any safety issues. The document starts by stating: “Safety is an important issue within Al-Anon—one that all can address. Open discussion on the topic can aid groups in developing workable solutions to safety issues—solutions that are based on the fundamental principles of our fellowship and that will help keep our meetings safe.”

Topics covered include Dealing with Disruptions, Group Safety and Unity, Al-Anon and the Law, and Emergencies. As stated in the document, “Safety is important to the functioning of the group. When members maintain order and safety in meetings, the group as a whole benefits, and all those involved are able to focus on recovering from the family disease of alcoholism and learning how to live a serene life.”



## Where to Send Donations

### Service Arms and Instructions

#### AIS MAILING ADDRESS

505 Broadway E #400  
Seattle, WA 98102-5023  
or

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

#### WASHINGTON AREA

Send email to [treasurer@wa-al-anon.org](mailto:treasurer@wa-al-anon.org) to request their address  
or

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

#### AFG INC. (WSO)

1600 Corporate Landing Pkwy  
Virginia Beach, VA 23454  
or

Go online to <https://al-anon.org/contributions/>

#### District 14

Send email to [district14@seattle-al-anon.org](mailto: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](mailto:district17@seattle-al-anon.org) to request their address

#### District 18

Send email to [district18@seattle-al-anon.org](mailto:district18@seattle-al-anon.org) to request their address

#### District 19

Send email to [district19@seattle-al-anon.org](mailto:district19@seattle-al-anon.org) to request their address

#### District 20

PO Box 31288  
Seattle, WA 98103

#### District 21

PO Box 55306  
Shoreline, WA 98155

#### District 22

Send email to [district22@seattle-al-anon.org](mailto:district22@seattle-al-anon.org) to request their address

Please make checks payable to the service arm listed above.

## Generating Interest in Alateen by AIS Alateen Liaison Kathy B.

In March a group of 11 Al-Anon and Alateen members came together to meet and discuss how we can support and grow the Alateen programs in the AIS area. Each member came for their own reasons and hopes.

- Some had experienced the challenges of living with alcoholic parents while growing up.
- Some had worked with troubled teens and found that it helped in their own program.
- Some had experience in Alateen and wanted to help.
- Some were just interested and loved the principle of service in Al-Anon and wanted to give back.
- Some knew that the Alateen meetings were shrinking and wanted to ensure there were resources for them.
- Some were excited about Alateen and loved the idea of spreading the word and having Districts working together.
- Some talked about how helpful Alateen would have been if they had found this resource early in their recovery.

Each one came for their own reason but they all had one purpose and that was to ensure that Alateen and the recovery that it offers would be available to any teenager in our AIS area.

Alateen is a place where teens come together to share their experience, strength, and hope with each other and find effective ways to cope with problems. We now have only 4 Alateen groups available to support the recovery of teens.

The discussion was lively and many ideas came forward:

- Develop a coordinated program for outreach to schools.
- Coordinate with DRs and GRs to spread the Alateen info to our members
- Communication is key! Improve the Alateen presence on the AIS website and in the BITS and on social media like YouTube.
- Include Alateen speakers and programs in Group meetings.
- Contact local crisis lines so they know how to refer callers to Alateen and contact local shelters.
- Bring AMIAS in our area together to provide information and encourage attendance at the ASTAR conference on April 12-14 in Ellensburg

Members came together for their own reasons but one thing was very clear in this meeting, and, was a belief held by all attendees: **Recovery is for everyone.** This group agreed to meet again on Wednesday, May 1st at 7:00 PM. Please join us as we move the discussion into action.



# Tradition 4 and Issues of Control

by Fawn B.

***Tradition Four: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.***

Many of us come to the rooms of Al-Anon having struggled with control issues. Makes sense. The family disease of alcoholism is fraught with unpredictability and chaos. It's no wonder many of us turned to controlling behaviors as a natural, yet misguided, attempt to soothe our anxiety and meet our needs. This was the effect of the family disease on us. Luckily, in Al-Anon, we're not alone. It's comforting to hear longtime members refer to themselves as recovering "control freaks."

How did this recovering come about? Many of us got a sponsor, worked the Steps, or embraced the slogan "Live and Let Live." Also, we witnessed the wisdom practiced in Tradition Four.

Tradition Four states, "Each group should be autonomous, except in matters affecting another group or Al-Anon or

***"It's refreshing to see members practice this balance not by control or manipulation, but by thoughtful consideration of all."***

AA as a whole." Each group is free to set the structure and parameters of its meetings. We have autonomy. We meet our Group's needs calmly and openly.

Before Al-Anon, many of us had our needs ignored or rejected. We learned to manipulate and control instead. Tradition Four can relieve us of that character defect. It gives us guidance on how to meet the needs of our group, and by extension, our lives, without control or manipulation.

Tradition Four also encourages us to practice what's best for Al-Anon and AA as a whole. Again, this is so different from the situations that brought us to Al-Anon. Those situations often focused solely on the needs of the alcoholic, limiting the scope of our attention and neglecting broader concerns. In Al-Anon, we realize we can meet our own needs while also addressing the needs of others. It's refreshing to see members practice this balance not by control or manipulation, but by thoughtful consideration of all.

What a relief to know we can meet our needs in healthier ways, while also respecting the needs of others. Tradition Four is just one of the many tools we have that shows us how.

## Meeting Updates

### Friday Night LGBT AFG Has New Location

The Friday Night LGBT AFG that meets at 8:00 PM has relocated to Peer Seattle at 1520 Bellevue Avenue, Ste. 100, Seattle. The meeting is specifically for LGBT members and is a closed meeting lasting one hour. It is handicap accessible.

### Changes to the District 15 & 16 Business Meeting Schedule

Districts 15 & 16 hold a joint business on the third Saturday of the month. Because of Easter, the April meeting will be on April 13, the second Saturday of the month. In May, there will be no meeting because of the conflict with SSA. In June, the meeting will permanently move from its current location at Grace Lutheran to St. Luke's at 3030 Bellevue Way N.E., Bellevue. The meetings will continue to be on the third Saturday of the month from 8:30 -10:00 AM. The first meeting at the new location will be on June 15th.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 B.Z. W. <a href="mailto:district14@seattle-al-anon.org">district14@seattle-al-anon.org</a>	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
District 15 Yvette O. <a href="mailto:district15@seattle-al-anon.org">district15@seattle-al-anon.org</a>	<b>Day change for this month only: April 13th</b> 2nd Saturday at 8:30 AM Grace Lutheran Church 9625 NE 8th St, Bellevue
District 16 Barbara P. <a href="mailto:district16@seattle-al-anon.org">district16@seattle-al-anon.org</a>	Meets with District 15 <b>See above</b>
District 17 Massy A. <a href="mailto:district17@seattle-al-anon.org">district17@seattle-al-anon.org</a>	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. <a href="mailto:district18@seattle-al-anon.org">district18@seattle-al-anon.org</a>	<b>No April Meeting</b> 1st Wednesday at 7:00 PM Contact Grita for Location
District 19 Linda H. <a href="mailto:district19@seattle-al-anon.org">district19@seattle-al-anon.org</a>	<b>No April Meeting</b> 3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Elizabeth G. <a href="mailto:district20@seattle-al-anon.org">district20@seattle-al-anon.org</a>	2nd Monday at 7:00 PM Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. <a href="mailto:district21@seattle-al-anon.org">district21@seattle-al-anon.org</a>	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Jackie T. <a href="mailto:district22@seattle-al-anon.org">district22@seattle-al-anon.org</a>	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline

## Greater Seattle AIS Financial Activity Comparison

	Feb 2019	Feb 2018	2019 YTD
<b>REVENUE</b>			
Donations	1224.60	1868.35	2713.40
Fundraisers	0	0	0
Literature	2767.25	4094.40	6619.12
Misc.	0.08	0.07	0.16
<b>Total Revenue</b>	<b>3991.93</b>	<b>5962.82</b>	<b>9332.68</b>
Cost of Goods Sold	2029.96	3429.33	4671.60
<b>Gross Profit</b>	<b>1961.97</b>	<b>2533.49</b>	<b>4661.08</b>
<b>EXPENDITURES</b>			
Merchant Fees	99.11	86.02	211.90
Event Expenses	0	15.17	227.15
Insurance	41.74	90.40	83.40
Equipment	0	0	71.00
Office Supplies	0	104.93	0
Payroll and Payroll Taxes	0	6466.80	42.00
Postage	0	344.76	0
Rent & Maintenance	625.00	898.51	1250.00
Professional Fees	1777.50	0	1777.50
Technology	244.34	1029.76	456.07
Volunteer Bus/Parking	24.00	127.00	55.50
Misc	2.89	0	2.89
<b>Total Expenses</b>	<b>2814.58</b>	<b>9163.35</b>	<b>4177.41</b>
<b>NET REVENUE</b>	<b>-852.61</b>	<b>-6629.86</b>	<b>483.67</b>

The above chart is an unofficial simplified version of the AIS Treasurer's Report. Note: Categories have changed since our conversion to QuickBooks Online. For more detailed AIS Financial information, visit our Member's page at: [www.seattle-al-anon.org/members](http://www.seattle-al-anon.org/members)

### THANK YOU FOR YOUR DONATIONS AND FOR YOUR SUPPORT OF AIS!

OUR FUNDING NOW COMES PRIMARILY FROM:

- DONATIONS FROM MEMBERS, GROUPS, & DISTRICTS
- LITERATURE SALES



### *AIS needs volunteers!*

Phone Shift Volunteers      Office / LDC Volunteers

BITS Backup Editor

Please contact : [ais@seattle-al-anon.org](mailto:ais@seattle-al-anon.org)

## March 14th AIS Council Meeting Summary

by BITS Editor Teresa H.

- Vice Chair Doug L. chaired the meeting. He reported that he and Chair Eliza D. had met to discuss options for outreach to Districts within the AIS service area. A discussion followed that included explaining the three-legged stool of donations, literature purchases, and service. Encouraging service was emphasized with additional discussion regarding AIS office volunteer training. He also presented a member's question about literature costs including sales tax and fees. The Council concluded that the convenience of buying from AIS outweighs any additional costs. Doug L. presented a question from a Group asking if AIS liability insurance covers regular Group meetings. It does not. It was suggested from members' experience that the Group request a waiver from the church which has worked for other Groups or relocate to a place that doesn't require the waiver.

- Treasurer Linda H. reported that we did not file an appeal in response to the denial of our WA State property tax exemption after consulting with an accountant. She also reported that she is still working with our former landlord at the Vance Building to agree on a final amount for our closing bill. She also asked for input on the amount of Board insurance coverage we should use for our application. Teresa H. volunteered to make inquiries and will report back. Linda H. reviewed the monthly Treasurer's reports for January and February noting that expenses are down in all areas except for the professional consulting area due to the consulting fees regarding the property tax issue. Despite the additional expense, we are in the black for the year.

- Communications Coordinator Teresa H. reported that changing the format of the BITS email to subscribers seems to have solved the problem with some subscribers not receiving the email because their provider was rejecting it. She also reported that adding meeting cancellations to the website homepage during the February snow storm was a big hit. Groups should send cancellations of any kind to [communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org).

- LDC Co-Coordinator Elizabeth G. reported that 2 office volunteers are still needed to work on one Thursday per month. She also reported that the new *Just for Tonight* bookmark is selling well and that the Spanish "Intimacy" book is now in stock.

- A report by Phone Volunteers Coordinator Karen T was read, which mentioned that more phone volunteers are needed.

- New Alateen Liaison Kathy B. reported that we are down to only 4 Alateen Groups in our AIS area. The problem seems to be either not enough AMIAS or not enough Alateens. She has met with the WA Area Alateen coordinator. Some ideas: Regular Alateen branding, add AMIAS trainings, and more about Alateen in the BITS. The goal is to have 5 meetings by September, either in the schools or alongside Al-Anon meetings. There is lots of energy around building Alateen!

- Outreach Co-Coordinator Ellen M. explained that April is Alcohol Awareness Month. The Outreach team is exploring the best way to reach medical professionals with the Al-Anon message.

## 2019 Al-Anon and Alateen Events Listing as of April 1, 2019

(Note: Includes AA Events and Conferences with Al-Anon Participation)

April 1	Monday 7:30-8:30 PM	<b>Coal Creek AFG: Blue Print for Progress 4th Step Inv. Study</b>	Newport Covenant Church 12800 Coal Creek Pkwy SE, Bellevue	
April 2	Tuesday 6:30-8:00PM	<b>District 21 Business Meeting</b>	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
April 3	Wednesday TBD	<b>District 18 Business Meeting</b>	TBD	district18@seattle-al-anon.org
April 4	Thursday 6:30PM	<b>District 17 Business Meeting</b>	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
April 4	Thursdays 7:30PM	<b>Blueprints for Progress Workshop – Week 1</b>	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	
April 5-6	Friday - Saturday	<b>2019 WA Area Pre-Conference</b>	Campbell's Waterfront Resort 104 W Woodin Ave, Chelan	wa-al-anon.org/event/pre-con-registration/
April 6	Saturday 7:00PM	<b>No Reservations Speakers Meeting</b>	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
April 8	Monday 7:00PM	<b>District 20 Business Meeting</b>	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
April 11	Thursday 7:30-9:00PM	<b>AIS Council Meeting</b>	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
April 12	Friday 7:00PM	<b>GFA Vive: Descubramos nuevas Opciones</b>	Jubilee REACH Center 14200 SE 13th Pl, Bellevue	
April 12-14	Weekend	<b>ASTAR</b>	Lazy F Camp and Retreat Center 16170 Manastash Rd, Ellensburg	ASTARreg@wa-al-anon.org
April 13	Saturday 8:30AM	<b>District 15 &amp; 16 Business Meeting</b>	Grace Lutheran Church 9625 NE 8th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
April 13	Saturday 7:00-8:30PM	<b>Voices of Hope Speaker Meeting</b>	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
April 13	Saturday 7:30PM	<b>MESH Speakers Meeting</b>	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
April 16	Tuesday 6:30-8:00PM	<b>District 22 Business Meeting</b>	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
April 20	Saturday 9:00-3:00PM	<b>AMIAS Training</b>	Webinar	alateen@wa-al-anon.org
April 20	Saturday 7:30PM	<b>H.E.A.R. Speaker Meeting</b>	Hillside Church 930 E James St, Kent	
April 22	Monday 7:00PM	<b>District 14 Business Meeting</b>	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
April 24	Wednesday 10:30AM	<b>Wed. Morning Sunshine AFG 35<sup>th</sup> Anniversary</b>	Light of Christ Lutheran Church 2400 SW 344th, Federal Way	Potluck & Speaker
April 24	Wednesday 7:00PM	<b>Courage to Change AFG Speaker Meeting</b>	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
April 29	Monday 7:00PM	<b>Burien Turning Point AFG Speaker Meeting</b>	St. Elizabeth's Episcopal 1005 SW 152nd St, Burien	district18@seattle-al-anon.org
April 29	Monday 7:00PM	<b>Meadowdale AFG Special Event</b>	St Hilda St Patrick Episcopal 15224 52nd Ave W, Edmonds	
April 29	Monday 7:30PM	<b>Parents for Serenity AFG Speaker Meeting</b>	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	
May 1	Wednesday 7:00-8:00PM	<b>AIS Alateen Support Group</b>	Queen Anne Lutheran 2400 8 <sup>th</sup> Ave W, Seattle	alateen@seattle-al-anon.org
May 11	Saturday 10:00-2:00PM	<b>AIS Office Open House</b>	All Pilgrims Christian 509 10th Ave E, Seattle	LDC@seattle-al-anon.org

Only the next occurrence of an event is listed. A full listing of scheduled events for the rest of the year can be found on our AIS Members page at <https://www.seattle-al-anon.org/members.html>.

# Greater Seattle Area Al-Anon Information Service

## Al-Anon and Alateen Meeting Directory

**Districts 14-22 as of April 1, 2019**

For the most up-to-date information, go to [seattle-al-anon.org](http://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 = Student & Professional observers welcome

To change meeting information  
 Go to <http://wa-al-anon.org/>.

Create a log in or use your existing log in. Then Resources>  
 For Members>Make Meeting Changes. Enter changes in the  
 comments box. Then Email that same information to  
[communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org)

### ALATEEN MEETINGS

<b>MON</b> <b>7:00PM</b> 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 <sup>st</sup> Ave SW, Seattle (Ages 13-18) DIST 19
<b>TUES</b> <b>7:30PM</b> 90/AL	EDMONDS ALATEEN SERENITY FOR YOUTH Edmonds United Methodist, 828 Caspers St, #113, Edmonds (Ages 12-19) #30639096 DIST 22
<b>WED</b> <b>8:00PM</b> 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
<b>THUR</b> <b>7:30PM</b> 90/H/AL/AA	LAKE HILLS ALATEEN #14119 St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

### VASHON ISLAND MEETINGS

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

To receive the BITS newsletter in your inbox,  
 go to <https://www.seattle-al-anon.org/> and click on the button  
 to sign up for our newsletter.

### SEATTLE CENTRAL ZONE

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

<b>SUN</b> <b>12:00PM</b> 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle <b>April 7 ONLY - Hunthausen Hall #150</b> DIST 20
<b>MON</b> <b>12:00PM</b> 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2 <sup>nd</sup> fl conference room) DIST 20
<b>MON</b> <b>12:00PM</b> 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
<b>MON</b> <b>12:05PM</b> 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 <sup>th</sup> Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch) DIST 20
<b>MON</b> <b>7:00PM</b> 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
<b>TUES</b> <b>7:00AM</b> 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
<b>TUES</b> <b>7:30AM</b> 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (Edgewood Services office/Knock if Late) DIST 20
<b>TUES</b> <b>7:00PM</b> 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
<b>TUES</b> <b>7:30 PM</b> 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
<b>WED</b> <b>8:00PM</b> 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
<b>THURS</b> <b>7:00AM</b> 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
<b>THURS</b> <b>7:30PM</b> 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
<b>FRI</b> <b>8:00PM</b> 60/H	FRIDAY NIGHT LGBT AFG #14299 <b>Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle</b> (LGBT's Meeting) <b>NEW LOCATION</b> DIST 20
<b>SAT</b> <b>10:30AM</b> 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**

<b>SUN</b> <b>8:30AM</b> 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 <sup>st</sup> , 3rd & 5 <sup>th</sup> Sundays) DIST 20
<b>SUN</b> <b>7:00PM</b> 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
<b>MON</b> <b>7:00AM</b> 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
<b>MON</b> <b>4:30PM</b> 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lake Forest Park DIST 22
<b>MON</b> <b>7:00PM</b> 90/O/H	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
<b>MON</b> <b>7:30PM</b> 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 2 <sup>nd</sup> Monday of month) DIST 22
<b>MON</b> <b>7:30PM</b> 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
<b>MON</b> <b>7:30PM</b> 90/O/H	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
<b>TUES</b> <b>10:00AM</b> 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery entry) DIST 21
<b>TUES</b> <b>6:30PM</b> 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt) DIST 21
<b>TUES</b> <b>7:30PM</b> 75/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear/Rear entrance) DIST 21
<b>TUES</b> <b>7:30PM</b> 90	NORTH END MEN'S AFG #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
<b>TUES</b> <b>7:30PM</b> 90/O/AT	EDMONDS AFG #500668 Edmonds United Methodist, 828 Caspers St, #112, Edmonds DIST 22
<b>WED</b> <b>7:00AM</b> 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
<b>WED</b> <b>6:00PM</b> 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 <sup>th</sup> Ave NE, Seattle (Side bldg. north of church) DIST 21
<b>WED</b> <b>7:00PM</b> 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 <sup>th</sup> St, Seattle (Enter from rear parking lot) DIST 21
<b>WED</b> <b>7:00PM</b> 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 <sup>th</sup> Ave W, Mountlake Terrace DIST 22

<b>WED</b> <b>7:00PM</b> 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 <sup>th</sup> Ave W, Edmonds (Speaker on 5 <sup>th</sup> Wed/corner of 196 <sup>th</sup> ) DIST 22
<b>THURS</b> <b>7:00PM</b> 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
<b>THURS</b> <b>7:30PM</b> 90/O/H/AC	LAURELHURST THURSDAY EVE AFG #46355 St Stephen's Episcopal, 4805 NE 45 <sup>th</sup> St, Seattle (Meets in Parish Hall) DIST 20
<b>THURS</b> <b>7:30PM</b> 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36 <sup>th</sup> St, Seattle (Meets in 1 <sup>st</sup> floor lounge) DIST 20
<b>FRI</b> <b>7:00AM</b> 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
<b>FRI</b> <b>10:00AM</b> 90	HIGHLANDS FRIDAY AM AFG #32362 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Enter from East side Parking Lot) DIST 21
<b>FRI</b> <b>7:00PM</b> 60/O	WOMEN'S FRIDAY WALLINGFORD AFG #30712924 Wallingford Presbyterian, 1414 N 42 <sup>nd</sup> St, Seattle (Women's Meeting/Enter back of church) DIST 20
<b>FRI</b> <b>7:30PM</b> 90/O/H	SEATTLE MEN'S AFG #30582130 Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21
<b>FRI</b> <b>8:00PM</b> 90/H/B	TGIF AFG #14171 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196 <sup>th</sup> ) DIST 22
<b>SAT</b> <b>7:30PM</b> 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70 <sup>th</sup> St, Seattle (Enter on NE corner) DIST 21

## SPANISH LANGUAGE MEETINGS

<b>MON</b> <b>7:00PM</b> 90/O	GFA UN REGALO PARA MI #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
<b>TUES</b> <b>7:00PM</b> 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 <sup>nd</sup> Ave S, Kent (Free Childcare) DIST 14
<b>WED</b> <b>7:00PM</b> 90/O	LIBERTAD Y ESPERANZA HIJOS ADULTOS GFA Ed. United Meth, 828 Caspers St Rm 302, Edmonds (Park & Enter in Back of church) #30713224 DIST 22
<b>WED</b> <b>7:00PM</b> 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 <sup>th</sup> St, Renton (Downstairs) DIST 17
<b>THURS</b> <b>7:00PM</b> 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 <sup>th</sup> St, Redmond (Room 104) DIST 15
<b>FRI</b> <b>7:00PM</b> 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 <sup>nd</sup> Ave S, Kent (Free Childcare/use back door) DIST 14
<b>FRI</b> <b>7:00PM</b> 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 <sup>th</sup> Pl, Bellevue DIST 16

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Email your order to [LDC@seattle-al-anon.org](mailto:LDC@seattle-al-anon.org)**

## SOUTH ZONE

**South & West Seattle • Burien • Des Moines  
Federal Way • Auburn • Kent • Renton • Enumclaw**

<b>SUN</b> <b>6:00PM</b> 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436 <sup>th</sup> Way, Enumclaw DIST 14
<b>SUN</b> <b>7:30PM</b> 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 <sup>th</sup> St SE, Auburn (Enter main church on 17 <sup>th</sup> St SE) DIST 14
<b>MON</b> <b>10:30AM</b> 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 <sup>th</sup> St SE, Auburn (Auburn Way at M St) DIST 14
<b>MON</b> <b>1:30PM</b> 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 <sup>st</sup> Ave S, Burien DIST 18
<b>MON</b> <b>6:30PM</b> 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 <sup>th</sup> Pl S, (Meets in Church Office) Des Moines DIST 14
<b>MON</b> <b>7:00PM</b> 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 <sup>th</sup> St, Federal Way DIST 14
<b>MON</b> <b>7:00PM</b> 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 <sup>th</sup> Monday) DIST 18
<b>MON</b> <b>7:00PM</b> 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>TUES</b> <b>10:00AM</b> 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 <sup>th</sup> St, Renton (Lower lot and entrance) DIST 17
<b>TUES</b> <b>12:30 PM</b> 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19
<b>TUES</b> <b>7:00PM</b> 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>TUES</b> <b>7:00PM</b> 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 <sup>th</sup> Ave S, Des Moines DIST 18
<b>TUES</b> <b>7:00PM</b> 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent-Focused Meeting) DIST 14
<b>WED</b> <b>10:30AM</b> 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 <sup>th</sup> St, Federal Way (Free Childcare) DIST 14
<b>WED</b> <b>1:30PM</b> 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 <sup>st</sup> Ave S, Burien (Use side entrance/basement) DIST 18
<b>WED</b> <b>7:00PM</b> 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 <sup>th</sup> Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17
<b>WED</b> <b>7:00PM</b> 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17

<b>WED</b> <b>7:00PM</b> 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 <sup>th</sup> Wed) DIST 19
<b>WED</b> <b>7:30PM</b> 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 <sup>th</sup> St SE, Auburn (Auburn Way at M St) DIST 14
<b>THUR</b> <b>12:30PM</b> 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 <sup>th</sup> Ave S, Des Moines (Side door at north of church) DIST 18
<b>THUR</b> <b>6:30PM</b> 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
<b>THUR</b> <b>7:30PM</b> 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>FRI</b> <b>10:30AM</b> 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 <sup>th</sup> St SE, Auburn (Auburn Way at M St) DIST 14
<b>FRI</b> <b>7:30PM</b> 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
<b>FRI</b> <b>7:30PM</b> 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
<b>SAT</b> <b>8:30AM</b> 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 St John's Episc, 3050 California Ave, Parish Hall, Seattle (Childcare/Enter 42nd/Park W Sea Hi) DIST 19
<b>SAT</b> <b>9:00AM</b> 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
<b>SAT</b> <b>9:30AM</b> 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn DIST 14
<b>SAT</b> <b>10:00AM</b> 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 <sup>th</sup> St, Burien DIST 18
<b>SAT</b> <b>10:00AM</b> 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 <sup>th</sup> St, Kent DIST 14
<b>SAT</b> <b>10:00AM</b> 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>SAT</b> <b>10:30AM</b> 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17

### ONCE A MONTH SPEAKER MEETINGS

<b>2<sup>nd</sup> SAT</b> <b>7:30PM</b> 90/O/H	M.E.S.H. 2 <sup>nd</sup> SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2 <sup>rd</sup> Saturday) DIST 22
<b>3<sup>rd</sup> SAT</b> <b>7:30PM</b> 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 <sup>rd</sup> Saturday) DIST 14

**We Need Phone Volunteers! Please contact  
phones@seattle-al-anon.org to volunteer.**

## EAST ZONE

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

<b>SUN</b> <b>12:00PM</b> 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 <sup>th</sup> St, Bellevue DIST 15
<b>SUN</b> <b>7:00PM</b> 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran of Bothell, 10207 NE 183 <sup>rd</sup> St, Bothell DIST 15
<b>MON</b> <b>12:00PM</b> 60/O/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148 <sup>th</sup> Ave SE, Bellevue DIST 16
<b>MON</b> <b>12:30PM</b> 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104 <sup>th</sup> Ave NE, Bothell DIST 15
<b>MON</b> <b>7:00PM</b> 90/O/H	LIVING IN THE SOLUTION AFG #49784 Holy Spirit Lutheran, 10021 NE 124 <sup>th</sup> St, Kirkland (No. end ramp/Lower fellowship hall) DIST 15
<b>MON</b> <b>7:30PM</b> 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40 <sup>th</sup> St, Mercer Island (Parent's meeting/Speaker on 5 <sup>th</sup> Mondays) DIST 16
<b>MON</b> <b>7:30PM</b> 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 Coal Creek Pwy SE, Bellevue (1 <sup>st</sup> floor in main church building) DIST 16
<b>TUES</b> <b>12:30PM</b> 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5 <sup>th</sup> Ave, Room 21 Kirkland DIST 15
<b>TUES</b> <b>7:00PM</b> 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
<b>TUES</b> <b>7:15PM</b> 90/O/CH/H/AA	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100 <sup>th</sup> Ave NE, Bothell (Free childcare) DIST 15
<b>TUES</b> <b>7:30PM</b> 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 <sup>th</sup> St, Redmond DIST 15
<b>WED</b> <b>7:00PM</b> 90/CH	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 <sup>th</sup> Ave, Room 21 Kirkland (Women's meeting) DIST 15
<b>WED</b> <b>7:30PM</b> 90/O/H/B	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 <sup>th</sup> St, Kirkland (Men's meeting) DIST 15
<b>WED</b> <b>8:00PM</b> 90/H	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
<b>THURS</b> <b>10:00AM</b> 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
<b>THURS</b> <b>10:00AM</b> 90/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 <sup>th</sup> Ave NE, Kirkland DIST 15
<b>THURS</b> <b>7:00PM</b> 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15

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

## CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

<b>NORTH</b>	SNOHOMISH COUNTY <a href="http://www.dist23.org">www.dist23.org</a> 425-348-7828
<b>SOUTH</b>	PIERCE COUNTY <a href="http://www.al-anon-pierce-wa.org">www.al-anon-pierce-wa.org</a> 800-726-8094
<b>WEST</b>	KITSAP AND NORTH MASON COUNTY <a href="http://www.kitsap-al-anon.org">www.kitsap-al-anon.org</a>

## PHONE NUMBERS


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

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