

AUGUST
2019



BITS Newsletter

Seattle Al-Anon Information Service



Burn Your Resentments at the AIS Resentment Bonfire by Bits Editor Teresa H.

At the 5th Annual AIS Resentment Bonfire and Cookout on August 11, members have the opportunity to burn their resentments after enjoying free hot dogs with all the fixings, delicious potluck items, and fellowship. This bilingual event is an opportunity to chat with members from other Groups around the AIS area. For those who have missed seeing old friends at the AIS auctions, this is your chance to get together.

I have thoroughly enjoyed these events in past years. Wood and markers are provided upon which you may write your resentments. Some members also bring journal pages and lists of resentments. Whether on wood or paper, they are then thrown into the fire.

The event will be at 5:00 p.m. at Lincoln Park in West Seattle. During the meeting portion that starts at 6:30 p.m., members gather around the fire pit for the meeting in both Spanish and English. Members share their experience, strength, and hope often based on the nature of their resentments. The shares are often testaments to the life-changing effects of our Al-Anon Steps, Traditions, and Concepts.

Those who have attended this event in the past have found it highly enjoyable and a very effective method of dealing with resentments both old and new!

Lincoln Park has plentiful parking. The park is also served by Metro Transit's RapidRide C Line.

Serenity on the Sound Theme: Attitude of Gratitude by Lydia C.

Imagine sitting on the porch of a historic cabin with a soft breeze, a gorgeous view of Hood Canal ahead and gentle sloping forest trails behind you.

Districts 15 and 16 sincerely invite you to join us for a peaceful weekend developing an attitude of gratitude at Seabeck Conference Center this fall. The September 20-22 weekend includes gratitude workshops, topic meetings, and guided meditation to help you experience different ways to practice gratitude and strengthen your recovery program. Alateens will have an independent and similar program with AMIAS guidance. We will also have fun with movie showings, bonfires, and donated prizes. Al-Anon and Alateen speakers will wrap up the weekend with invaluable gifts of inspiration and perspective.

Members who have attended say:

My first year, I was reluctant to attend SOS as I didn't know anyone else who was going, but I was attracted to the opportunity to take a weekend for myself surrounded by other Al-Anons. I am so glad I did! I loved the beauty of the conference center, the options to attend multiple meetings, ample free time, and the chance to focus on my recovery. I made some new friendships and even got the chance to take a nap! It really was my recovery, my way.

My previous experience attending SOS event in the past was wonderful! It is hard to put into words the feeling of unconditional love, support, and acceptance that I experienced during the weekend. I wasn't feeling that great. I had a nasty cold, but I was able to rest and attend meetings when I felt up to it. I led a hike, and I was so worried it was going to be too difficult because I'd never been on that trail before. As it turned out, people loved the hike! That weekend I was able to gain clarity on some pretty big issues going on in my life at the time. I truly believe God was working to slow me down, giving me enough anxiety to work through so I remember to trust, and wonderful 12-Step support to continue moving forward in my program and my recovery.

**Serenity on
the Sound
Registration
Deadline:
August 15th**

Registration is open until August 15. Forms can be found at <https://www.seattle-al-anon.org/events.html>. Due to costs and logistics, online booking is not available. If you do not have a personal check, please consider obtaining a cashier's check from your bank. Please email SerenityonSound2019@gmail.com with any questions.

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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 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

WSO Board of Trustees and Executive Committee Coming to Seattle

by BITS Editor Teresa H.

The WSO Board of Trustees and Executive Committee are coming to Seattle on October 19th! Bring your sponsor, your sponsees, and members of your Group! The “Road Trip! You and Your Board Connect” is an opportunity for local Al-Anon members to meet and



interact with the 16 Trustees and three Executive Committee members to discuss WSO Volunteers' service to the fellowship and their relation to the WSO and the organization of Al-Anon Family Groups.

This event is held only once each year in the whole country. Seattle (SeaTac) was selected as the location for this year. It is an excellent opportunity to find out how Al-Anon member volunteers serve Al-Anon at all levels of service.

Where: DoubleTree by Hilton Seattle Airport, 18740 International Blvd., SeaTac, WA 98188

Hours: 9:00 a.m. to 4:30 p.m.

Registration: Register by mail or online. \$30 (includes registration, lunch, and afternoon snack). For registration information:

<https://al-anon.org/blog/road-trip-you-and-your-board-connect/>

Districts Depend on Their Groups for Funding

by BITS Editor Teresa H.

At the July District 20 Business Meeting, this request to Group Reps and Treasurers was drafted: “As you review your Group budgets, please remember to include your District in your Group Disbursements. This allows the District to plan and carry out events and activities for all Groups. THANK YOU!”

Groups in the Seattle AIS area are asked to financially support four entities, after first covering their Group expenses. Those entities are WSO, WA Area, AIS, and their District. How do Districts use the 7th Tradition contributions from Groups? A typical list includes:

- Rent for the District business meeting space
- Expenses for the District Representative to represent their Groups at the 3 Area Assemblies and 2 AWSC meetings held each year in WA Area
- Outreach projects
- Alateen
- Workshops and Events

The amount of funds needed varies depending on the District's rent, locations of the WA Area events, and the selected activities of the District. The number of Groups in each District also varies. Several Districts in the AIS area have as few as 7 Groups while others have over 20 Groups.

Please contact your District Representative or Treasurer with specific questions you may have about the budgeted needs of your District. The contact information can be found on page 6. If you don't know which District your Group is in, please refer to our printed meeting schedule. The District is listed for each Group. Where to mail the funds (or the member to contact for mailing information) can be found in the Where to Send Donations table on page 5.



Out of the Toolbox

by BITS Columnist Callie D.

Letting Go of Outcomes

“Let Go and Let God” seems a simple slogan, yet it has broad and sometimes complex applications. I have learned over many years in recovery that it is the journey, not so much the destination that holds the vitality of life. It is all in the process of leaning into growth, self-discovery, and metabolizing the realities of living. Another key is connecting with fellow travelers and integrating solo times of introspection with my Higher Power.

This will be a difficult column to write as I am currently raw with emotion and conflicted about my future. I felt led to begin a new career path about 8 years ago and immersed myself fully in specialized education, training, and experiences. I have undertaken many exams and jumped through the myriad of hoops to be one of the final candidates for a number of viable positions only to hear the words, “We have decided to go with **another** candidate.” I was recently in the running for two key positions in this field, and I was one of two candidates chosen for a final interview for one of the jobs. It seemed this time all my investment would **finally** bear fruit! However, I got the call just a couple of hours ago and could tell by the tone of the voice on the other end that they “went with the other candidate.”

All the years of getting so close to a decent job and being rejected or “not chosen” in the end came rushing back to me as I sat stunned by the news. I immediately felt full of shame and stupid for even trying. Somehow I said the wrong thing and screwed it up. I wished that I hadn’t even tried and that was what I struggled with when I made the **decision** to apply for both of these positions; could I handle the outcomes? I took a walk along the river



or in the woods after each of the processes and wrestled with long-wrought hopes, dreams, and fears; once again releasing the outcomes to God. At one point I felt euphoric and hopeful for the first time in years that I would finally become gainfully employed after a long run of underemployment.

Right now, I cannot fathom this was any kind of a win. I need to “feel to heal” and grieve this painfully disappointing loss. To grant myself the freedom to be imperfect and a hot mess. This isn’t my first rodeo, nor will it be my last. I will get back on that horse eventually. I will wrangle this out with my Higher Power in due time. After all, the outcome never was in my hands.

AIS OFFICERS AND COORDINATORS

Chair
Eliza D.

chair@seattle-al-anon.org

Vice Chair
Doug L.

vicechair@seattle-al-anon.org

Secretary
OPEN

secretary@seattle-al-anon.org

Treasurer
Linda H.

treasurer@seattle-al-anon.org

Archivist Coordinator
Abby H.

archives@seattle-al-anon.org

Communications Coordinator
Teresa H.

communications@seattle-al-anon.org

Literature Dist. Center Co-Coordinator

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Co-Coordinator

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteers Coordinator

Karen T.

phones@seattle-al-anon.org

Tech Co-Coordinator

Jeffrey M. and Tatiana G.

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.

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.

Relationships: Seeing Oneself Clearly

by BITS Columnist Allen L.

Last September I wrote a review for the BITS on the then-new *Intimacy in Alcoholic Relationships* book published by Al-Anon Family Group Headquarters. Since then, I have been attending a group of Al-Anon men who are reading and discussing the book together.

Some of these men have relatively good romantic relationships; some are in challenging relationships, while some aren't in a romantic relationship at the moment. All of us are trying to understand how we approach our relationships, whether romantic, professional, or platonic friendships, and most importantly, how to improve them.

I have been single for 6 years with one brief romantic relationship about 3 years ago. I focus on what I have done – both right and wrong - in the past and how I can improve in the future.

When women don't seem to respond, my first thought is that "I'm not handsome (or sexy) enough to interest her." On page 21 of the book, a member shared: "I looked to others to confirm that I was physically attractive" and a few lines later, "... because I didn't even know who I was without the other person as a reference point." I recognized that the other person became the mirror where I saw my reflection. The obvious problem is that the

mirror I was using was profoundly distorted, giving me a warped self-image.

A program friend called to discuss her insecurities in a relationship. I was sharing what I saw as her assets when she replied: "I don't see myself that way!" My Higher Power prompted me to answer, "If it wasn't on your inside, I couldn't see it from the outside." I often discover that when I try and help a friend puzzle out a solution, I'm talking to myself as much as I am talking to them.

A while back, I met with Al-Anon friends for a social afternoon, and someone took a photo of the group. While I always hate pictures of myself, this one wasn't too bad in spite of showing the few pounds I have gained. I clipped myself out of that group photo and posted it on my social

"I recognized that the other person became the mirror where I saw my reflection."

media page. Several friends commented that I looked happy and that they liked the picture.

I am finding it difficult to accept for myself that "if it wasn't true on my insides, my friends couldn't see it from the outside." It seems to me that applying the Al-Anon lessons to the people around me is so much easier than applying them to myself.

My Place in the Universe

by BITS Columnist Fawn B.

Step 8:

Made a list of all persons we had harmed, and became willing to make amends to them all.

By the time I made "The List," I was starting to discard the fantasy that it was the alcoholic, not me, that needed changing. After working the first seven Steps, I had an inkling that I had caused harm to those around me in my attempts to control the disease. But, making The List removed any lingering notion that I was merely an innocent victim.

Ah, the Step 8 List! Truth to page. Humility in action. Self-worship laid to rest. An opening for God. The simple yet profound act of making a list of all the people I had harmed and becoming willing to make amends to them all was life-changing.

Before The List, I had this foggy notion that I might be as

"I saw clearly for the first time how my behavior, not the alcoholic's, had damaged my relationships. I could no longer pretend I was blameless."

unreasonable as the alcoholics in my life. But when I put the harms I had caused on paper, out of my head and in plain view, it was no longer a vague idea. It was a concrete fact. I could no longer deny,

minimize, or justify my actions behind the banner of "Just Trying To Help."

To the contrary, my helping was a mix of behaviors that placed me in the all-knowing, omnipotent driver's seat, while doling out advice, pity, or condemnation. Yikes! The List humbled me and showed me how misguided I had been. In my attempts to save the ones I so dearly loved, I had forgotten how to love.

The List shook me, rearranged, and changed me. I saw clearly for the first time how my behavior, not the alcoholic's, had damaged my relationships. I could no longer pretend I was blameless.

Thank you, Higher Power, for this beautiful gift of humility and truth. I can now take my rightful place in the universe; neither above or below, better or worse, victim or victor. I am one among many turning my life, my loved ones, and the disease of alcoholism over to Your care.

AIS needs volunteers!

Phone Shift Volunteers

Office / LDC Volunteers

AIS Secretary

BITS Backup Editor

Please contact : ais@seattle-al-anon.org

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. You will then receive a QuickBooks payment request to enter your credit card information.

WASHINGTON AREA

Send email to 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 23454-5617
or

Go online to <https://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

PO 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.

New Event to Support Local AMIAS Volunteers

by Bits Editor Teresa H.

In years past, AMIAS (Al-Anon Members Involved in Alateen Service) gathered together regularly to support one another in their service to Alateen in the Seattle AIS area. That support network had disappeared over the past couple of years. That support is back!

The Alateen support group that has been brainstorming ideas to ignite Alateen in our area decided to bring back that type of support. Members who have served as AMIAS over the years expressed how beneficial those meetings were to them in working with our teens. We also had new AMIAS that became certified by taking the AMIAS training and then had no idea what to do next. They didn't know how to link up with an Alateen group or who to contact.

On September 28th we will hold a welcome party and orientation for all Al-Anon members who became certified for 2020. Please join other AMIAS for this new annual event and learn how we hope to support each other. See the flyer below for details.



Seattle AIS
AMIAS 2020
Welcome
Saturday, September 28th
2:00-4:00 PM
Greenwood Library
Community Room
8016 Greenwood Ave N
Seattle

Please join us in this orientation and networking event for the AMIAS Class of 2020

- learn how we can support you in getting started as an AMIAS
- learn how to stay connected with the local AMIAS community
- listen as other AMIAS share their experience, strength and hope
- learn how we can help with keeping your certification current
- get answers to your questions from other AMIAS

alateen@seattle-al-anon.org

Meeting Updates

Laurelhurst Thursday Evening AFG Change to One Hour Meeting

Laurelhurst Thursday Evening AFG took a Group conscience and decided to shorten their meeting from 90 minutes to 60 minutes. During August, they invite meeting attendees “through prayer and meditation,” to reframe our focus on the 11th Step as a portal to practicing the Al-Anon Program and growing into recovery. The meeting is every Thursday evening at St. Stephen’s Episcopal Church, 4805 NE 45th Street, Seattle (meets in Parish Hall), from 7:30-8:30 p.m.

WSO Introduces a Blog for Members

by BITS Editor Teresa H.

In the July 24th *In the Loop* newsletter, WSO announced their new blog. “We are pleased to introduce a blog for members to share their experience, strength, and hope on a variety of topics. This month we’re asking you to share your favorite Al-Anon spiritual principle and why. New topics will be added each month!” Of course, I was quite curious about how that might work so I clicked the link provided.

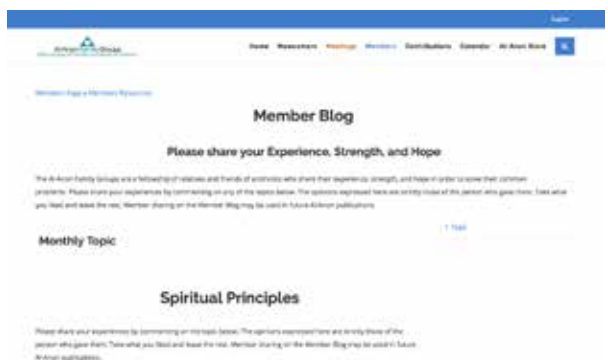
I really liked what I found. As one member stated in their blog comment, “What a great idea! It’s like having a little meeting with me wherever I go. It gives me just what I need when I need it!” For me, it was like reading shares rather than listening to shares as in my regular meetings. I prefer face-to-face meetings, but I am also a voracious reader so I look at the new blog as one more tool in my Al-Anon tool bag of recovery.

There will be a new topic each month. The first topic was “Spiritual Principles.” To check out this new tool, go to: <https://al-anon.org/for-members/members-resources/member-blog>

And if you would like subscribe to *In the Loop*, please click on the link under the *Stay Connected* section on our AIS Members page at:

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

Subscription is free and open to anyone.



Insights in *As We Understood* by BITS Editor Teresa H.

Most Al-Anon members who have been around these rooms are familiar with the 3 daily readers: *One Day at a Time in Al-Anon* (ODAT), *Hope for Today*, and *Courage to Change*. All of those books are small. They measure just 4¼" x 6¼" and make a convenient set. But there is another Al-Anon book that size that is not a daily reader and is often overlooked. Its cover is pale blue and it is titled *As We Understood*.

As We Understood is a collection of stories written by other members who have traveled similar paths. As the preface states: “By reading about the spiritual experiences of others, we are given a distant image of what is concrete and life-transforming to those who make the Twelve Steps a part of their everyday lives” (p. vii). I first bought this book after a speaker used one of the stories as his topic for a meeting. There are some real gems in this book. Today I found this line comforting: “When I reflect on the day’s events, and know that I have functioned the best I can, I am at peace” (p. 236-7). I think there is something insightful in this book that will inspire you too.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 B.Z. W. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
District 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM St. Luke’s Lutheran Church 3030 Bellevue Way NE, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Massy A. 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 at 7:00 PM Contact Grita for Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Elizabeth G. district20@seattle-al-anon.org	2nd Monday from 6:00 – 7:30 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 Jackie T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St David Emmanuel Episcopal Church 18842 Meridian Ave N Shoreline

Greater Seattle AIS Financial Activity Comparison

	June 2019	June 2018	2019 YTD
REVENUE			
Donations	261.84	1716.50	6373.61
Fundraisers	0	3412.00	0
Literature	3560.47	2140.30	20281.81
Misc.	.09	.08	.50
Total Revenue	3822.40	3866.88	26655.92
Cost of Goods Sold	2408.67	1574.42	13944.87
Gross Profit	1413.73	2292.46	12711.05
EXPENDITURES			
Merchant Fees	105.11	108.39	622.90
Event Expenses	135.00	105.00	389.48
Insurance	41.66	41.66	250.04
Equipment	0	1023.37	71.00
Office Supplies	0	45.18	195.94
Outreach	0	0	140.97
Payroll and Payroll Taxes	0	0	0
Rent & Maintenance	1625.51	898.51	4783.35
Professional Fees	0	0	1777.50
Technology	232.03	964.61	1364.80
Volunteer Bus/Parking	27.50	121.15	231.50
Misc	0	684.10	0
Total Expenses	2166.81	3991.97	9827.48
NET REVENUE	-753.08	-1699.51	2883.57

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

Thank you for your donations and for your support of AIS!

The three ways to support AIS are:

- Financial
- Literature Purchases
- Service



Our funding now comes primarily from:

- Donations by members, Groups, and Districts
- Literature sales

PLEASE SEND ALL AIS MAIL INCLUDING CHECKS FOR
LITERATURE ORDERS AND DONATIONS TO:

505 Broadway E #400
Seattle, WA 98102-5023

Unofficial July 11th AIS Council Meeting Summary

by Bits Editor Teresa H.

Chair: The 5th Annual AIS Resentment Bonfire and Cookout is on August 11th in West Seattle at Lincoln Park - Picnic Area #2. It starts at 5 p.m. Items needed: felt markers, wood, plates, napkins, utensils, hot dogs, buns, condiments. There will be 3 tables. Roxanne will post a sign so the area is reserved by 3:00 p.m. and she will also do shopping at Costco. A flyer is being produced.

Treasurer: Treasurer Linda H. read her report for the six-month period of January to June 2019. Donations \$6,373.61, Revenue \$26,655.42, Gross Profit on Goods Sold \$12,710.55, Total Event Expenses \$389.48, Total Outreach \$140.97. Assets are: Total Prudent Reserve \$17,837.65, Total Bank Account \$46,812.58, Total Accounts Receivable \$323.69, Total Other Current Assets \$21,418.45. Liabilities and Equity are \$68,563.85.


LDC: Co-Coordinator Cindy G. and Elizabeth G. are both stepping down at the end of December. The position takes them about 6 hours per week.

Outreach: Coordinator Ellen M. asked if Groups can use our supply of *Al-Anon Faces Alcoholism 2019*.

Phones: Phone Volunteers are still needed. Each group should encourage members to be involved.

Alateen: Kathy B. reported focusing on AMIAS list of those that didn't recertify. Class of 2020 Welcome Party will be held on September 28th at Greenwood Branch Library. WAAC weekend is July 13-14th.

Old Business: Alias email address for ASL discussion continued from last month. Jeff M. said his home Group was willing to pay for the interpreter for meetings that need sign language. After much discussion, the subject was tabled until next meeting.



**THE 22ND ANNUAL AL-ANON/ALATEEN
WEEKEND**

**SERENITY ON THE SOUND
SEABECK, WA
SEPTEMBER 20-22, 2019**

Amazing Reasons to Join Us:

Program:

- Be inspired to work your program for you
- Graciously enjoy fellowship with new friends and the love of known friends
- Meetings and group activities are encouraged and entirely optional with planned free time
- Practice gentleness and acceptance of yourself as you are right now

Place:

- A beautiful setting harboring a feeling of being well-grounded on Hood Canal
- 2 Nights Stay with comfortable beds, linens, and 5 generous family-style meals included (Friday dinner thru Sunday breakfast)
- Local beauty and activities on site and nearby

See the AIS Website Events Page for Registration Information

To view the SOS Location Online visit Seabeck Conference Center www.seabeck.org

Feel Serenity in the Transforming Power of an "Attitude of Gratitude" as you enjoy Al-Anon & Alateen Program & Fellowship

Meetings & Events

Speaker Meetings
Topic Workshops
Al-Anon/Alateen Panel
Evening Bonfire
Candlelight Meeting

Fun and Relaxation

Craft and Games
Guided Local Hikes
Rowboats
Paddleboats
Meditation
Movies and Popcorn

Registration Closes
August 15, 2019

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

Print event flyers at <https://www.seattle-al-anon.org/events.html>

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

Aug 1	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Aug 3	Saturday 9:00-5:00 PM	AWSC Meeting	Son Bridge Community Center 1200 SE 12th St, College Place	chair@wa-al-anon.org
Aug 3	Saturday 7:00PM	No Reservations Speakers Meeting & BBQ	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com BBQ starts at 5:00 PM
Aug 6	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Aug 7	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR	district18@seattle-al-anon.org
Aug 8	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Aug 9	Friday 7:00-8:30PM	GFA Vive: Descubramos Nuevas Opciones	Jubilee REACH Center 14200 SE 13th PI, Bellevue	
Aug 10	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Aug 10	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal 18821 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
Aug 11	Sunday 5:00PM-Dark	AIS Bilingual Resentment Bonfire and Cookout	Lincoln Park – Picnic Shelter #2 8011 Fauntleroy Way SW, Seattle	chair@seattle-al-anon.org
Aug 12	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Aug 14	Wednesday 7:00-8:30PM	Alateen Support Group For AIS Districts 14-22	Queen Anne Lutheran Church 2400 8 th Ave W, Seattle	alateen@seattle-al-anon.org
Aug 15	Thursday 6:30PM	Terrace View AFG Speaker Meeting & Picnic Potluck	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	6:30 Potluck 7:00 Meeting
Aug 17	Saturday 8:30AM	District 15 & 16 Business Meeting	St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Aug 17	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Aug 18	Sunday TBA	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Aug 20	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)
Aug 24	Saturday 10:30-5:30PM	District 27 Fundraiser: Traditions in Relationships	The Farm 557 W Sequim Bay Rd, Sequim	
Aug 26	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Aug 28	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Aug 29	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
Aug 30	Friday 7:30PM	Seattle Men's AFG Quarterly Speaker Meeting	Northminster Presbyterian Church 7706 25th Ave NW, Seattle	
Sept 13-15	Weekend	WA Area Speakers Convention	Clark College – Gaiser Hall 1933 Fort Vancouver Wy, Vancouver	wasc2019planningcommittee@gmail.com
Sept 20-22	Weekend	Serenity on the Sound	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	SerenityonSound2019@gmail.com
Sept 21	Saturday 12:00-3:00PM	District 20 Al-Anon Writing Workshop	Queen Anne Lutheran Church 2400 8th Ave W, Seattle	district20@seattle-al-anon.org

Please submit event flyers to communications@seattle-al-anon.org

For formatting and other information, please refer to the FYI section of our AIS Members page: <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 August 1, 2019

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 = Student & Professional observers welcome

**To change meeting information: <http://wa-al-anon.org/>
 Log in. Then Resources>For Members>Make Meeting
 Changes. Enter changes.**

Note: The form will expand after you click the box for permanent or temporary change. Please do NOT submit changes to WSO or via mail or email. Need help? communications@seattle-al-anon.org

ALATEEN MEETINGS

Meetings held at schools are not listed here.
 Go to <http://wa-al-anon.org/> to find a complete
 list of meetings.

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) DIST 19
TUES 7:30PM 90/AL	EDMONDS ALATEEN SERENITY FOR YOUTH Edmonds United Methodist, 828 Caspers St, #113, Edmonds (Ages 12-19) #30639096 DIST 22
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/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

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/O/H/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/2 nd fl conference room) 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 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch) 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 (Edgewood Services office/Knock if Late) 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 7:00PM 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 Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting) 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 90/O/H/ASL	SUNDAY AM FRESH START AFG DIST 20 #43260 UW Social Work, 4101 15th Ave NE #301, Seattle (ASL available on 8/4 & 8/18) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 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
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lake Forest Park DIST 22
MON 7:00PM 90/O/H	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 2 nd 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	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) DIST 21
TUES 7:30PM 75/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear/Rear entrance) DIST 21
TUES 7:30PM 90	NORTH END MEN'S AFG #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT	EDMONDS AFG DIST 22 #500668 Edmonds United Methodist, 828 Caspers St Edmonds DIST 22
WED 7:00AM 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
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 60/O/H	LAURELHURST THURSDAY EVE AFG #46355 St Stephen's Episcopal, 4805 NE 45 th St, Seattle (In Parish Hall) NOW 1 HOUR MEETING 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/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, 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 (Enter from East side Parking Lot) DIST 21
FRI 7:00PM 60/O	WOMEN'S FRIDAY WALLINGFORD AFG #30712924 Wallingford Presbyterian, 1414 N 42 nd St, Seattle (Women's Meeting/Enter back of church) 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) DIST 14
WED 7:00PM 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
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

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SOUTH ZONE

**South & West Seattle • Burien • Des Moines
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
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
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
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, (Meets in Church Office) Des Moines DIST 14
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way 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 Monday) DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot and entrance) DIST 17
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent-Focused Meeting) DIST 14
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
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
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
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17

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
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
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
THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
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
FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
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
SAT 8:30AM 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
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn DIST 14
SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) 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 rd 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

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phones@seattle-al-anon.org to volunteer.**

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 of Bothell, 10207 NE 183 rd St, Bothell DIST 15
MON 12:00PM 60/O/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 AFG #49784 Holy Spirit Lutheran, 10021 NE 124 th St, Kirkland (No. end ramp/lower fellowship hall) DIST 15
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 on 5 th Mondays) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 Coal Creek Pwy SE, Bellevue (1 st floor in main church building) 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 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
TUES 7:15PM 90/O/CH/H/AA	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/CH	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O/H/B	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90/H	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/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 th Ave NE, Kirkland 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 7:30PM 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
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