



NEW TO AL-ANON?	SUBSCRIBE TO THE BITS	FIND A MEETING	January 2023
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Excitement for 2023

by Karen L, Chair

When I speak to people about AIS service positions, the feedback is "AIS has energy." I say, "AIS is fun." I think it is evidence that AIS Council/Board members and trusted servants (all 60+ of us) are doing our individual best at "Concept Four: Participation is the key to harmony." I always say in AIS, "it takes a village...." Thank goodness we have a fun, energetic village!



At the 2022 Board and Council meetings and 2023 budget discussions, the group consensus guidance was to evaluate opening the office and have fundraisers/fellowship events to create AIS awareness and Outreach funding for digital ads at year-end 2023. It's only the first week in January, and we are starting at a sprint!

- The AIS Office will reopen the first Saturdays from 11 AM-3 PM in February, March, and April as a trial. You can browse and purchase literature, newcomers can come to ask questions, or members can just come and hang out with us to enjoy the treats! (See the flyers below.)

- There might be a fellowship event, possibly on Lois' Birthday, March 4th – more to be revealed soon. Check the AIS website for updates.
- By popular demand, the 2nd Annual Gratitude Garden Party will be in August.
- Venmo for another option of how to donate to AIS will be up and running soon.
- Phone system changes will save us about \$1,000 in expenses annually.

More Help Wanted: We have two vacant Coordinator positions. We need volunteers to keep the office open beyond the trial period and volunteers just to keep us going. Please consider volunteering or please help us spread the word to fill these positions:

- **Phone Coordinator:** Vacant -- contact Dave M, phones@seattle-al-anon.org if interested
- **Tech Coordinator:** Vacant -- contact Karen L, chair@seattle-al-anon.org if interested
- **Saturday Office Volunteers:** contact Dave M, vicechair@seattle-al-anon.org
- **Phone Volunteers:** Contact Dave M, phones@seattle-al-anon.org
- **Outreach Committee Members:** Contact Solveig W, outreach@seattle-al-anon.org

"As each service body and the membership at large practice the principle of participation, our deep desire to belong is satisfied in a fellowship of caring equals. We are spiritually nourished when we participate" (*Paths to Recovery*, Concept 4, p. 273).

New Normal

by Allen L

In the dim recesses of history — two and a half years ago — life was normal. Then COVID hit, and everything changed.



Photo by Doug H

We stopped most in-person meetings and shifted to Zoom. We started meeting with our sponsors, sponsees, and other program friends by phone or some form of video conferencing.

One of the most obvious proofs that we are not just resuming our old practices is the continuation of online, hybrid, and concurrent meetings. Online meetings often don't use all of the same service positions as in-person meetings and people don't seem to be stepping up to fill service positions in the same numbers as they did before. People also got out of the habit of contributing regularly without the passing of a physical basket as a reminder.

Should we be disturbed?

Tradition 11 tells me that: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members." How can I let people who have been isolated, often in difficult situations for the last 2 years, know that Al-Anon is here to help?

One long-time member shared, "I'm not disturbed. People will be at the meeting they are supposed to be at." Another member shared, "My job is not to increase attendance. My job is to show up; share my experience, strength, and hope. The results are up to my Higher Power."

What can I do personally? As always, my instructions are in the Steps. In this case, Steps 11 and 12 seem to provide me with some real guidance.

Step 11 suggests that I pray for my Higher Power's guidance and that I meditate to actually hear it. I also need my Higher Power's support to do the footwork.

Step 12 reminds me that I am not responsible for the success of my meetings. I can only be responsible for presenting the message and trying as best I can to practice the principles of Al-Anon both at meetings and in the rest of my life.

If we all practice Steps 11 and 12, leaving the results up to our collective Higher Power, I believe that the benefits of Al-Anon will be available when and where needed.

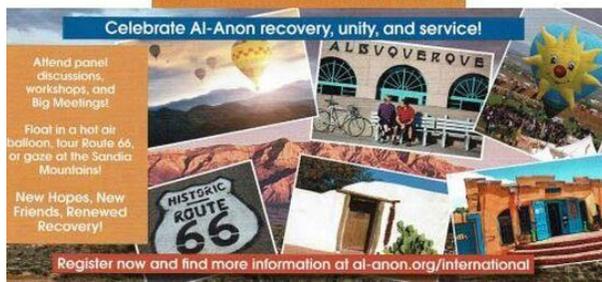
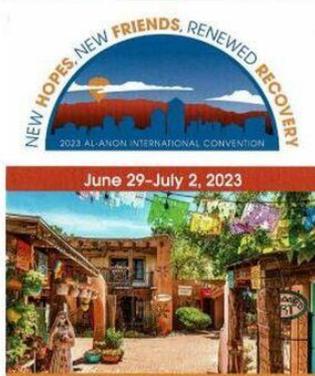
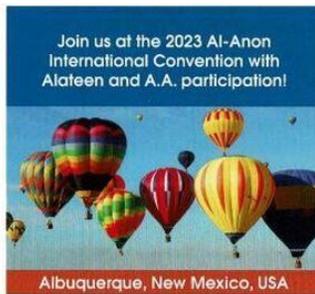
New WA Area AFG Address to send DONATIONS

WA Area AFG
12128 N. Division St. PMB # 1531
Spokane, WA 99218

More information:

<https://wa-al-anon.org/7th-tradition/>

Grateful in Service,
Melissa M.
WA Area Treasurer



Step One

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



The Seattle AIS Office Is Reopening in February 2023!

The Seattle Al-Anon Information Service (AIS) Council is pleased to announce that our office on Capitol Hill will be reopening the first Saturday of each month to Members and Newcomers beginning Saturday, February 4, 2023!

After a long pandemic period of closure, we are so excited to see you IRL (In Real Life)! We all miss that human, in-person conversation and the warmth of seeing each other face-to-face. We hope you will take this opportunity to share the spirit of the Al-Anon fellowship in-person as you feel comfortable. Face masks will be required inside the office.

The office will be open the first Saturdays of the month from 11 AM to 3 PM beginning in February. It will be staffed with friendly Al-Anon volunteers ready to take your literature orders, answer questions, and share fellowship. Oh, and did we mention coffee and treats?

If you are interested in helping staff the office for the reopening days, we definitely need your help. Please contact vicechair@seattle-al-anon.org and let us know which Saturday(s) you are available. We can promise coffee, treats, a great opportunity to get to know others in the program, and the rewarding opportunity to be of service to others. We can't do it without your help!

When: The first Saturday of every month starting February 4, 2023 (March 4, April 1, ...)

Time: 11 AM-3 PM

Where: Seattle AIS Office, All Pilgrims Church, 509 10th Ave E, Seattle WA 98102

Who: Newcomers and Long Timers welcome

Why: Join us for coffee and treats, browse and buy

Conference Approved Literature (CAL) for personal use or to bring back to your group — and meet your fellow Al-Anon members to share experience, strength, and hope.

Note: Masks will be required inside the office.

The Fine Print: Enter the church on 10th Avenue East via the Blue Door (not on Broadway). Ring the Al-Anon doorbell for entry if there is no greeter. Free street parking. Paid parking at the QFC or on East Republican Street between Broadway and Harvard Avenues.

2023 Seattle AIS Office Opens!



First Saturdays of the Month
11 AM - 3 PM

February 4
March 4
April 1

Seattle AIS Office
All Pilgrim's Church
509 10th Ave E.
Seattle, WA 98102

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

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



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

2023 Abriendo la Oficina de Seattle AIS!



Los Primeros Sabados del Mes
11 AM - 3 PM

Febrero 4
Marzo 4
Abril 1

Oficina de Seattle AIS
All Pilgrim's Church
509 10th Ave E.
Seattle, WA 98102

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

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



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

Al-Anon Mailbag



Lilly from Lynwood asks:

I've heard a rumor that the AIS Office will resume in-person operation. Please help me understand the value afforded as a result of the proposed re-opening.

Dave M (AIS Vice-Chair) responds:

Prior to COVID, one of the benefits AIS provided our members was a place they could come and visit, buy literature, and share fellowship with each other. Re-opening the office to members will allow us to re-establish that link, collect feedback, and evaluate if the above benefits are still of value to our membership.

What's in it for the individual?

- A chance to peruse the most comprehensive selection of Conference Approved Literature in both English and Spanish west of the Great Divide.
- The chance to purchase the literature you want and take it home. (No cumbersome paperwork to fill out and no wait time!) You spot it; you got it!
- A chance to save yourself or your group money by avoiding shipping charges.
- A chance to share coffee, treats, and your experience, strength, and hope with fellow Al-Anon members.
- A chance to explore the extensive AIS archives. Each of us knows how we got here, but how did Al-Anon / AIS get here?



Let Us Know If Your Meeting Has:

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

Please send all meeting changes to the WA Area Group Records Coordinator

[<https://wa-al-anon.org/meeting-changes/>]

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

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

meetingdirectoryeditor@seattle-al-anon.org

Tradition One

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



Need a Free Newcomer Packet?

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

AIS Council Meeting

The next Council meeting is
Thursday, January 12, 2023, 7:30-9:00 pm.
Check the AIS website calendar
(<https://www.seattle-al-anon.org/events>)
for the zoom link.

AIS Board Meeting

Thursday, January 19, 2023 at 7:00 pm.
Check the AIS website calendar
(<https://www.seattle-al-anon.org/events>)
for the zoom link.

AIS / LDC Service Work

by Mary R



I chose AIS/LDC service because I love all things local. Shopping, traveling and exploring.

As it turns out, my local service, as in all Al-Anon service, has benefitted my program in personal growth. It reinforces my principles above personalities, my cooperation with others, asking for help, and staying in my own hula hoop. It helps me with isolation and control issues. I feel better as a serene whole person.

Speaking of asking for help, I would like to put it out there in the universe that I would love to get a few more volunteers to help with the AIS/LDC office work.

The positions to fill are the Thursday Shipping Office and the Home Email Literature Ordering. Please consider joining our wonderful team of volunteers. We will have more openings in the near future. Training is lovingly provided for these easy and fulfilling positions.

Contact me at LDC@seattle-al-anon.org

Thank you all, and here's to a Happy New Year in the program for everyone.

Concept One

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



Out of the
Toolbox
by BITS Columnist Callie D.

Winter Reflections

I am amazed at how quickly this last year flew by! Moving forward into a fresh beginning, I want to build on the foundations I have been laying for continued healing and growth. Sometimes it feels like I fall back into the same dank, dark hole of pain and confusion, trying to maintain relationships within the chaos and insanity that alcoholism brings. However, after spending time with my Higher Power and working my program, my path becomes visible once again.



It has occurred to me that, in some ways, I am still trying to coordinate with people who continually move the goal posts and make inconsistent decisions. In my experience, alcoholics can seem authentic, practical, and quite convincing regarding a situation, a plan, or a promise. However, too often, there is no reliability, and I end up with their portion of responsibility on my plate or stood up and heartbroken.

As I take inventory of this last year, I have spent considerable time in intermittent grief over lost dreams and imbalanced relationships. It is so very difficult to face the unvarnished truth. It feels like I am in this boat on rough seas with my alcoholic loved ones. While I am dutifully patching holes and bailing out the water, they are behind me, impulsively creating another leak in the integrity of the vessel. No amount of patching or bailing is going to change the alcoholic's behavior or save them from the consequences of their addiction. When it comes down to it, that boat is going to capsize or sink, whether I am on it or not.

Although it may feel like I'm abandoning my loved ones, the only viable alternative for me is to get out of that boat! The obvious signs of enabling are easy to avoid, like drinking with the alcoholic, supplying alcohol, making excuses for them, and doing things that they could do for themselves if they were sober. However, that fine line can become insidious when you love an alcoholic and witness the destruction of their life as they ignore the dire consequences occurring as a result of their alarming behaviors.

This last snowfall afforded me some time of reflection, and I took a couple thoughtful walks in the powder. My choices were narrowed as I could not drive anywhere, and although I wanted to escape my own nagging truth, there it was. The areas that need more work, the patterns that are not serving my recovery, and the steps necessary to rescue myself from my own personal "Titanic." It was time to stop the road work on someone else's block and respond to the repairs necessary to maintain my side of the street.

[Order the Forum Magazine](#)

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



December 2022 AIS Council Meeting Minutes (Summary)

Meeting Opened at 7:32 PM with the Serenity Prayer

Attendance: 21 individuals

Tradition 12: read by Heather R

Concept 12: read by Jackie T

Secretary: Kathy K: Approval of November Minutes: The minutes were distributed prior to the meeting via email. Mary R moved that the Meeting Minutes be accepted as presented. Helen V seconded. Motion passed.

Chair: Karen L: A Task Force regarding opening of the office has been formed and met on 12/8/22. Motion made by Karen L to open the office on the first Saturday of the months of February, March, and April 2023 on a trial basis from the hours of 11:00 AM-3:00 PM. Motion passed.

Treasurer: Mariann M: The 2023 Budget Proposal was passed at the November meeting. The November report has been distributed to Council members, and highlights were presented.

Coordinators:

LDC: Julie R: They will be placing new orders soon.

Communications: Jackie T (incoming Coordinator): Reported that the committee is in the process of recruiting new members, but Susan C-H and Clif H will remain. The Archives position will remain open at present.

Phones: Dave M (outgoing Coordinator): The coordinator position is open. Dave M will remain in place for the next few months until a new coordinator is found.

Outreach: Solveig W: New digital display ads were placed on November 24 for 2 months targeting newcomers. On December 10, YouTube ads will be placed for 1 month. They are WSO-created content but will direct people to the AIS website. The committee is looking for additional members.

Old Business: none identified

New Business

Lois' Birthday Event: Saturday, March 4, 2023.

Kathleen S (DR 16) has agreed to chair. St Andrews (site of the previous celebration) is not available.

The venue, food, and time need to be determined.

A poll of those present prefers St Margaret in

Factoria as an alternate location, with AIS providing a main dish and sides and desserts as potluck.

Afternoons were preferred over an evening event.

Next Council Meeting: Thursday, January 12, 2023
@ 7:30-9:00 PM

Next Board Meeting: Thursday, January 19, 2023
@ 7:00 PM

Adjournment: Al-Anon/Alateen Declaration at
8:41 PM

Submitted by Kathy K, Secretary

Thank you for your donations and your support of AIS!

Our funding now comes primarily from:

- Donations by Members, Groups, and Districts
- Literature Sales

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

Seattle AIS
505 Broadway E #400
Seattle, WA 98102-5023
[Donate Now](#)

And More ...

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

[MEETING SCHEDULE](#)

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

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

Meeting News

Meeting Changes Reported During the 30-Day Period Ending December 27, 2022

Complete details at: <https://www.seattle-al-anon.org/meetings.html/>

Changes are **bolded**, underlined, and **purpled**.

- Monday, 7:00 PM, **Magnolia Monday Nite Fireside AFG:** [new Zoom details](#) {updated 11/30/2022}
- Monday, 7:00 PM, **Parents for Serenity AFG:** [new Zoom details](#) {updated 11/30/2022, 12/11/2022}
- Monday, 7:30 PM, **No Expectations Women's AFG:** [Face Masks Optional](#) {updated 12/22/2022}
- Wednesday, 8:00 PM, **Newport Study AFG:** [Directions revised](#) {updated 12/14/2022}
- Thursday, 7:00 PM, **New Horizons AFG:** [HYBRID](#) {updated 12/10/2022}
- Friday, 8:00 PM, **TGIF AFG:** [INACTIVE](#) {updated 9/24/2022}
- Saturday, 9:00 AM, **Changing Attitudes AFG:** [Face Masks Optional](#) {corrected 12/21/2022}

SUPPORT: Groups Needing Support

- Monday, 7:00 PM, **Living in the Solution AFG**
- Thursday, 7:00 PM, **Madison Madrona AFG**, In-Person, BIPOC / LGBTQIA
- Saturday, 11:00 AM, **Search for Serenity AFG**, Hybrid - Zoom Mtg
 - Sunday, 7:30 PM, **Auburn Sunday Night AFG**, HYBRID - Zoom Meeting

HOLIDAYS and Temporary Closures

- Monday, 12:00 PM, **Capitol Hill AFG** - **Monday Holidays – Zoom Only 01/02/23**

Permanent Electronic Meetings (PEMs) [[Details](#)] No Longer Being Listed with Seattle AIS effective 1/1/2023

- Monday, 7:00 PM, **Boundaries Not Walls Women's AFG**
 - Thursday, 8:00 AM, **Somewhere Men's Online Gratitude Meeting**
 - Friday, 7:00 PM, **Friday Night Women's AFG**
 - Saturday, 8:00 AM, **First Step AFG**
-