

**FEBRUARY  
2020**



# **BITS Newsletter**

## **Seattle Al-Anon Information Service**

### ***Celebrating Lois with AIS*** **by Previous BITS Editor Teresa H.**

*On February 29 we will celebrate Lois's Birthday at an AIS Fellowship event at 5:00 p.m. at St. Andrew's Lutheran Church, 2650 148th Ave SE, Bellevue.*

Having died at the age of 97 in 1988, Lois is no longer with us—but her spirit lives on our program. Celebrating Lois with a fellowship event seems very appropriate.

Before the creation of Al-Anon as an organization, Lois and other family members of alcoholics often gathered together in the kitchen or another nearby room where the AA meeting was being held. At first they shared about their day-to-day activities, gossiped, and played bridge; but as they got to know each other, they began to discuss their own problems and what they could do about them.

As Lois wrote, "I told my story. It was great to find that because others had gone through similar experiences, each of us no longer had to be alone with our troubles." Groups comprised of partners, spouses, parents, and children of alcoholics met like this wherever there were AA meetings. These groups met regularly and many had recognized the value of using the Steps and the Traditions of the AA program in their own lives before Al-Anon was formed. Al-Anon was a grassroots movement. The groups came first and the organization followed.

***"...because others had gone through similar experiences, each of us no longer had to be alone with our troubles." — Lois***

Throughout the book *Lois Remembers*, Lois writes about the relationships that she and her husband, Bill W., had with AA and Al-Anon members outside of the structure of regular meetings. She made lasting friendships around the U.S. and around the world in her travels on behalf of AA, Al-Anon, and Alateen. She appreciated using the time outside of meetings as an opportunity to practice her recovery where the rubber met the road.

Lois wrote, "The joy and empathy felt at one of our gatherings are beyond description." Please join us as we share joy and empathy at Lois's Birthday Celebration. It is a great opportunity to make new friends, reconnect with others, share some delicious food, and listen to inspiring Alateen, AA, and Al-Anon speakers.

### ***Celebrating Lois's Birthday*** ***A Tribute to Lois & Fellowship***

**Speakers:**  
*Al-Anon, Alateen, and AA*

**Potluck:**

- *Main Dish Provided*  
*Meat, Vegetarian & Gluten-Free Options*
- *Birthday Cake Provided*
- *Coffee, Tea, & Water Provided*
- *Please Bring a Side Dish*

*Spanish and ASL translation provided with RSVP prior to February 10.*

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



*An AIS Sponsored Event*



***Saturday, February 29, 5:00 pm***

***St. Andrew's Lutheran Church***  
***2650 148th Avenue SE, Bellevue***

### ***Recovery is for Everyone*** **by Outreach Coordinator Jennifer S.**

"If Al-Anon groups do not let the public know of our presence, perhaps by announcing the time and place of our meetings in local newspapers or by some other means, we block ourselves off from those in need." — *Lois Remembers*, p. 194

Greetings from AIS Outreach!

Our first 2020 Outreach Committee meeting was off and running with 10 members in attendance for our first brainstorming meeting. We discussed ideas of old, some new, some complex-but-very-exciting long-term idea, BIG ideas, and some simple ideas we can do right now. Needless to say, we had a lot of energy and look forward to continuing to develop the most effective plan for growing our membership.

Outreach needs everyone! You are invited to come share in the excitement and share your ideas. Let's make this committee the largest AIS has ever seen! Like cheese and crackers? This is for you.

***(Continued on page 2)***

# Safety in Our Meetings and Al-Anon Traditions

by Guest Columnist Lynne W.

Lately, some of my regular meetings have struggled with handling disruptive people who seem unaware of acceptable meeting behavior. As stated in WSO's Let's Talk About Safety in Al-Anon Meetings!, difficult outside problems find their way into our rooms. We have a responsibility to provide a safe environment so that everyone can focus on recovery.

***“We have a responsibility to provide a safe environment so that everyone can focus on recovery.”***

Usually, the person needs an explanation—but sometimes, the disruptions can seriously threaten the ability of a group to function. A group facing this situation can make decisions based on an informed group conscience guided by the group's Higher Power. Al-Anon Traditions can guide us.

“Our common welfare should come first...” (Tradition One). What is best for the group as a whole must be the overarching principle

when deciding what to do about a disruption. The principle that “personal progress for the greatest number depends upon unity” includes the idea that “each person's opinion counts and that no one person should force the group to do anything” (Paths to Recovery, p. 140). To me, this means that if a person becomes disruptive, I have a responsibility to speak up to keep the meeting on track and to help newcomers feel reassured, so they hear the Al-Anon message. It also means that no one can be expelled from a meeting except as a last resort after the disruptive member has had a chance to be heard and to amend their behavior.

“Each Al-Anon Family Group has but one purpose: to help families of alcoholics...” (Tradition Five). This spiritual purpose is our only reason for existence. It guides us to keep in mind as we make safety decisions that our single focus must be “welcoming and giving comfort” to anyone affected by alcoholism, including the disruptive person.

It is essential to maintain safety in our meetings. If we keep our focus on our common welfare as guided by our single spiritual purpose, our groups will gracefully deal with whatever disruptions arise and be made stronger in the process.



## CONTACT AIS

For Up-to-Date Information  
<https://www.seattle-al-anon.org/>

### To Order Literature

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

### Office/Literature 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

## Recovery is for Everyone

*(Continued from page 1)*

Worry that you won't have anything to contribute? This is especially for you. When we work in service together, we gain in our recovery. And it's FUN. Having fun while helping others is a HUGE part of our individual recovery.

Our next AIS Outreach Committee meeting is Wednesday, February 26 at 6:30pm in Queen Anne Lutheran Church, 2400 8th Ave W Seattle.

*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*

Interested and/or have questions? Email Jennifer S. at [outreach@seattle-al-anon.org](mailto:outreach@seattle-al-anon.org)



# Out of the Toolbox

by BITS Columnist Callie D.

## *Sharing My Experience, Strength, and Hope*

My first time in the rooms of Al-Anon was several decades ago. I remember being somewhat apprehensive, but despite being nervous, I felt determined to share. I liked the format of being able to speak without being corrected, criticized, or interrupted. It felt cathartic to read a page from a daily reader and then talk about whatever came up. Even though I was new to the rooms, I discovered I still had something viable to share as I already had life experience, could identify strengths, and was led there by hope!

Al-Anon became a safe place to talk candidly about things that had previously been couched in denial or swept under the rug. A rug that tends to become very lumpy with an elephant underneath it is easy to trip over! Initially, I thought I was going to Al-Anon strictly to deal with a history of alcoholism in my family. Still, it helped me to recognize that my marriage was dysfunctional and that I could have a plan B when things went awry.

***“Al-Anon became a safe place to talk candidly about things that had previously been couched in denial or swept under the rug.”***

I was so thankful when others shared their vulnerabilities, feelings, and struggles as that gave me a sense of belonging and the courage to share my own. It was and still is painful to watch people I care about succumb to alcoholism and addictions. I want good things for their lives, and want to have a closer and safer relationship with them. However, experience teaches me that it is best to have the appropriate boundaries and to trust my instincts when I am engaging with someone who is actively drinking. The mood can change quickly, and I may find myself recoiling in pain from sharp comments or other hurtful behaviors.

I can find my strength during challenging times by doing “First Things First.” This helps me get into the present moment and to stop that obsessive worry wheel from turning in my mind. Just spending time with fellow travelers gives me a feeling of belonging and a restorative strength. I am no longer alone, struggling under the weight of chaos and dysfunction.

When I spend my time trying to figure out how to “rescue” others from their own choices and behaviors ... my life inevitably becomes unmanageable. Prayer helps me to find my way back to sanity and serenity. I even ask for help to “Let Go and Let God.” When I’m able to let go of other people’s problems, I become free to live my own life. I then discover hope for today and the future!

## **AIS OFFICERS AND COORDINATORS**

### **Chair**

Eliza D.

chair@seattle-al-anon.org

### **Vice Chairs**

Kimberly O.

vicechair@seattle-al-anon.org

### **Secretary**

Roxanne T.

secretary@seattle-al-anon.org

### **Treasurer**

Linda H.

treasurer@seattle-al-anon.org

### **Alateen Coordinator**

Kathy B.

alateen@seattle-al-anon.org

### **Communications Coordinator**

Luca S.

communications@seattle-al-anon.org

### **Literature Dist. Center**

#### **Co-Coordinators**

Julie R. and Doug L.

LDC@seattle-al-anon.org

### **Outreach Coordinator**

Jennifer S.

outreach@seattle-al-anon.org

### **Tech Coordinator**

Jeffrey M.

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 COUNCIL**

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

## Exercising Leadership

by BITS Columnist Allen L.

One of my character defects was taking over, assuming authority over whatever group I was part of. True, it was a valuable skill at work, not so much in my personal life.

Early in my Al-Anon practice, I tried very hard not to act as if I was in charge, particularly when participating in a group conscience. As with so many things I learn in Al-Anon, I went too far at first. I stopped leading when leadership was indicated.

This has surfaced recently in discussions around group safety. WSO has published some guidelines and discussion points to help groups review their practices to keep members safe, both physically and emotionally, at meetings and other Al-Anon functions.

As a military veteran and retired businessman, I am used to dealing with conflict and have a pretty thick skin for what might make others uncomfortable. A year or so ago, I was in a meeting where a member's share turned into a rant and seemed to be more about

taking the other person's inventory than the member working on their program. I felt I should say something but didn't know how to stop the share.

Another member interrupted with the statement that "we aren't here to listen to you take the other person's inventory. Please limit your share to your feelings, ideas, and thoughts". To keep the meetings safe and on topic, I need to be willing to step up and stop inappropriate shares or behavior with a caring, gentle voice.

Contributing to a safe meeting means more than just being careful of my behavior or shares, it also means acting as a leader to keep those around me on track. Newcomers look to long-time members to model the program and follow the boundaries explained in the Al-Anon traditions.

I have challenged myself to work with my sponsor and my trusted Al-Anon friends to define where and when I should take on that leadership role, and how best to help my groups build and keep a safe place to come and share.

## If the pants don't fit . . . Lessons on sanity from Step 2

by BITS Columnist Fawn B.

*Step 2:*

*Came to believe that a Power greater than ourselves could restore us to sanity.*

The 12 steps are amazing—dare I say, even miraculous? Not only has their practice saved lives from the grip of a fatal disease, but the design guides us gently. In Step one, we're eased into the idea that, perhaps, we're powerless and our lives are unmanageable. Okay, I'm listening. I can agree that trying to control the uncontrollable just might make my life a wee bit unwieldy. At that point, in Step two, I was told the big "T" truth with no sugar coating. I was told I was insane.

"One definition of insanity is performing the same action again and again, each time expecting to achieve a different result" (How Al-Anon Works, Pg 47). My stepdad used to say, "Insanity is like taking a drink of sour milk, then putting the carton back in the fridge hoping it will taste better later."

***"My insanity started as a child surrounded by the chaos and heartbreak of active alcoholism."***

I have my own version these days. It involves a pair of pants that don't fit right. The waist is too high, the legs are too tight and the length is too long. But they are super stylish and the color is adorable. So, I keep them—hoping that some day the pants or my height will have changed and they will magically fit correctly. They never do.

My insanity started as a child surrounded by the chaos and heartbreak of active alcoholism. My husband describes insanity as believing the dysfunction is normal. As an adult I sought out similar "normal" circumstances believing I could finally fix it because I was no longer a powerless child. I mothered, managed and manipulated, yet nothing changed. The milk was still sour and the pants still didn't fit. So, I tried harder, ignored reality, stopped taking care of myself, obsessed over everything, and I became desperately controlling. Unmanageable? Yes. Insane? Absolutely!

***"I mothered, managed and manipulated, yet nothing changed."***

Luckily I found Al-Anon. I was told a Higher Power could help. By that point I was ready to "Let Go and Let God." What could it hurt? My best thinking had failed. Why not listen to the wisdom of people that I respected within the program?

I came to believe I could be restored to sanity, that I wasn't alone, and that, for perhaps the first time, I could trust a God I didn't understand. I came to believe a Higher Power could and would help. And gradually, over time, things changed. I stopped playing detective, judge and jury. I started caring about my health. I made sincere friends in the program. I trusted my Sponsor. I stopped thinking I knew best. I got better, and less insane.

Today my life is unrecognizable from my pre-Al-Anon days. I'm so very grateful for a program of sanity, for a God I still don't understand, and for serenity I never could have imagined. I think it's finally time let to let go of those pants!



## Where to Send Donations

### Service Arms and Instructions

#### AIS MAILING ADDRESS

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

Pay online by e-mailing 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 the credit card information.

#### WASHINGTON AREA

Send e-mail 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 23454-5617  
or

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

#### District 14

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

#### District 18

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

#### District 19

Send e-mail 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 e-mail 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.

## Alateen Update

### by Alateen Coordinator Kathy B.

We have one new Alateen group in Seattle. This group started on Saturday, January 4, at Queen Anne Lutheran Church. The group has 2 AMIAS and a backup AMIAS when needed, and is supported by the Saturday morning "How Important Is It?" Women's AFG. We meet every Saturday at 10:30-11:30 am.

Here is some information if your Al-Anon Group is interested in supporting a new Alateen group:

- Contact our AIS Alateen Coordinator to help you know what to do as you start the group
- Consider the location, time, and proximity of the Al-Anon meeting to ensure that teens will be able to attend
- Outreach to the fellowship and the community to let them know that a meeting will be starting
- Discuss how the Al-Anon group might support a new Alateen group by helping sponsor rent, literature, and snacks. If the group is not able to support the group financially, get in touch with your District Rep or AIS Alateen Coordinator to help find financial assistance.

### LEARNING NEW SKILLS AS AN AMIAS:

It has been my pleasure to be part of the Alateen Program for the past year. First, I completed the training to be an AMIAS and was fortunate to be asked to be a back-up when an AMIAS could not attend a meeting. This allowed

*(Continued from page 6)*



## Alateen Update

*(Continued from page 5)*

me to see what Alateen is and how a meeting unfolds. I was happy to work with experienced AMIAS and got many of my questions answered. Being an AMIAS is helping me in my Al-Anon Program as I work on my character defects and learn new ways to act.

***“Being an AMIAS is helping me in my Al-Anon Program as I work on my character defects and learn new ways to act.”***

First, I am used to being in control and in charge. This led to my perfectionism. My role as an AMIAS is to encourage and support the teens to run their meeting. I am there to ensure that the meeting is a safe place for each teen, not to run the meeting. This is a new experience and has encouraged me to be a support for those in charge.

I am learning to be patient. When we started our new Alateen group, it was unpredictable how many Alateens would show up. We always prepared for a group, and some meetings have no members. On other days we may have one, two, three, or more members. We hold the meeting with whoever shows up and are grateful for each person.

I am also learning to ask for help. In Al-Anon, you are never alone. As an AMIAS, we have a relationship with our District, with our Alateen Coordinator and Safety Coordinator, and with the World Service Committee. We can ask for help if we do not know what to do and ask people to support us when needed.

| DISTRICT REP AND CONTACT INFO   | DISTRICT BUSINESS MEETING INFORMATION  |
|---|--|
| District 14<br>BZ W.<br><a href="mailto:district14@seattle-al-anon.org">district14@seattle-al-anon.org</a>        | 4th Monday at 7:00 PM<br>Holy Family Catholic Church<br>505 17th St SE, Auburn                           |
| District 15<br>Yvette O.<br><a href="mailto:district15@seattle-al-anon.org">district15@seattle-al-anon.org</a>    | 3rd Saturday at 8:30 AM<br>St. Luke's Lutheran Church<br>3030 Bellevue Way NE, Bellevue                  |
| District 16<br>Barbara P.<br><a href="mailto:district16@seattle-al-anon.org">district16@seattle-al-anon.org</a>   | Meets with District 15<br>See above  |
| District 17<br>Massy A.<br><a href="mailto:district17@seattle-al-anon.org">district17@seattle-al-anon.org</a>     | 1st Thursday at 6:30 PM<br>Pritchard Hall<br>99 Wells Ave S, Renton                                      |
| District 18<br>Barb D.<br><a href="mailto:district18@seattle-al-anon.org">district18@seattle-al-anon.org</a>      | 1st Wednesday of EVEN months<br>at 7:00 PM<br>Contact Barb D. for location                               |
| District 19<br>Linda H.<br><a href="mailto:district19@seattle-al-anon.org">district19@seattle-al-anon.org</a>     | 3rd Sunday at 7:00 PM<br>Contact Linda H. for Location   |
| District 20<br>Elizabeth G.<br><a href="mailto:district20@seattle-al-anon.org">district20@seattle-al-anon.org</a> | 2nd Monday from 6:00 – 7:30 PM<br>Denny Park Lutheran Church<br>766 John St, Seattle                     |
| District 21<br>Gary H.<br><a href="mailto:district21@seattle-al-anon.org">district21@seattle-al-anon.org</a>      | 1st Tuesday at 6:30 PM<br>Calvary Christian Assembly<br>6801 Roosevelt Way NE, Seattle                   |
| District 22<br>Jackie T.<br><a href="mailto:district22@seattle-al-anon.org">district22@seattle-al-anon.org</a>    | 3rd Tuesday from 6:30 – 8:00 PM<br>St David Emmanuel Episcopal Church<br>18842 Meridian Ave N, Shoreline |



### AIS Needs YOU!

***Current Service Opportunities:***

**Phone Volunteer Coordinator  
Archivist Coordinator • Tech Co-Coordinator  
Treasurer-in-Training • Office Volunteers  
Phone Volunteers**



If you are interested in a particular area of service, please contact the appropriate Coordinator to see how you might serve on their committee.

## Greater Seattle AIS Financial Activity Comparison

|                        | Dec<br>2019     | Dec<br>2018     | 2019<br>YTD      |
|------------------------|-----------------|-----------------|------------------|
| <b>REVENUE</b>         |                 |                 |                  |
| Donations              | 1,465.94        | 2,772.09        | 14,862.73        |
| Fundraisers            | 0.00            | 0.00            | 0.00             |
| Literature             | 2,678.45        | 3,160.10        | 35,962.27        |
| Misc.                  | 316.28          | 76.22           | 317.20           |
| <b>Total Revenue</b>   | <b>4,460.67</b> | <b>6,008.41</b> | <b>51,142.20</b> |
| Cost of Goods Sold     | 2,010.99        | 2,670.76        | 25,864.08        |
| <b>Gross Profit</b>    | <b>2,449.68</b> | <b>3,337.65</b> | <b>25,278.12</b> |
| <b>EXPENDITURES</b>    |                 |                 |                  |
| Alateen                | 0.00            | 0.00            | 220.12           |
| Conferences            | 0.00            | 0.00            | 418.92           |
| Merchant Fees          | 108.79          | 100.79          | 1,112.67         |
| Event Expenses         | 0.00            | 49.52           | 660.59           |
| Insurance and Licenses | 97.66           | 41.66           | 566.00           |
| Equipment              | 1,544.64        | 0.00            | 1,615.64         |
| Office Supplies        | 92.47           | 8.90            | 350.45           |
| Outreach               | 18.00           | 679.63          | 308.27           |
| Professional Fees      | 0.00            | 0.00            | 1,777.50         |
| Rent & Maintenance     | 625.00          | 625.00          | 7,582.84         |
| Taxes                  | 0.00            | 0.00            | 1,000.51         |
| Technology             | 545.83          | 250.77          | 3,051.31         |
| Volunteer Bus/Parking  | 33.00           | 48.41           | 482.25           |
| Misc                   | 0.00            | 295.69          | 61.50            |
| <b>Total Expenses</b>  | <b>3,065.39</b> | <b>2,100.37</b> | <b>19,208.57</b> |
| <b>NET REVENUE</b>     | <b>-615.71</b>  | <b>1,237.28</b> | <b>6,069.55</b>  |

The above chart is an unofficial simplified version of the AIS Treasurer's Report. 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 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**

## January AIS Council Meeting Summary by BITS Editor Luca S.

**Treasurer's Report:** Treasurer Linda H shared financial reports and gave an overview of the current financial status. Signatures on the checking account will need to be changed to reflect the current board.

**Financial Policy Task Force:** The group has met once. They will look for good projects to spend down the amount that is determined to be above our ample reserves. Donations from groups are still necessary for continued AIS operating expenses.

**AIS Board Officers Insurance:** Eliza D gave an overview of the ongoing discussions about whether there is a need for Board of Director insurance for the AIS Board. Doug L and Roxanne T will research this further and report back by the end of March.

**Chair's Report:** Eliza D welcomed all those helping to make Al-Anon grow. She said that Luca S, Communications Coordinator, will send out meeting notices prior to the monthly AIS Board meetings. He will also research the distribution list for meeting reminders.

**Open Positions:** The Phone Volunteers Coordinator position is open and phone volunteers are needed. The information on the website that details the duties. Rosa V volunteered to help with Spanish-speaking callers. The Archivist Coordinator position is also open. Anyone who is interested in this position should contact Eliza D.

**AIS Office/LDC Co-Coordinators' Report:** Doug L and Julie R are learning the operation. The new office equipment is working well. They have done an inventory and have an accurate count of the literature. Service Manual Exchange: Eliza D explained the typical 3-year cycle between service manual updates. The discussion was tabled for a succinct motion next month.

**Alateen Coordinator's Report:** Kathy B and Jennifer S met with Seattle Schools to discuss bringing Alateen into Middle Schools. The new Saturday Alateen meeting started but no members have attend yet. The next AMIAS meeting is on January 22 to discuss future projects.

**Outreach Coordinator's Report:** Jennifer S is working on new Alateen meetings and possible bus advertising.

**Tech Coordinator's Report:** Jeff M submitted a report. He has updated the email addresses for the new board roles. Laurel W will attend the March AIS Council meeting regarding service for the deaf/hearing impaired community.

**Communications Coordinator Report:** Luca S is getting into the swing of things and Teresa H is sharing info with him. BITS submissions should be sent to Luca S at [communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org).

**Lois's Birthday Celebration Co-Coordinator's Report:** The celebration of Lois's birthday will be 5 pm February 29 at St Andrews Church. The room capacity is 180 people. This AIS fellowship event is also a potluck. Volunteers are needed. Please contact [event@seattle-al-anon.org](mailto:event@seattle-al-anon.org).

## 2020 Al-Anon & Alateen Events Listing (as of February 1)

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

|              |                            |   |  |   |
|--------------|----------------------------|---|--|---|
| Feb 1        | Saturday<br>9:00AM         | <b>WA Area February<br/>AWSC</b>  | Faith Episcopal Church<br>20295 Little Valley Rd NE, Poulsbo                   | kitsapalanon@gmail.com  |
| Feb 1        | Saturday<br>7:00PM         | <b>No Reservations<br/>Speakers Meeting</b>                               | Swinomish Gymnasium<br>17311 Reservation Rd, La Conner                         | noreservationspeakermeeting.com   |
| Feb 4        | Tuesday<br>6:30-8:00PM     | <b>District 21<br/>Business Meeting</b>                                   | Calvary Christian Assembly<br>6801 Roosevelt Way NE, Seattle                   | district21@seattle-al-anon.org  |
| Feb 5        | Wednesday<br>7:00PM        | <b>District 18<br/>Business Meeting</b>                                   | Contact the DR<br>(1st Wednesdays of EVEN months)                              | district18@seattle-al-anon.org  |
| Feb 6        | Thursday<br>6:30PM         | <b>District 17<br/>Business Meeting</b>                                   | Pritchard Hall<br>99 Wells Ave S, Renton                                       | district17@seattle-al-anon.org  |
| Feb 8        | Saturday<br>7:00-8:30PM    | <b>Voices of Hope<br/>Speaker Meeting</b>                                 | Faith Episcopal Church<br>20295 Little Valley Rd NE, Poulsbo                   |   |
| <b>Feb 8</b> | <b>Saturday<br/>7:30PM</b> | <b>MESH<br/>Speakers Meeting</b>  | <b>St. David Emmanuel Episcopal Church<br/>18842 Meridian Ave N, Shoreline</b> | <b><a href="mailto:mesh.coordinator@gmail.com">mesh.coordinator@gmail.com</a><br/>No MESH Meeting in February</b> |
| Feb 10       | Monday<br>6:00-7:30PM      | <b>District 20<br/>Business Meeting</b>                                   | Denny Park Lutheran Church<br>766 John St, Seattle                             | district20@seattle-al-anon.org  |
| Feb 13       | Thursday<br>7:30-9:00PM    | <b>AIS Council Meeting</b>  | Holy Trinity Lutheran Church<br>8501 SE 40th St, Mercer Island                 | chair@seattle-al-anon.org   |
| Feb 13       | Thursday<br>7:30-9:00PM    | <b>Lake Hills Thursday Night AFG<br/>Book Study</b>                       | St. Andrew's Lutheran Church<br>2650 148th Ave SE, Bellevue                    | <i>Opening Our Hearts,<br/>Transforming Our Losses</i>  |
| Feb 15       | Saturday<br>8:30AM         | <b>Districts 15 &amp; 16<br/>Business Meeting</b>                         | St. Luke's Lutheran Church<br>3030 Bellevue Way NE, Bellevue                   | district15@seattle-al-anon.org<br>district16@seattle-al-anon.org  |
| Feb 15       | Saturday<br>6:30-9:00PM    | <b>Kirkland Thursday Morning AFG<br/>Silent Auction &amp; Potluck</b>     | Seventh-Day Adventist Church<br>6400 108th Ave NE, Kirkland                    | Silent Auction & Potluck<br>district15@seattle-al-anon.org  |
| Feb 15       | Saturday<br>7:30PM         | <b>HEAR<br/>Speaker Meeting</b>   | Hillside Church<br>930 E James St, Kent  |   |
| Feb 16       | Sunday<br>7:00PM           | <b>District 19<br/>Business Meeting</b>                                   | Contact the DR   | district19@seattle-al-anon.org  |
| Feb 18       | Tuesday<br>6:30-8:00PM     | <b>District 22<br/>Business Meeting</b>                                   | St. David Emmanuel Episcopal Church<br>18842 Meridian Ave N, Shoreline         | district22@seattle-al-anon.org<br>(Thru glass doors/nursery)  |
| Feb 20       | Thursday<br>6:30-8:30PM    | <b>Terrace View AFG<br/>Speaker Meeting</b>                               | Gloria Dei Lutheran Church<br>3215 Larch Way, Lynnwood                         | 6:30PM Potluck  |
| Feb 24       | Monday<br>7:00PM           | <b>District 14<br/>Business Meeting</b>                                   | Holy Family Catholic Church<br>505 17th St SE, Auburn                          | district14@seattle-al-anon.org  |
| Feb 26       | Wednesday<br>6:30PM        | <b>AIS Outreach<br/>Committee Meeting</b>                                 | Queen Anne Lutheran Church<br>2400 8th Ave W, Seattle                          | outreach@seattle-al-anon.org  |
| Feb 29       | Saturday<br>5:00PM         | <b>Celebrating Lois's Birthday<br/>A Tribute to Lois &amp; Fellowship</b> | St. Andrew's Lutheran Church<br>2650 148th Ave SE, Bellevue                    | event@seattle-al-anon.org   |
| Mar 14       | Saturday<br>11:00AM        | <b>Burien Little Assembly</b>   | Brooklake Church<br>629 S 356th St, Federal Way                                | www.burienlittleassembly.org  |
| Mar 30       | Monday<br>7:00PM           | <b>Burien Turning Point AFG<br/>Speaker Meeting</b>                       | St. Elizabeth's Episcopal<br>1005 SW 152nd St, Burien                          | district18@seattle-al-anon.org  |
| Mar 30       | Monday<br>7:00PM           | <b>Meadowdale AFG<br/>Speakers Meeting</b>                                | St. Hilda & St. Patrick Episcopal<br>15224 52 <sup>nd</sup> Ave W, Edmonds     | <i>Spring into Recovery</i><br>district22@seattle-al-anon.org   |
| Mar 30       | Monday<br>7:30PM           | <b>Parents for Serenity AFG<br/>Speakers Meeting</b>                      | Holy Trinity Lutheran Church<br>8501 SE 40 <sup>th</sup> St, Mercer Island     |   |
| Apr 3-4      | Weekend                    | <b>WA Area Pre-Con<br/>Assembly</b>                                       | Campbell's Resort<br>104 W Woodin Ave, Chelan                                  | chair@wa-al-anon.org  |

**Please submit event flyers to [communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org)**

For formatting and other information, please refer to the FYI section of our AIS web site: <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 January 20, 2020

For the most up-to-date meeting changes, go to [seattle-al-anon.org](http://seattle-al-anon.org)  
 Speak with an Al-Anon member at 206-625-0000.

#### Directory Guide

AA = Alcoholics Anonymous at Same Time & Place  
 AC = Adult Children of Alcoholics Same Time & Place  
 AL = Al-Anon at Same Time & Place  
 AT = Alateen at Same Time & Place

ASL = American Sign Language      45 = 45-Minute Duration  
 B = Beginners Intro/Meeting      60 = 60-Minute Duration  
 CH = Childcare Offered              75 = 75-Minute Duration  
 FF = Fragrance Free                  90 = 90-Minute Duration  
 H = Handicap Accessible            135 = 135-Minute Duration  
 O = Open to Friends & Family of Alcoholics and Observers

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

#### SPANISH LANGUAGE MEETINGS

|   |   |
|---|---|
| <b>MON</b><br><b>7:00PM</b><br>90/O       | GFA UN REGALO PARA MI GFA #30607125<br>St Matthew Church, 123 L St NE, Auburn<br>DIST 14  |
| <b>TUES</b><br><b>7:00PM</b><br>90/O/CH   | VIDA NUEVA GFA #65270<br>Kent Lutheran Church, 336 2nd Ave S, Kent<br>(Free Childcare) DIST 14  |
| <b>WED</b><br><b>7:00PM</b><br>90/O       | LIBERTAD Y ESPERANZA HIJOS ADULTOS GFA<br>Ed. United Meth, 828 Caspers St Rm 302, Edmonds<br>(park & enter in back of church) #30713224 DIST 22 |
| <b>WED</b><br><b>7:00PM</b><br>135/O/H/AC | SOLO POR HOY GFA #30591116<br>First United Methodist, 2201 NE 4th St, Renton<br>(Downstairs) DIST 17  |
| <b>THURS</b><br><b>10:00AM</b><br>90/O    | GFA UN REGALO PARA MI GFA <b>NEW</b> #30607125<br>St Matthew Church, 123 L St NE, Auburn<br>DIST 14   |
| <b>THURS</b><br><b>7:00PM</b><br>90/H/AC  | GFA HIJOS ADULTOS UNIDAD 30675103<br>United Methodist, 16540 NE 80th St, Redmond<br>(Room 104) DIST 15  |
| <b>FRI</b><br><b>7:00PM</b><br>90/O/CH    | VIDA NUEVA GFA #65270<br>Kent Lutheran Church, 336 2nd Ave S, Kent<br>(Free Childcare/use back door) DIST 14                                    |
| <b>FRI</b><br><b>7:00PM</b><br>90/O/B     | GFA VIVE #30581849<br>Jubilee Reach Center, 14200 SE 13th Pl, Bellevue<br>DIST 16   |

For the most up-to-date meeting changes,  
go to: [seattle-al-anon.org](http://seattle-al-anon.org)

#### SEATTLE CENTRAL ZONE

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

|   |   |
|---|---|
| <b>SUN</b><br><b>12:00PM</b><br>90/O/H    | PATHWAYS TO RECOVERY AFG #30536933<br>Seattle U Student Ctr, 901 12th Ave, #122, Seattle<br>(Step Study) DIST 20  |
| <b>MON</b><br><b>12:00PM</b><br>90/O      | CAPITOL HILL AFG #64446<br>St. Mark's Cathedral, 1245 10th Ave E, Seattle<br>(Admin Entry/2nd floor conference room) DIST 20                              |
| <b>MON</b><br><b>12:00PM</b><br>60/O/H    | QUEEN ANNE MID DAY AFG #62081<br>First Free Methodist, 3200 3rd Ave W, Seattle<br>(Park in rear/North Entry/Signs to Glen Rm) DIST 20                     |
| <b>MON</b><br><b>12:05PM</b><br>45/O/H    | SERENITY REFRESHER AFG #47697<br>YMCA, 909 4th Ave, Seattle (In Chapel)<br>(In chapel/Feel free to bring lunch) DIST 20                                   |
| <b>MON</b><br><b>7:00PM</b><br>60/O/H     | MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177<br>Magnolia United Church of Christ,<br>3555 W McGraw St, Seattle (Upstairs) DIST 20                            |
| <b>TUES</b><br><b>7:00AM</b><br>60/O      | OPENING OUR HEARTS AFG <b>NEW LOCATION</b> #30614923<br>St Therese Parish House, 926 35th Ave, Seattle<br>(SE corner of 35th Ave E & E Marion St) DIST 20 |
| <b>TUES</b><br><b>7:00PM</b><br>75/O      | Unity on Union AFG <b>NEW LOCATION</b> #30592290<br>Church of the Good Shepherd, 2116 E Union St,<br>Seattle (Late: signal at downstairs window) DIST 20  |
| <b>TUES</b><br><b>7:30 PM</b><br>60/O     | DENNY PARK FAMILY AFG #27198<br>Denny Park Lutheran, 766 John St, Seattle<br>(Ring Bell for Entry) DIST 20  |
| <b>WED</b><br><b>8:00PM</b><br>75/O/AT/AA | QUEEN ANNE AFG #14319<br>Queen Anne Lutheran, 2400 8th Ave W, Seattle<br>DIST 20  |
| <b>THURS</b><br><b>7:00AM</b><br>90/O/FF  | FOCUS ON GRATITUDE AFG #30503143<br>Seattle U Student Ctr, 901 12th Ave #122, Seattle<br>(Jolly Rm-1st Floor/Street parking) DIST 20                      |
| <b>THURS</b><br><b>7:30PM</b><br>90/O/AC  | MADISON MADRONA AFG #46407<br>Epiphany Church, 1805 38th Ave, Seattle<br>(Upstairs/Parish Hall/Adult Child last Thurs) DIST 20                            |
| <b>FRI</b><br><b>8:00PM</b><br>60/H       | FRIDAY NIGHT LGBT AFG #14299<br>Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle<br>(LGBT's Meeting) DIST 20   |
| <b>SAT</b><br><b>10:30AM</b><br>60/O/H    | HOW IMPORTANT IS IT WOMEN AFG #30578357<br>2400 8th Ave W, Seattle<br>(Women's Meeting /McGraw St entry only/Upstairs)<br>DIST 20                         |

We Need Phone Volunteers! Please contact  
[phones@seattle-al-anon.org](mailto:phones@seattle-al-anon.org) to volunteer.

## NORTH ZONE

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

|  |   |
|--|---|
| <b>SUN</b><br><b>8:30AM</b><br>90/O/H/ASL  | SUNDAY AM FRESH START AFG #43260<br>UW Social Work, 4101 15th Ave NE #301, Seattle<br><b>(ASL available 1/26, 2/2, 2/16)</b> DIST 20      |
| <b>SUN</b><br><b>7:00PM</b><br>90/O/H      | BALLARD SUNDAY NITE AFG #14300<br>St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21                                    |
| <b>MON</b><br><b>7:00AM</b><br>60/O/H/AA   | HOPE FOR TODAY AFG #502461<br>St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed, & Fri) DIST 21                |
| <b>MON</b><br><b>4:30PM</b><br>60/O        | 3RD PLACE LITERATURE STUDY AFG #30518096<br>Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lake Forest Park DIST 22                   |
| <b>MON</b><br><b>7:00PM</b><br>90/O/H      | MEADOWDALE AFG #49029<br>St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22   |
| <b>MON</b><br><b>7:00PM</b><br>60/AA/H/O   | NO EXPECTATIONS WOMEN'S AFG<br>St. Paul's United Church of Christ, 6512 12th Ave W, Seattle <b>(NEW—1/2020: Women's Meeting)</b> DIST 21  |
| <b>MON</b><br><b>7:30PM</b><br>90/O/H/AA   | RICHMOND BEACH AFG #14320<br>Aurora Ch of Nazarene, 1900 N 175th St, Shoreline<br><b>(all meetings OPEN effective 1/2020)</b> DIST 22     |
| <b>MON</b><br><b>7:30PM</b><br>90/O/H      | SALMON BAY CANDLELIGHT AFG #41889<br>Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21 |
| <b>MON</b><br><b>7:30PM</b><br>90/O/H      | LAKE CITY MONDAY NIGHT AFG #44358<br>Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21                |
| <b>TUES</b><br><b>10:00AM</b><br>90/CH/B/H | HIGHLAND TUESDAY AFG #14311<br>St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery entry) DIST 21        |
| <b>TUES</b><br><b>11:30AM</b><br>60/O/H    | LYNNWOOD ALMOST NOON #30729969<br>Lynnwood Alano Club, 4001 198th SW Room B, Lynnwood <b>NEW MEETING</b> DIST 22                          |
| <b>TUES</b><br><b>7:30PM</b><br>75/O/H/AA  | VIEW RIDGE OPEN AFG #41334<br>Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear/Rear entrance) DIST 21                   |
| <b>TUES</b><br><b>7:30PM</b><br>90         | NORTH END MEN'S AFG #500659<br>St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22                         |
| <b>TUES</b><br><b>7:30PM</b><br>90/O/H/AT  | EDMONDS AFG #500668<br>Edmonds United Methodist, 828 Caspers St Edmonds DIST 22   |
| <b>WED</b><br><b>7:00AM</b><br>60/O/H/AA   | HOPE FOR TODAY AFG #502461<br>St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21                 |
| <b>WED</b><br><b>7:00PM</b><br>60/O/H/B    | FRIENDS AFG <b>NEW TIME</b> #30611010<br>North Seattle Friends, 7736 24th Ave NE, Seattle (Side bldg. N of church) DIST 21                |
| <b>WED</b><br><b>7:00PM</b><br>90/O/H      | SUNSET AFG #14327<br>Woodland Park Methodist, 302 N 78th St, Seattle (Enter at rear) DIST 21  |

|  |  |
|--|--|
| <b>WED</b><br><b>7:00PM</b><br>60/O      | WEDNESDAY BACK TO BASICS AFG #501477<br>Bethesda Lutheran, 23406 56th Ave W, Mountlake Terrace DIST 22                                       |
| <b>WED</b><br><b>7:00PM</b><br>75/O/H    | ALDERWOOD AFG #30623421<br>Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22  |
| <b>THURS</b><br><b>7:00PM</b><br>90/O/H  | TERRACE VIEW AFG #30760<br>Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22   |
| <b>THURS</b><br><b>7:30PM</b><br>60/O    | FREMONT AFG #30580844<br>Fremont Baptist, 717 N 36th St, Seattle (Meets in 1st floor lounge) DIST 20   |
| <b>FRI</b><br><b>7:00AM</b><br>60/O/H/AA | HOPE FOR TODAY AFG #502461<br>St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed, & Fri) DIST 21                   |
| <b>FRI</b><br><b>10:00AM</b><br>90       | HIGHLANDS FRIDAY AM AFG #32362<br>St Dunstan's Episcopal, 722 N 145th St, Shoreline (Enter from East side Parking Lot) DIST 21               |
| <b>FRI</b><br><b>7:00PM</b><br>60/O      | WOMEN'S FRIDAY WALLINGFORD AFG #30712924<br>Wallingford Presbyterian, 1414 N 42nd St, Seattle (Women's Meeting/Enter back of church) DIST 20 |
| <b>FRI</b><br><b>7:30PM</b><br>90/O/H    | SEATTLE MEN'S AFG #30582130<br>Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21                                  |
| <b>FRI</b><br><b>8:00PM</b><br>90/H/B    | TGIF AFG #14171<br>Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22  |
| <b>SAT</b><br><b>7:30PM</b><br>90/H      | SATURDAY AFG RECOVERY #42815<br>Sandpoint Community Ch, 4710 NE 70th St, Seattle (Enter on NE corner) DIST 21                                |

### ONCE A MONTH SPEAKER MEETINGS

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

**All Members and Guests are invited to attend the  
M.E.S.H. & H.E.A.R. Speaker Meetings.**

### PHONE NUMBERS

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

## SOUTH ZONE

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

|   |   |
|---|---|
| <b>SUN</b><br><b>6:00PM</b><br>90/B/H     | ENUMCLAW SUNDAY NITE AFG #53679<br>Hillside Community Church, 24015 SE 436th Way,<br>Enumclaw DIST 14                               |
| <b>SUN</b><br><b>7:30PM</b><br>90/H/AA    | AUBURN SUNDAY NIGHT AFG #14111<br>Holy Family Catholic Church, 505 17th St SE, Auburn<br>(Enter main church on 17th St SE) DIST 14  |
| <b>MON</b><br><b>10:30AM</b><br>90/H/AA   | MONDAY MORNING JUMP START AFG #63297<br>Zion Lutheran Church, 1305 17th St SE, Auburn<br>(Auburn Way at M St) DIST 14               |
| <b>MON</b><br><b>1:30PM</b><br>60/O/H     | MONDAY AT A TIME AFG #30597929<br>Highline United Methodist, 13015 1st Ave S, Burien<br>DIST 18                                     |
| <b>MON</b><br><b>6:30PM</b><br>90/O/H     | SALTWATER AFG #30512485<br>Saltwater Unitarian-Universalist, 25701 14th Pl S,<br>Des Moines (Meets in Church Office) DIST 14        |
| <b>MON</b><br><b>7:00PM</b><br>90/O/AA    | JUST FOR TODAY AFG #30512114<br>Brooklake Community Church, 629 S 356th St,<br>Federal Way DIST 14                                  |
| <b>MON</b><br><b>7:00PM</b><br>90/O/H     | BURIEN TURNING POINT AFG #49260<br>St Elizabeth's Episcopal, 1005 SW 152nd St, Burien<br>(Speaker on 5th Monday) DIST 18            |
| <b>MON</b><br><b>7:00PM</b><br>90/O       | RENTON MONDAY NITE AFG #50914<br>Pritchard Hall, 99 Wells Ave S, Renton<br>DIST 17  |
| <b>TUES</b><br><b>10:00AM</b><br>90/O/H   | RENTON TUESDAY MORNING AFG #14290<br>First United Methodist, 2201 NE 4th St, Renton<br>(Lower lot and entrance) DIST 17             |
| <b>TUES</b><br><b>12:30 PM</b><br>75/O/H  | TUESDAY REBOOT AFG #30619812<br>Fauntleroy Church, 9140 California Ave SW, Seattle<br>(Meets in Library) DIST 19                    |
| <b>TUES</b><br><b>7:00PM</b><br>90/O      | TUESDAY NITE LIVING THE LEGACIES AFG #30629713<br>Pritchard Hall, 99 Wells Ave S, Renton<br>DIST 17                                 |
| <b>TUES</b><br><b>7:00PM</b><br>60/O/H/AA | STEPS TO SERENITY AFG #65354<br>Des Moines Methodist, 22225 9th Ave S,<br>Des Moines DIST 18  |
| <b>TUES</b><br><b>7:00PM</b><br>90/O      | PARENTS AND FRIENDS AFG #30543700<br>St Matthew Episcopal, 123 L St NE, Auburn<br>(Parent-Focused Meeting) DIST 14                  |
| <b>WED</b><br><b>10:30AM</b><br>90/CH     | WEDNESDAY MORNING SUNSHINE AFG #25474<br>Light of Christ Lutheran Church, 2400 SW 344th St,<br>Federal Way (Free Childcare) DIST 14 |
| <b>WED</b><br><b>1:30PM</b><br>60/O/H     | LET IT BEGIN WITH ME AFG #30600898<br>Highline United Methodist, 13015 1st Ave S, Burien<br>(Use side entrance/basement) DIST 18    |
| <b>WED</b><br><b>7:00PM</b><br>90/O/H     | MAPLE VALLEY WEDNESDAY NIGHT AFG #62618<br>Light of Life Lutheran Church, 28505 216th Ave SE,<br>Covington (Behind church) DIST 17  |
| <b>WED</b><br><b>7:00PM</b><br>90/O/H     | EXPERIENCE, STRENGTH, HOPE AFG #30519364<br>Fairwood United Methodist, 15255 SE Fairwood Blvd,<br>Renton DIST 17                    |

|   |  |
|---|--|
| <b>WED</b><br><b>7:00PM</b><br>90/O       | COURAGE TO CHANGE AFG #62852<br>Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle<br>(Speaker 4th Wednesday) DIST 19                                |
| <b>WED</b><br><b>7:30PM</b><br>90/H/AT/AA | AUBURN WEDNESDAY NIGHT AFG #14109<br>Zion Lutheran Church, 1305 17th St SE, Auburn<br>(Auburn Way at M St) DIST 14                                     |
| <b>THUR</b><br><b>12:30PM</b><br>90/H     | SOUND SERENITY AFG #45476<br>Grace Lutheran, 22975 24th Ave S, Des Moines<br>(Side door at north of church) DIST 18                                    |
| <b>THUR</b><br><b>6:30PM</b><br>90/CH/H   | W SEATTLE WOMEN LIVING IN FOCUS AFG #44646<br>Fauntleroy Church, 9140 California Ave SW, Seattle<br>(Childcare/Women's Meeting) DIST 19                |
| <b>THUR</b><br><b>7:30PM</b><br>90/O      | RENTON THURSDAY NIGHT AFG #14286<br>Pritchard Hall, 99 Wells Ave S, Renton<br>DIST 17  |
| <b>FRI</b><br><b>10:30AM</b><br>90/H/AA   | AUBURN FRIDAY MORNING AFG #23848<br>Zion Lutheran Church, 1305 17th St SE, Auburn<br>(Auburn Way at M St) DIST 14                                      |
| <b>FRI</b><br><b>7:30PM</b><br>90/O/H     | BURIEN FRIDAY NIGHT AFG #14302<br>St Elizabeth's Episcopal, 1005 SW 152nd St, Burien<br>DIST 18  |
| <b>FRI</b><br><b>7:30PM</b><br>90/O/H     | KENT ALL MEN'S AFG #14217<br>Holy Spirit Church, 327 2nd Ave S, Kent<br>(Men's Meeting/Library/enter in back) DIST 14                                  |
| <b>SAT</b><br><b>8:30AM</b><br>90/O/CH/H  | WEST SEATTLE SATURDAY MORNING AFG #37671<br>St John's Episc, 3050 California Ave, Parish Hall,<br>Seattle (Childcare/Enter 42nd/Park W Sea Hi) DIST 19 |
| <b>SAT</b><br><b>9:00AM</b><br>90/O/B     | CHANGING ATTITUDES AFG #53678<br>Wayside Church of Christ, 2000 SW Dash Point Rd,<br>Federal Way DIST 14   |
| <b>SAT</b><br><b>9:30AM</b><br>90/O       | SATURDAY MORNING OPEN BREAKFAST AFG #66395<br>Trotter's Family Restaurant, 825 Harvey Rd, Auburn<br>DIST 14  |
| <b>SAT</b><br><b>10:00AM</b><br>90/O/H    | UPWARD BOUND AGAIN AFG #14331<br>Genesis Global Spirituality, 233 S 156th St, Burien<br>DIST 18  |
| <b>SAT</b><br><b>10:00AM</b><br>90/O/H    | EXPECT A MIRACLE AFG #14216<br>Kent United Methodist Church, 11010 SE 248th St,<br>Kent DIST 14  |
| <b>SAT</b><br><b>10:00AM</b><br>90/O      | RENTON FOURTH STEP STUDY GROUP AFG #61102<br>Pritchard Hall, 99 Wells Ave S, Renton<br>DIST 17   |
| <b>SAT</b><br><b>10:30AM</b><br>90/H      | RENTON SATURDAY MORNING AFG #37673<br>Valley Church, 16431 SE Renton-Issaquah Rd, Renton<br>(Downstairs/Follow Signs) DIST 17                          |

## VASHON ISLAND MEETINGS

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

## EAST ZONE

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

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

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

### ALATEEN MEETINGS

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

|  |   |
|--|---|
| <b>MON</b><br><b>7:00PM</b><br>60/H/AA     | WEST SEATTLE ALATEEN #30708853<br>Tibbetts United Methodist, 3940 41st Ave SW, Seattle (Ages 13-18) <b>Pizza 2nd Mondays</b><br>DIST 19 |
| <b>TUES</b><br><b>7:30PM</b><br>90/AL      | EDMONDS ALATEEN SERENITY FOR YOUTH<br>Edmonds United Methodist, 828 Caspers St, #113, Edmonds (Ages 12-19) #30639096<br>DIST 22         |
| <b>WED</b><br><b>8:00PM</b><br>75/AL/AA    | COURAGE TO BE ME ALATEEN #30600318<br>Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20)<br>DIST 20                              |
| <b>THUR</b><br><b>7:30PM</b><br>90/H/AL/AA | LAKE HILLS ALATEEN #14119<br>St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20)<br>DIST 16                 |
| <b>SAT</b><br><b>10:30AM</b><br>60/H/AL    | RECOVERY IS FOR EVERYBODY ALATEEN #30728705<br>Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-18)<br>DIST 20                     |

### CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

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

**AIS Office and Literature Distribution Center  
509 10th Ave E, Seattle WA 98102**

**MAILING ADDRESS:  
505 Broadway E #400, Seattle WA 98102  
Open Thursdays from 9:30AM - 3:30PM**