



the bits newsletter

Seattle Al-Anon Information Service

[WELCOME NEWCOMER!](#)

[FIND A MEETING](#)

March 2021

Lois W: Our Favorite Stories of the Birthday Girl

by AIS Council and Board Members

When our co-founder, Lois W, passed away in 1988, there was an emotional tidal wave showing support and love for the woman who has helped so many of us. *The Forum* magazine had [a tribute to her](#), the WSO newsletter at the time (*Inside Al-Anon*) had a full issue dedicated to her, and I'm certain our own Bits newsletter had a glowing review of her life (still looking for that issue). She was, by all accounts, a lovely person and admired human being. She even had an obituary in the [NY Times](#), which not everyone gets, and was an important symbol in our culture.

For a long time, Seattle AIS has celebrated her birthday on or near March 4th. Because we cannot come together at this time, I felt it would be interesting to ask the Seattle AIS Board and Council members about their favorite memories they may have had about Lois W or a story they had heard or hold special about Lois W. Please find their responses below.



Helen V (AIS Vice-Chair): I think this a wonderful expression of Lois's burning bush that we need to focus on ourselves. "One Sunday, Bill asked me if I was ready to go to the meeting with him. To my own astonishment as well as his, I burst forth with, 'Damn your old meetings!' and threw a shoe as hard as I could.

This surprising display of temper over nothing pulled me up short and made me start to analyze my own attitudes. By degrees I saw that I had been wallowing in self-pity, that I resented the fact that ... I was left alone while he was off somewhere scouting up new drunks or working with old ones. I felt on the outside of a very tight little clique of alcoholics that no mere wife could enter.... My life's purpose of sobering up Bill, which made me feel desperately needed, had vanished.... I decided to strive for my own spiritual growth (*How Al-Anon Works for Families and Friends of Alcoholics*, pp. 153-154).

I'm studying the Concepts and just found a terrific quote from Lois W. "... As our cofounder Lois W said, 'I don't think there is a spiritual part of the program. I think Al-Anon is a spiritual program. Every activity can have a spiritual motive'" (p. 139, "Concept Eleven" in *How Al-Anon Works* (c) 2008).

Eliza D (AIS Chair): We don't have Lois W to see these days at our Zoom meetings. She died the year I started in Al-Anon, and many persons who knew her had gone as well. I never met her. I was born the year she started applying AA Steps and Traditions to a 12-step program for family members and friends of alcoholics.

My earliest introduction to Lois's story was in her autobiography, *Lois Remembers*, a conference-approved book. I used to read it in the AIS Office after a volunteer shift. I couldn't relate to their enjoyment of camping as their first "home" experience until later, when I realized that they were actually living the slogan "Keep It Simple." It took me years of being in the program before realizing how desirable it was to practice keeping it simple. Our steps, slogans, and traditions come from their life experiences with one another and with those who suffered from the disease of alcoholism and the fellowship they shared with the family members and friends of alcoholics.

There is so much I still can learn about Lois W, the wonderful co-founder of Al-Anon. I searched on Wikipedia and learned her father was a doctor and her grandfather was a pastor. She grew up in the Friends Church in Vermont. She grew up nurtured by folks who believe living in peace was the only way to live. I admire that. She was 4 years older than Bill W, her husband. I learned that she had artistic talent and worked for a time as an interior decorator.

But, the best thing I know about Lois W is that I can see her now, reflected in the faces of all the women I have met in the meeting rooms of Al-Anon. We all have shared the fear, the shame, and the worry of living with an alcoholic, and we have all learned that we can support each other by sharing our experience, strength, and hope, as has been practiced by Lois W and many others in this wonderful program.

Teresa H (Events Editor): Over the years, Lois and Bill W spent a lot of time hiking. She describes it as "a life-long habit." "When we were tired or unable to solve some problem, we would go off by ourselves in the woods or occasionally to the sea." I also love to hike and to spend time at the sea as they did. I have so much more clarity when I feel closer to nature. Lois W did not let what others thought of her deter her from hiking. She wore "knickerbockers" while hiking which was not what a proper woman wore in 1919, and so was an object of "curiosity shown by staring adults and giggling youngsters." What a great example of "what others think of me is none of my business" and of "Q-Tip, Quit Taking It Personally."

Chéré F (Communications Coordinator): A quote from Lois W that I have heard often over the years: "Focus on what you can do, then do it with all your heart." Her tireless efforts and vision made Al-Anon the strong organization it is today and are the reasons why it continues to attract members through its message of hope and healing. She shared in a recorded talk that "Al-Anon got started and has grown at a simply remarkable speed; of course it had AA to break the path, cut the brush, and so the trail was very much easier to follow. But nevertheless, we feel that it's been just remarkable." Lois was our trailblazer, creating a path for generations to follow. I believe she was just truly remarkable.

Roxanne T (Former Secretary): My favorite quotes from Lois W are: "I believe people are good if you give them half a chance and that good is more powerful than evil." and "The world seems to me excruciatingly, almost painfully beautiful to me at times, and the goodness and kindness of people often exceeds that which even I expect."

Both of these quotes are on the Stepping Stones website. It is a wonderful website, and it gives insight into Lois's life and her home, including great photos of Stepping Stones.

Linda H (Former Treasurer): The only Lois's Birthday event I've participated in was the one AIS hosted in February 2020. It was lovely to share dinner with Al-Anon friends from around Seattle, learn more about Lois and hear speakers without any concern about fundraising. As it turned out, the 7th Tradition collection almost covered the cost of the event. The memory grew sweeter when it turned out to be our last opportunity to socialize with Al-Anon friends as everything shut down about two weeks later.

Eric G (Newsletter Editor and Archives Coordinator): What I love about her most is her resilience and warm heart. What I haven't heard here yet is the story of the Swedish Ivy (Creeping Charlie) plant that she brought home from the hospital after Bill W passed away. Cuttings of the plant were shared many times over, in Bill's memory. Both AA and Al-Anon members all over the world have a derivative of this plant. Even in our AIS office can be found a derivative of this plant. The plant is easy to care for and a very strong plant.

Anonymous Phone Volunteer: "Most people come to Al-Anon meetings to get the alcoholic in their lives sober and are shocked to learn they themselves need to change. It is sometimes harder for them to recognize that they are part of the problem than it is for drinkers to admit their own alcoholism" (from *Lois Remembers*, p. 190).

My experience attending many Al-Anon meetings completely supports this opinion. I, luckily, was one of the few who knew that I had no way to change the alcoholic's opinion, and my quest was for personal recovery. But I did not understand what I had to learn for my own sake, and I thank Al-Anon members for gently putting up with my ignorance until I gradually found what worked for me.

You Can Get Anything You Want ... at Al-Anon's Restaurant

by Teresa H

WA Area's 2021 Outreach Project is asking EVERY Group to have an Outreach Coordinator. The WA Area Outreach Coordinator and their advisory committee developed a flyer as a call to Groups to have an Outreach position within their Group. They also produced a menu of possible Outreach projects. It is a real menu like an old-fashioned diner menu. Please check it out. The menu offers

Appetizers, Main Courses, and Desserts depending on how much energy the Group chooses to expend. On the flyer is a reminder to check with your DR and, for Groups in our AIS area, with AIS Outreach to coordinate the project so that duplication of efforts, confusion, and double-headed management can be avoided.

A volunteer from the AIS Outreach Committee will happily attend any virtual District or Group meeting to explain the menu items and coordinate those efforts with other service arms, including AIS. If interested, please email outreach@seattle-al-anon.org.

WA Area OUTREACH PROJECT 2021
NO CONTACT OPTIONS PANDEMIC APPROVED

A Public Outreach Coordinator in Each Al-Anon & Alateen Group

SPREAD THE WORD
District Reps, please share these with your groups.

CREATE & FILL THE POSITION
Group Reps, if you don't already have one, please introduce the idea of adding this service position to your Group's service positions at your business meeting.
If no one steps up, please consider asking members individually if you think they might be a good fit to serve in this way.

CHOOSE A PUBLIC OUTREACH PROJECT
Once someone steps up to be the Group's Public Outreach Coordinator:

- 2021 Check out the Outreach Take-Out Menu for outreach ideas and choose one or two options with your group.
- 2021 Remember the links of service. This means communicating with your District Outreach Coordinator or District Rep to make sure another Group has not already committed to the project(s).
- 2021 Another option is for the Group Outreach Coordinator to coordinate your Group efforts by supporting the District Outreach project selected by the District.
- 2021 Then it's asking Group members to join in this outreach project. This can lead to great fun while doing 12th Step work together!

FOR FURTHER INFORMATION, PLEASE CONTACT OUTREACH@WA-AL-ANON.ORG

WA Area OUTREACH TAKE-OUT MENU
NO CONTACT OPTIONS PANDEMIC APPROVED

APPETIZERS

- UPDATE MEETING INFORMATION**
Go on WA Area and District websites to ensure that meeting info is current and complete.
- CONTACT PROFESSIONALS**
Members agree to provide information to just one professional such as their own therapist or doctor.
- SHARE SOCIAL MEDIA POSTS**
Group members who are on social media platforms agree to share WSO posts that they like.
- POST FLYERS OF MEETINGS IN DISTRICT**
Create an attractive flyer for members to print and place in public places they visit such as grocery stores.

FOR MORE OPTIONS AND FOR DETAILS ON ANY OF THESE MENU ITEMS, PLEASE CONTACT THE HOST (WA AREA OUTREACH COORDINATOR) OUTREACH@WA-AL-ANON.ORG

DESSERTS

- PROVIDE AFA MAGAZINES**
Purchase and send (with permission) *Al-Anon Faces Alcoholism* magazines to any local shelter.
- BORROW AREA RETRACTABLE BANNERS**
Borrow and place the WA Area retractable banners in a public place such as hospital and court lobbies.
- DONATE LITERATURE**
Purchase and send (with permission) Conference-Approved Literature to local treatment centers.

MAIN COURSE

- PROVIDE AN INFORMATION MEETING**
Create an online meeting for newcomers, professionals, or the general community.
- PROVIDE A MEETING ON WHEELS**
Members take a virtual meeting to a behavioral health agency such as a treatment center or institution.
- RUN A DIGITAL AD CAMPAIGN**
District buys a digital programmatic awareness campaign targeting local audiences such as professionals.
- RENT AD SPACE ON BUSES**
District rents space on the outside of public transportation vehicles.
- RENT BILLBOARDS**
District rents billboard ad space along highways.
- PURCHASE AD SPACE AT AIRPORTS**
District or Group rents ad space at transportation hubs such as airports, bus/train stations, and ferry terminals.
- PURCHASE RETRACTABLE BANNERS**
District or Group buys and places them in lobbies of medical or other public facilities.
- PROVIDE INFO FOR DISCHARGE PACKETS**
Arrange with detox and rehab providers to have Al-Anon materials added to discharge packets.
- PLACE A NEWSPAPER AD**
Place an ad in your local or neighborhood newspaper, either paid or free.
- CONTACT LOCAL MEDIA OUTLETS**
Contact and provide a feature article provided by WA Area Outreach to local media newstrooms.

Easy Does It

by Fawn B

I first heard the AA/Al-Anon slogans at age 17 when my mom made her first serious attempt at sobriety. Until then, our lives were characterized by crisis, reactivity, parties, fights, neglect, and indulgence. Abruptly, much of that was replaced with AA members coming and going, Grapevines, lots of coffee, and sayings like, “One Day at a Time,” “Let Go and Let God,” and “Easy Does It.” I was suspicious. Silly sayings were for fairy tales.

I had learned a way of living familiar to many of us. Alcoholism taught me to be wary and watchful. I saw the world through a lens of mistrust. Adults were scary. Kids were wild, and God was just an accompaniment to 4-letter words. Life required strategies to discern the truth, stave off danger, and survive. There was no “letting go,” no “letting God,” and certainly nothing easy about it.



The attitudes and behaviors I learned in my early life continued long into my adulthood. I recreated situations where I knew the rules and how to be. It was familiar and painful. So, I changed jobs. I changed partners. I tried to change others. But I didn’t change me. At least, not until recovery.

In the slow, gentle process of Al-Anon, I looked honestly at myself. I saw how much I tried to control everything. I grasped the depth of my fears. I had hurt others with my strategies. And, I had hurt myself. I was ready to do it differently. I knew I had to change my thinking and my worldview. I wanted a life of serenity, harmony, and love. Part of my recovery was to revisit the slogans I had seen decades earlier. This time I wasn’t suspicious. I embraced their wisdom. I believed in their transformative ability.

It’s not easy turning a mantra of mistrust into a belief that I can “Let Go and Let God,” or that “Progress Not Perfection” applies to me. It takes patience, persistence, and support. In the process, I’ve been especially fond of the slogan “Easy Does It.” I see it less as a command and more of a reminder that I’m worthy. It’s like a loving elder gently saying, “There, there. It’s all going to be okay. You can slow down, relax, take a load off. You deserve ease.”

I recently experienced several weeks of high demands. I sensed the old, familiar over-responsibility. I began feeling burdened and rushed. So, I took out a sticky note and wrote in big blue letters “Easy Does It.” I posted it where I could see it throughout the day. Each time I looked at it, I saw the gentle reminder to slow down and take it easy. I absorbed the simple wisdom. I calmed down and felt better. Today, because of recovery, I don’t have to do it the old way, the hard way. I’m not a prisoner of my past. I, too, can have ease and serenity thanks to Al-Anon and the slogans.

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.

Burien Little Assembly
March 13, 2021
Noon to 6pm
2021 Theme
Recovery, Unity, and Service
in a Changing World:
Inform ~ Communicate
Involve ~ Act
Inspire ~ Attract

Please register in advance via <http://www.burienlittleassembly.org/register.html>
Pre-registrants, both AA and Al-Anon members, will receive their links a few days before the event.
Registering the day of BLA is possible but waiting may limit your timely access.
Sponsored by Districts 14-18, 31-33, 54, and the Greater Seattle Intergroup (GSIG).
7th Tradition contributions may be made to 2021BLA7th@gmail.com on Venmo.

AA Workshops

Room 1
12:15 Recovery presented by Empire Way
1:30 Unity presented by Danut Dunkers
2:45 Service presented by Serenity Now

Room 2
12:15 Inform ~ Communicate presented by Principles Before Personalities
1:30 Involve ~ Act presented by Grupo Regla 67 (in Spanish with English translation)
2:45 Inspire ~ Attract presented by Dawn Patrol

Al-Anon Workshops

Al-Anon Room
12:15 Sexuality
1:30 Lies
2:45 Love

Event Schedule

11:30	Technical Support
12:00	Welcome
12:15	Workshops and panels
1:15	Break
1:30	Workshops and panels
2:30	Break
2:45	Workshops and panels
3:45	Sobriety Countdown
4:00	Al-Anon Speaker: Gordy B
4:45	Break
5:00	AA Speaker: Wakefield
5:45	Closing

Throughout the day, 12:15 - 3:45 pm, please visit the Hospitality room for Archives presentation and panels by the Greater Seattle Intergroup (GSIG) Treatment and PI/CPC Committees.

Don't forget to prepare some food. It's gonna be a long day of recovery.
This event will be fully self-supporting. 7th Tradition will be observed.
Send questions to 2021blachair@gmail.com or visit www.burienlittleassembly.org.



AIS Council Meeting

Thursday, March 11th, 730p - 9p

Electronic Meeting

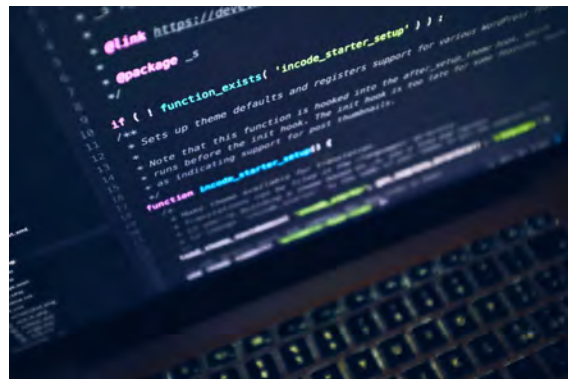
Join Zoom Meeting: [Click Here](#)
Meeting ID: 839 6957 0120
Passcode: 001086

The AIS Council Meeting is the business meeting for the Greater Seattle Al-Anon Information Service. Each Group has a vote and is encouraged to send a representative. All Al-Anon members are invited to attend.

AIS Open Position: Web Editor

by Eric G

An essential service position within Seattle AIS (Al-Anon Information Service) is open and waiting for just the right person. The web editor position implies good communication skills, attention to detail, and the ability to work well with others. As members under the Communications umbrella (Communications Coordinator, Events Editor, Newsletter Editor, Meeting Directory Editor, and Web Editor), we work together to adhere to [Al-Anon traditions](#) while following our website guidelines. Other editors maintain the Bits web pages and the Events pages, while the web editor would be responsible for our "static" pages. The involvement of the other editors greatly reduces the time required for updating.



To keep abreast of what is happening within AIS, Council/Board meeting attendance is encouraged.

For a complete listing of job duties from the Seattle AIS By-Laws, see below:

**Act as webmaster for the AIS website.*

**Maintain the site on a platform that does not require special web skills so the position can be easily passed on to the next Editor.*

**Publish content, maintain continuity of themes, design layout, and streamline navigation of the site.*

**Keep the site up to date by ensuring that content is current, engaging, and accurate.*

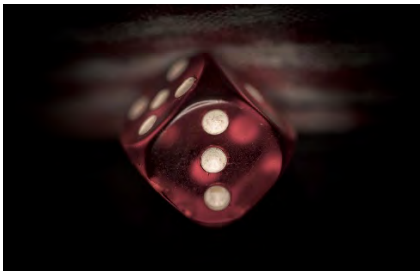
**Ensure that questions sent to the webmaster by members are answered promptly.*

**Keep search engine information up to date to ensure that users find our site and get accurate AIS information.*

The website that we use also provides guidance [here](#).

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.

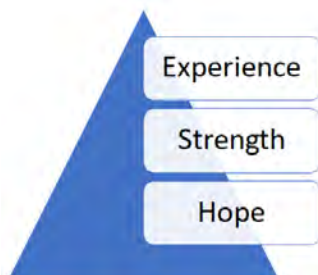


Free Shipping Extended (again)!

We are excited to help our members (within Districts 14-22) during this difficult time. We are continuing our sale until MARCH 31st. Free shipping and no WSO surcharge for orders that are placed and paid online. We will strive to ship orders by the Thursday after payment is received. Literature order forms are available at <https://www.seattle-al-anon.org/literature.html>. For easy processing, follow the instructions on the literature order forms and email LDC@seattle-al-anon.org. The office will remain closed until further notice.

WA Area Group Representative Workshops

Wednesdays 6:00pm – 7:00pm, Oct. 7, 2020 thru March 31, 2021



Zoom: ID 652 405 746 | Passcode 920990

Not just for Group Representatives....EVERY member is WELCOME to attend!

March 3rd, As the Group Turns

March 10th, What is our responsibility at an Assembly?

March 17th, What to expect at Assembly

March 24th, Assembly Guidelines/Voting Procedures

March 31st, Questions about motions, reports etc!

Presented by: Melissa M., WA Area Alternate Delegate Panel 59



Out of the Toolbox

by BITS Columnist Callie D.



Embrace the Unmanageability

The first time I heard Step One, I felt strangely relieved. “We admitted we were powerless over alcohol—that our lives had become unmanageable.” Wow! It’s really okay to admit that?! And to say it out loud and in public?! Over time, the second part was especially transformative for me. When I first heard Step One, I was in an Al-Anon meeting, and I didn’t know what I didn’t know.

I was in a codependent vise, mostly exploitative relationships, and I was trying to please work, church, family, friends, former spouse, and God. No matter what I did, I could never measure up to what people wanted from me or to the critical and perfectionistic voices in my head. “My life had become Unmanageable,” and I didn’t even recognize it! At one point, I suffered debilitating panic attacks and nearly became agoraphobic.

I grew up encased in chaos, double standards, and arbitrary rules and punishments. One never knew where the insanity and inconsistencies would manifest, but it was generally an ambush. When people are at different levels of intoxication and moods are swinging like a malevolent pendulum, kids adapt the best they can. They “manage” the dysfunction they were born into, usually with defense mechanisms, to survive their perilous environments.

As I have traveled along this road of recovery, I have become more attuned to “disturbances in the Force” (Obi-Wan). At first, unmanageability was rather catastrophic as it was cloaked in deep denial and codependency. With big unmanageability, I find my Higher Power allows things to break down, including relationships, sanity, health, and cars. (Yes, in my experience, cars!) The more I fight reality and cling to magical thinking and reinforced efforts, the more unmanageable my life becomes. As the alcoholic spins out of control with lots of acting out and increased health risks, I find myself living within the incarcerating, seemingly impermeable, walls of unmanageability.

Sometimes I have to crash into the wall of denial to come to my senses. Over time, I have learned to embrace unmanageability as an advocate for my sanity and serenity. I believe it is important to catch those twinges of overwhelm and uncomfortableness early, to check my thought patterns for “stinking thinking.” I may have a worry loop incessantly swirling around up there. Or I’m fretfully future casting or digging in the graveyard of the past. If I can bring my concerns to my Higher Power and let go of what is not mine to handle, life seems a lot more manageable—one day at a time.

Are You a Photographer?

The newsletter is looking for new and interesting local photographs to use in each issue! If you’d like your photo considered for use in our next issue, please email it to newslettereditor@seattle-al-anon.org



Enjoy Talking on the Phone or Sleeping on the Job?

Seattle Al-Anon Information Service (AIS) Is Looking for Phone Volunteers!

Shifts are available 7 days a week in 3-hour intervals starting at 7am during the day, and at night there is one shift starting at 10:30pm, which goes until 7am.



The focus is to answer questions about Al-Anon and Alateen’s meeting times and Zoom availability, to give hope to people whose lives may be affected by someone else’s drinking, and to help others reach the appropriate source of help.

A manual is provided with resource numbers and helpful suggestions on maintaining anonymity and talking to people in distress.

FOR INFORMATION, PLEASE CONTACT phones@seattle-al-anon.org

March Forth into Service

by Christa A, Senior Group Services Specialist
The Forum, March 2021

Al-Anon Family Groups’ cofounder, Lois W., would be celebrating her 130th birthday on March 4, 2021. One of her familiar quotations is, “It takes only one person to start something, but many others to carry it out.” With our Legacies—the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service—we are well-guided to continue to “carry it out.”



After Lois died in 1988, the Board of Trustees approved “March 4th into Service” as the 1989 World Service Conference theme. Affectionately describing the act of supporting the fellowship through service, “March Forth” became encouragement to step up to service. But different members “March Forth” in different ways. Some group service positions don’t feel like service at all—putting out chairs, displaying Conference Approved Literature, or welcoming members.

Other times, though, a bit of creativity is needed in meeting the needs of the group. Electronic Meetings may have use of a helping hand—managing technical features, staying on before or after the meeting to give a personal welcome to newcomers, or sharing resources for literature.

My own path to service was somewhat reluctant at first. Certain that other members would ensure the Al-Anon program’s future by doing all the work, I was content to stay on the sidelines, plodding along in my recovery. Eventually, I stepped into service simply to spend more time with others who were in recovery by attending District and Area meetings. Little did I know that it would help break down my walls of isolation, self-reliance, and insecurity. Members from other places welcomed and valued my input and helped me broaden my understanding of our Legacies. As I began to acknowledge the incredible improvement in my life that was so affected by alcoholism, I felt a greater need to carry Al-Anon’s message of help and hope in any way I could.

As a Senior Group Services Specialist at the World Service Office, I hear firsthand how members embrace

service and “March Forth” with courage and care. Many have displayed the courage to help others be obedient to the unenforceable and provide care to keep the program clear and consistent. Some members take their time to step into service, while others jump right in. No matter how, when, or why we get involved, we know that we can “March Forth” together.


Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

The Events Editor Presents: The Wednesday Workshop Series

by Teresa H

Every Wednesday evening through the end of March, WA Area District 13 works through a chapter of our Al-Anon book, *How Al-Anon Works for Families and Friends of Alcoholics*. This book is the text for Al-Anon Family Groups. In 90 minutes, the chapter is read aloud by members, and then speakers share on topics from that particular chapter before opening it up to member shares.

Last Wednesday, I attended for the first time and was astounded to find 237 members in attendance. There were members from around the U.S. as well as attendees from other countries. The three speakers were from California, Massachusetts, and Seattle. This is one of the wonderful things about these online workshops. There are no geographic boundaries which equate to lots and lots of experience, strength, and hope from a wide variety of members.



Wednesday Workshop Series
Hosted by WA Area - District 13

How Al-Anon Works
For Families and Friends of Alcoholics

Wednesday 6:00-7:30 pm PST
Zoom Meeting ID: 387 493 608
Passcode: 123456

Dial by your location

+1 253 215 8782 US (Tacoma)	+1 312 626 6799 US (Chicago)
+1 346 248 7799 US (Houston)	+1 646 859 8606 US (New York)
+1 659 900 6833 US (San Jose)	+1 301 715 8702 US (Germantown)

Jan. 6 th	Understanding Ourselves and Alcoholism *Changing Our Focus *Life *Living with Sobriety
Jan. 13 th	Become Aware *Recognizing Alcoholism *Dealing with Reality *Seeking Solutions
Jan. 20 th	The Family Disease *Part 1: Why *Recognizing our Options *Changing Our Past
Jan. 27 th	Breaking Our Isolation *Sponsorship *Literature *Benefits of Friendship
Feb. 3 rd	Twelve Steps - Practical Tools for Change
Feb. 10 th	The Al-Anon Slogans
Feb. 17 th	Changed Attitudes *Cynicism *Perpetuation *Power of Attitude
Feb. 24 th	Definiteness, Love & Forgiveness *Personal Boundaries *Detachment *Anger/Resentment
March 3 rd	Taking Care of Ourselves *Physical, Mental, Emotional & Spiritual Health *Building Self-Esteem
March 10 th	Communication *Bridging Old Patterns *Honesty *Control
March 17 th	Service - Putting Love into Action *Unconditional Love *Connecting with Others *Gifts of Service
March 24 th	Traditions *Anchors for Working, Living and Growing Together
March 31 st	Concepts of Service *Learning and Growing as We Carry the Message

Finding the willingness to admit that we need help can be one of the greatest challenges we ever face, but it can also be one of the most rewarding... we open a door to unlimited possibilities for change, for hope, and for a happier and richer life.

From the Archives

by Eric G

As the new Archives Coordinator, I wanted to update all those wanting to hear some details on our archives collection. After relocating from the downtown Seattle Vance Building, we’ve had a small archives space in our main office room at the All Pilgrims Christian Church. The archives area consists of a small shelf filled with about 100 cassette tapes and CDs, a dozen VHS tapes, and back issues of the Forum, Bits, and WSO newsletters. Also, there is plenty of interesting pamphlets that are no longer in print. I hope to feature some of them in upcoming issues of the Bits.



The office just received a collection of our history from the previous Archivist. I will comb through all of it, sort it out, and consider how to display it properly. I hope to obtain a nice glass case or two to feature various treasures. As I describe what I want in a display case: I hope that when visitors view the cases, they already know what’s inside. Finding the right case so far has been challenging, as shopping for an item like this during COVID feels sort of like an unnecessary thing to do, but I will continue to keep an eye out. However, if any reader has a display case or bookcase they want to donate to the office, please contact me at archives@seattle-al-anon.org

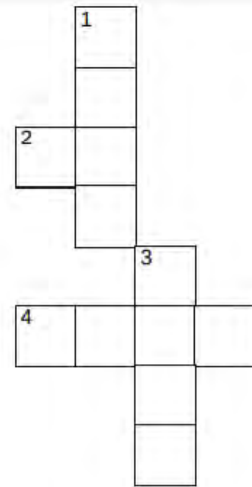
With a history degree and aspirations of becoming a librarian, I want to thank you for the opportunity to serve.



Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Al-Anon Slogan Crossword



ACROSS

- 2 ___ apple a day keeps the bully away, if you throw hard enough
4 As one door closes another one ___s

DOWN

- 1 I told the doctor I didn't want brain surgery. But she changed my ___
3 If you ___ sticking to your guns, then hot glue may not be for you

Al-Anon Mailbag

Mike G from Edmonds WA asks, "How do I start a new Al-Anon group?"

A: Wow, I've never been asked this before. I had to look this one up. According to the Al-Anon Service Manual, "if there is no Al-Anon Group in your community, you may start one, along with one or two other people who need and want Al-Anon's help. Any two or more relatives or friends of alcoholics who meet to solve their common problems may call themselves an Al-



Anon group, provided they have no other affiliation as a group. For more information, see the guidelines *Starting an Al-Anon Group* (G-12), *Starting an Alateen Group* (G-19), and/or contact the World Service Office or national service structure (p. 28).

The Motions to Be Voted on at Pre-Con 2021

WA Area Pre-Conference March 26-28, 2021 [via Zoom](#)

March 26 @ 7:00 pm - March 28 @ 12:00 pm

All are welcome to attend and have a voice, but only Group Representatives have a vote.

Motion: Washington Area shall amend its Bylaws such that, at the end of each calendar year, WA Area AFG will set aside 50% of the money above the Ample Reserve (formerly Prudent Reserve), defined as the excess funds, for Area projects while sending the other 50% to WSO. The excess funds will be spent on WA Area Outreach, Alateen, operational or on other WA Area special projects (See Appendix 1 for Sample Project List).

Each year, the WA Area Chair will appoint an advisory committee of up to 7 members to include the Chair and Delegate to determine how to spend the excess funds during the new year. If any excess funds remain unspent during the new year, those funds will return to the Area.

Motion: To rescind the 2006 Pre-Con motion requiring \$5 for an electronic subscription to the Washington Wanderings Newsletter.

Motion: District Boundary modifications.

Motion: Eliminate the line item in the WA Area Al-Anon Family Group budget that provides funding or reimbursement for past WA Area Delegates or past Trustees from WA Area to attend any Assembly, AWSC, or Al-Anon/Alateen event.

Motion: To amend the WA Area AFG Bylaws Article 5, section 1 to state, Officers... “are elected for a three-year term from Area Officers, Area Coordinators, and District Representatives, past or present.

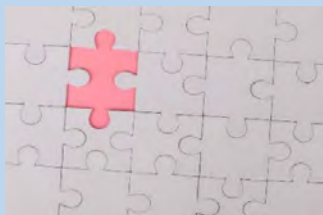
For more information on each motion, please visit our website members page at

<https://www.seattle-al-anon.org/members-937961.html>

AIS Needs You! Current Service Opportunities

- *Web Editor*
- *Office Volunteers*
- *Phone Volunteers*
- *Outreach Coordinator*

If you are interested in a particular area of service, please contact chair@seattle-al-anon.org



Al-Anon Joke of the Month

Who Is the Patron Saint of Al-Anon?



Our Lady of Perpetual Revenge!

Do you have a funny or not so funny Al-Anon joke? Please send it along to newslettereditor@seattle-al-anon.org

Concept Three

The right of decision makes effective leadership possible.



Feeling Scatterbrained with Your Thoughts? It Might Help to Write Things Down.

If you ever feel like you would like to write something for the newsletter, please let us know at

newslettereditor@seattle-al-anon.org

Pen Names Accepted



It Was 20 Years Ago Today...

Clips taken from the March 2001 Bits Newsletter (click to enlarge)

January 2021 AIS Council Meeting Minutes

by Cheré F

Eliza D opened the meeting. Mary R read the 12 Traditions, and Maria L read the 12 Concepts

Secretary's Report: Roxanne T read the December Board/Council minutes. Helen V moved we accept the minutes, and Beth S seconded. The minutes were approved unanimously.

Chair Report: Open AIS Officer and Coordinator positions were discussed. Outreach has a committee, but the Outreach Coordinator position is still open. Get the word out that we need an AIS Secretary.

Vice-Chair Report: Helen V reported a Bylaw committee has been created and plans on meeting in February. Any suggested revisions will be submitted to the Board for review.

Coordinator Reports

Alateen Coordinator: There was no report this month. Eliza D shared that Kathy B is trying to coordinate with the Area and D20 to start some Alateen meetings online. The AIS website lists the current Alateen meetings available via the AI-Anon app and Zoom meetings.

Communications Coordinator: Cheré F reported several updates to the AIS website. The Newcomers page has helpful links for newcomers that groups can utilize. Teresa H has volunteered as Events Editor and is updating the calendar and Events page on the website. The Alateen page is current. Eric G is doing a great job and has several new articles submitted from members. Susan C-H has created a document that will list all meetings and hopefully soon will be available online. The Web Editor position remains open. A question was raised about web traffic, and we will report 2020 stats at the next Council meeting.

Outreach Coordinator: Position Open

LDC: Doug L reported that the LDC continues to ship at the same pace. Newcomer packet requests are continuing to be positive – usually ships the next day. The Literature sale has been extended thru March 31st. We depend on office volunteers to fill orders.

Phone Volunteer Coordinator: Dave M shared that phones are very well organized. There is always a need for more volunteers. Considering changing the outgoing message to encourage folks to leave a voicemail. Will coordinate a volunteer meeting in February.

Tech Coordinator: Doug L shared his appreciation to Jeff M for his help the last couple of years. Susan C-H will be helping on the committee. There is interest in using Office 365 more efficiently with Officers, Coordinators, Editors, and District Representatives (DRs).

Archives Coordinator: Eric G reported he is searching for an archives case that will display nicely in the office.

Treasurer Report: Mariann M gave an overview of the current financial status. Linda H is working on a manual that will provide helpful instruction for this position. Eliza D shared appreciation for donations and literature sales that support AIS and end the year strongly.

Old Business: The ASL request for support and the funds above the



prudent reserve are still being discussed at Board and have not been brought back to Council at this time.

New Business: A question was posed to Council to brainstorm a 70th Al-Anon Anniversary for this year. Several members supported the idea to create some type of celebration or event; to verify that it does not interfere with an Area or WSO planned event; discuss with Groups and/or Districts in moving forward.

Group Check-In: Open discussion on group concerns, challenges, or ideas.

- A question on whether a group should pay rent even though the group is meeting virtually. Some shared that groups were paying rent to “hold” their spots.
- Discussed whether groups will still offer Zoom meetings when they do meet face-to-face.
- One group is still trying to decide to change from call-in meetings to Zoom.
- Connecting members to sponsors is a struggle and trying to find a system that would be helpful while meeting virtually.
- If a group loses its venue, are they still considered to be a legitimate meeting?
- WSO registered online groups; should those meetings still be listed on the AIS directory; they are not connected to a District or Area.

Announcements: World Service Conference (WSC) will be held virtually this April. The 2021 Conference theme is Moving Forward with Unity, Courage, and Perseverance.

The next Council meeting is Thursday, February 11th.

Attendance: 21 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

[Donate Now](#)

And More...

Please visit our [Members](#) page 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](#)

2021 Al-Anon & Alateen Events

March 2	Tuesday 6:30-8:00 PM	District 21 Business Meeting	Zoom Meeting ID: 721 010 6650 Passcode: hearts	district21@seattle-al-anon.org
March 3	Wednesday 6:00-7:00 PM	WA Area GR Weekly Workshops	Zoom Meeting ID: 652 405 746 Passcode: 920990	alt-delegate@wa-al-anon.org
March 3	Wednesday 6:00-7:30 PM	Workshop Series: How Al-Anon Works	Zoom Meeting ID: 387 493 608 Passcode: 123456	dr13@wa-al-anon.org
March 8	Monday 6:00-7:30 PM	District 20 Meeting	https://us02web.zoom.us/j/7233999181	district20@seattle-al-anon.org
March 8	Monday 6:00 PM	1st Things 1st AFG Weekly Speaker Meeting	Zoom Meeting ID: 856 9261 2690 Passcode: 257804	dr@whatcomafg.org
March 10	Wednesday 6:00-7:00 PM	WA Area GR Weekly Workshops	Zoom Meeting ID: 652 405 746 Passcode: 920990	alt-delegate@wa-al-anon.org
March 10	Wednesday 6:00-7:30 PM	Workshop Series: How Al-Anon Works	Zoom Meeting ID: 387 493 608 Passcode: 123456	dr13@wa-al-anon.org
March 11	Thursday 7:30-9:00 PM	AIS Council Meeting	Zoom Meeting ID: 839 6957 0120 Passcode: 001086	chair@seattle-al-anon.org
March 13	Saturday 12:00-6:00 PM	AA Event w/ Al-Anon Burien Little Assembly	Registration Required http://www.burienlittleassembly.org/register.html	www.burienlittleassembly.org
March 13	Saturday 7:00-8:30 PM	Voices of Hope Speaker Meeting	Zoom Meeting ID: 819 3104 5787 Passcode: VOICES	kitsapalanon@gmail.com
March 13	Saturday 7:30 PM	M.E.S.H. Speakers Meeting	Zoom Meeting ID: 883 2663 3121 Passcode: 121212	mesh.coordinator@gmail.com
March 15	Monday 6:00 PM	1st Things 1st AFG Weekly Speaker Meeting	Zoom Meeting ID: 856 9261 2690 Passcode: 257804	dr@whatcomafg.org
March 16	Tuesday 6:30 PM	District 22 Business Meeting	Email for Details	district22@seattle-al-anon.org
March 17	Wednesday 6:00-7:00 PM	WA Area GR Weekly Workshops	Zoom Meeting ID: 652 405 746 Passcode: 920990	alt-delegate@wa-al-anon.org
March 17	Wednesday 6:00-7:30 PM	Workshop Series: How Al-Anon Works	Zoom Meeting ID: 387 493 608 Passcode: 123456	dr13@wa-al-anon.org
March 20	Saturday 8:30 AM	Districts 15 & 16 Business Meeting	Email for Details	district15@seattle-al-anon.org district16@seattle-al-anon.org
March 20	Saturday 7:30 PM	H.E.A.R. Speakers Meeting	Zoom Meeting ID: 896 7579 4182 Passcode: 107130	
March 22	Monday 6:00 PM	1st Things 1st AFG Weekly Speaker Meeting	Zoom Meeting ID: 856 9261 2690 Passcode: 257804	dr@whatcomafg.org
March 22	Monday 7:00 PM	District 14 Business Meeting	Zoom Meeting ID: 865 9733 5371 Passcode: 386903	district14@seattle-al-anon.org
March 24	Wednesday 6:00-7:00 PM	WA Area GR Weekly Workshops	Zoom Meeting ID: 652 405 746 Passcode: 920990	alt-delegate@wa-al-anon.org
March 24	Wednesday 6:00-7:30 PM	Workshop Series: How Al-Anon Works	Zoom Meeting ID: 387 493 608 Passcode: 123456	dr13@wa-al-anon.org
March 26-28	Weekend	WA Area Pre-Conference Assembly	Zoom Meeting TBA	vice-chair@wa-al-anon.org
March 29	Monday 6:00 PM	1st Things 1st AFG Weekly Speaker Meeting	Zoom Meeting ID: 856 9261 2690 Passcode: 257804	dr@whatcomafg.org
March 31	Wednesday 6:00-7:00 PM	WA Area GR Weekly Workshops	Zoom Meeting ID: 652 405 746 Passcode: 920990	alt-delegate@wa-al-anon.org
March 31	Wednesday 6:00-7:30 PM	Workshop Series: How Al-Anon Works	Zoom Meeting ID: 387 493 608 Passcode: 123456	dr13@wa-al-anon.org



Greater Seattle AIS Meeting Directory (Districts 14-22)

NEWCOMERS ARE WELCOME AT ALL MEETINGS!

Updated: March 1, 2021 | Please send corrections to: meetingdirectoryeditor@seattle-al-anon.org

[Meeting Legend](#) | [Best Practices](#)

ASL: American Sign Language | B: Beginners Intro/Meeting | FAFO: Families and Friends Only | FFAOW: Families, Friends, & Observers Welcome

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location/Notes (Shading Indicates the In-Person Meeting Is Currently Suspended)	District # Group #
MONDAY						
Monday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting Login info: Get via email Tradition 12 is strictly enforced.	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (Meets Mon, Wed, & Fri) (H AA)	District 21 Group 502461
Monday	10:30 AM	Monday Morning Jump Start AFG 90 minutes / FAFO / effective March 1, 2021	Zoom Meeting ID: 830 0667 7019 Code: 9482124	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AA)	District 14 Group 63297
Monday	12:00 PM	Capitol Hill AFG 75 minutes / FFAOW CapitolHillAFG@gmail.com	Zoom Meeting ID: 614 658 9565 Code: serenity	Seattle	St. Mark's Cathedral 1245 10th Ave E (Admin entry / 2nd floor conf room)	District 20 Group 64446
Monday	12:00 PM	Monday Nooners AFG 60 minutes / FFAOW	TEMPORARILY SUSPENDED	Bellevue	St Andrew's Lutheran Church 2650 148th Ave SE (H)	District 16 Group 30520789
Monday	12:00 PM	Queen Anne Midday AFG 60 minutes / FFAOW	Zoom Meeting ID: 451 694 938 Code: 165642	Seattle	First Free Methodist Church 3200 3rd Ave W (Glen Rm / Park in rear / North entry) (H)	District 20 Group 62081
Monday	12:05 PM	Serenity Refresher AFG 45 minutes / FFAOW	TEMPORARILY SUSPENDED	Seattle	YMCA 909 4th Ave (In chapel / Feel free to bring lunch) (H)	District 20 Group 47697
Monday	12:30 PM	Bothell Monday Study AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Bothell	Emmanuel Presbyterian Church 19540 104th Ave NE (H)	District 15 Group 31186
Monday	1:30 PM	Monday at a Time AFG 60 minutes / FFAOW	TEMPORARILY SUSPENDED	Burien	Highline United Methodist Church 13015 1st Ave S (H)	District 18 Group 30597929
Monday	4:30 PM	3rd Place Literature Study AFG 60 minutes / FFAOW live.free.odat@gmail.com	Zoom Meeting ID: 445 109 9966 Code: 121212	Lake Forest Park	Lake Forest Park Presbyterian Church 17440 Brookside Blvd NE	District 22 Group 30518096
Monday	6:30 PM	Saltwater AFG 90 minutes / FFAOW SaltwaterAFG@gmail.com	Zoom Meeting Login info: Get via email	Des Moines	Saltwater Unitarian-Universalist Church 25701 14th Pl S (Meets in Church office) (H)	District 14 Group 30512485
Monday	7:00 PM	Burien Turning Point AFG 90 minutes / FFAOW / B	TEMPORARILY SUSPENDED	Burien	St Elizabeth's Episcopal Church 1005 SW 152nd St	District 18 Group 49260
Monday	7:00 PM	Just for Today AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Federal Way	Brooklake Community Church 629 S 356th St (AA)	District 14 Group 30512114
Monday	7:00 PM	Living in the Solution AFG 90 minutes / FFAOW / B	Zoom Meeting ID: 644 418 9232 Code: 7830	Kirkland	Holy Spirit Lutheran Church 10021 NE 124th St (N End ramp / Lower fellowship hall) (H)	District 15 Group 49784

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location/Notes (Shading Indicates the In-Person Meeting Is Currently Suspended)	District # Group #
Monday	7:00 PM	Magnolia Monday Night Fireside AFG 60 minutes / FFAOW	Phone Meeting Dial: 978 990 5000 Code: 688030	Seattle	Magnolia United Church of Christ 3555 W McGraw St (Upstairs)	District 20 Group 63177
Monday	7:00 PM	Meadowdale AFG 90 minutes / FFAOW	Phone Meeting Dial: 425 436 6305 Code: 350155	Edmonds	St Hilda & St Patrick Episcopal Church 15224 52nd Ave W (H)	District 22 Group 49029
Monday	7:00 PM	No Expectations Women's AFG 60 minutes / WOMEN / FFAOW	Zoom Meeting ID: 600 973 885 Code: 407457	Seattle	St Paul's United Church-Christ 6512 12th Ave W (AA)	District 21 Group 30731356
Monday	7:00 PM	Parents for Serenity AFG 90 minutes / PARENTS / FFAOW / B	Zoom Meeting ID: 827 9961 6552 Code: serEnity (case sensitive)	Mercer Island	Holy Trinity Lutheran Church 8501 SE 40th St (Speaker on 5th Mondays) (H)	District 16 Group 61342
Monday	7:00 PM	Renton Monday Night AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Renton	St Lukes Episcopal Church Prichard Hall 99 Wells Ave S	District 17 Group 50914
Monday	7:30 PM	Coal Creek South Bellevue AFG 90 minutes / FAFO	TEMPORARILY SUSPENDED	Bellevue	Newport Covenant Church 12800 SE Coal Creek Pkwy (1st floor in main church building) (AA)	District 16 Group 33387
Monday	7:30 PM	Lake City Monday Night AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Seattle	Lake City Presbyterian Church 3841 NE 123rd St (1 block off Sandpoint Way) (H)	District 21 Group 44358
Monday	7:30 PM	Richmond Beach AFG 90 minutes / FFAOW	Zoom Meeting ID: 122 658 114 Code: 571462	Shoreline	Aurora Church of the Nazarene 1900 N 175th St (H AA)	District 22 Group 14320
Monday	7:30 PM	Salmon Bay Candlelight AFG 90 minutes / FFAOW	Zoom Meeting ID: 891 5315 2978 Code: 435506	Seattle	Ballard First Lutheran Church 2006 NW 65th St - Havvik Hall (Behind parking & house office) (H)	District 21 Group 41889
TUESDAY						
Tuesday	7:00 AM	Opening Our Hearts AFG 60 minutes / FAFO	Zoom Meeting ID: 821 6239 1577 Code: 375862	Seattle	St Therese Parish House 3416 E Marion St	District 20 Group 30614923
Tuesday	10:00 AM	Highland Tuesday AFG 90 minutes / B / FAFO	TEMPORARILY SUSPENDED	Shoreline	St Dunstan's Episcopal Church 722 N 145th St / Paddington Nursery entry (Free childcare) (H)	District 21 Group 14311
Tuesday	10:00 AM	Renton Tuesday Morning AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Renton	First United Methodist Church 2201 NE 4th St (Lower lot and entrance) (H)	District 17 Group 14290
Tuesday	12:30 PM	Kirkland Tuesday Afternoon AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Kirkland	Kirkland Congregational Church 106 5th Ave (Room 21)	District 15 Group 44099
Tuesday	12:30 PM	Tuesday Reboot AFG - West Seattle 75 minutes / FFAOW	TEMPORARILY SUSPENDED	Seattle	The Fauntleroy Church 9140 California Ave SW (Meets in 4th floor library) (H)	District 19 Group 30619812

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location/Notes (Shading Indicates the In-Person Meeting Is Currently Suspended)	District # Group #
Tuesday	6:00 PM	Renton Cedar River AFG 60 minutes / FAFO / B	TEMPORARILY SUSPENDED	Renton	Applebee's Grill & Bar 375 S Grady Way (new location 10/20) (H)	District 17 Group 30748153
Tuesday	6:30 PM	Vashon Island Women's AFG 90 minutes / WOMEN / FFAOW	Zoom Meeting ID: 969 753 368 Code: 377159	Vashon	Episcopal Church 15420 Vashon Hwy SW (FF)	District 19 Group 502955
Tuesday	7:00 PM	Parents and Friends AFG 90 minutes / PARENTS / FFAOW	Zoom Meeting ID: 746 259 393 Code: 228375	Auburn	St Matthew Episcopal Church 123 L St NE (H)	District 14 Group 30543700
Tuesday	7:00 PM	Serenity in Snoqualmie AFG 60 minutes / FFAOW	Zoom Meeting ID: 532 016 600 Code: 123450303 Book Study: <i>Opening Our Hearts</i> . . .	Snoqualmie	St Clare Episcopal Church 8650 Railroad Ave (Left side room)	District 16 Group 30657168
Tuesday	7:00 PM	Steps to Serenity AFG 60 minutes / FFAOW	TEMPORARILY SUSPENDED	Des Moines	Des Moines United Methodist Church 22225 9th Ave S (H AA)	District 18 Group 65354
Tuesday	7:00 PM	Tuesday Nite Living the Legacies AFG 90 minutes / FAFO	TEMPORARILY SUSPENDED	Renton	St Lukes Episcopal Church Prichard Hall 99 Wells Ave S	District 17 Group 30629713
Tuesday	7:00 PM	Tuesday Unity AFG 75 minutes / FFAOW	Zoom Meeting ID: 810 034 621 Code: 026128	Seattle	Lutheran Church of the Good Shepherd 2116 E Union St (Late: signal at downstairs window)	District 20 Group 30592290
Tuesday	7:15 PM	Bothell Tuesday Niters AFG 90 minutes / FFAOW / B	Phone Meeting Dial: 605.313.5800 Code: 760310	Bothell	Eastside Four Square Church 14520 100th Ave NE (Free childcare) (CH H AA)	District 15 Group 14130
Tuesday	7:30 PM	Denny Park Family AFG 60 minutes / FFAOW	Zoom Meeting ID: 893559024 Code: 208212	Seattle	Denny Park Lutheran Church 766 John St (Ring bell for entry)	District 20 Group 27198
Tuesday	7:30 PM	Edmonds AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Edmonds	United Methodist Church 828 Caspers St (H AT)	District 22 Group 500668
Tuesday	7:30 PM	North End Men's AFG 90 minutes / MEN / FAFO	Zoom Meeting ID: 830 4615 9257 Code: 584365	Shoreline	St David Emmanuel Episcopal Church 18842 Meridian Ave N	District 22 Group 500659
Tuesday	7:30 PM	Tuesday Night Gratitude AFG 60 minutes / FFAOW / B RedmondTuesdayNight@gmail.com	Zoom Meeting ID: 908 843 639 Code: Redmond	Redmond	Redmond United Methodist Church 16540 NE 80th St (AA)	District 15 Group 52374
Tuesday	7:30 PM	View Ridge Open AFG 75 minutes / FFAOW	TEMPORARILY SUSPENDED	Seattle	Wedgwood Presbyterian Church 8008 35th Ave NE Fireside Rm (Enter NE 80th St, upstairs) (H)	District 21 Group 41334
WEDNESDAY						
Wednesday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting Login info: Get via email Tradition 12 is strictly enforced.	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (Meets Mon, Wed, & Fri) (H AA)	District 21 Group 502461
Wednesday	10:30 AM	Wednesday Morning Sunshine AFG 90 minutes / FAFO wmsfedway@gmail.com	Zoom Meeting Login info: Get via email	Federal Way	Light of Christ Lutheran Church 2400 SW 344th St (Free childcare) (CH)	District 14 Group 25474

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location/Notes (Shading Indicates the In-Person Meeting Is Currently Suspended)	District # Group #
Wednesday	1:30 PM	Let It Begin with Me AFG 60 minutes / FFAOW	TEMPORARILY SUSPENDED	Burien	Highline United Methodist 43015 1st Ave S (use side entrance/basement) (H)	District 18 Group 30600898
Wednesday	7:00 PM	Alderwood AFG 75 minutes / FFAOW / Book Study	Phone Meeting Dial: 978-990-5212 Code: 843808	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner at 196th) (H)	District 22 Group 30623421
Wednesday	7:00 PM	Courage to Change AFG - Seattle 90 minutes / FFAOW (locks entry at 7:30 pm)	Zoom Meeting ID: 462 939 7184 Code: SQSea3	Seattle	Mount Baker Park Presbyterian Church 3201 Hunter Blvd S (Speaker 4th Wednesday)	District 19 Group 62852
Wednesday	7:00 PM	Experience, Strength, Hope AFG 90 minutes / FFAOW / B	TEMPORARILY SUSPENDED	Renton	Fairwood Community United Methodist Church 15255 SE Fairwood Blvd (H)	District 17 Group 30519364
Wednesday	7:00 PM	Friends AFG 60 minutes / FFAOW / B	TEMPORARILY SUSPENDED	Seattle	North Seattle Friends Church 7736 24th Ave NE (Side bldg N of church) (H)	District 21 Group 30611010
Wednesday	7:00 PM	Maple Valley Wednesday Night AFG 90 minutes / FFAOW mvwn17@gmail.com	Zoom Meeting Login info: Get via email	Covington	Light of Life Lutheran Church 28505 216th Ave SE (behind church) (H)	District 17 Group 62618
Wednesday	7:00 PM	Sunset AFG 90 minutes / FFAOW https://sunsetafg.wordpress.com/	Zoom Meeting Login info: Request via website	Seattle	Woodland Park Methodist Church 302 N 78th St (Fellowship Hall, enter from N 78th) (H)	District 21 Group 14327
Wednesday	7:00 PM	Wednesday Back to Basics AFG 60 minutes / FFAOW	TEMPORARILY SUSPENDED	Mountlake Terrace	Bethesda Lutheran Church 23406 56th Ave W	District 22 Group 501477
Wednesday	7:00 PM	Wednesday's Women AFG 90 minutes / WOMEN / FAFO	Zoom Meeting ID: 857 6089 4255 Code: 973467	Kirkland	Kirkland Congregational Church 106 5th Ave Room 21 (CH)	District 15 Group 64991
Wednesday	7:30 PM	Auburn Wednesday Night AFG 90 minutes / FAFO / B	TEMPORARILY SUSPENDED	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AT AA)	District 14 Group 14109
Wednesday	7:30 PM	Midweek Men's AFG 90 minutes / MEN / FFAOW / B	Zoom Meeting ID: 539 915 524 Code: serenity	Kirkland	Salt House Church 11920 NE 80th St (H)	District 15 Group 53963
Wednesday	8:00 PM	Newport Study AFG 90 minutes / FAFO	TEMPORARILY SUSPENDED	Bellevue	St Margaret's Episcopal Church 4228 Factoria Blvd (Basement / Follow signs)	District 16 Group 14122
Wednesday	8:00 PM	Queen Anne AFG 75 minutes / FFAOW	Zoom Meeting ID: 709 493 868 Code: 742729	Seattle	Queen Anne Lutheran Church 2400 8th Ave W (AT AA)	District 20 Group 14319
THURSDAY						
Thursday	7:00 AM	Focus on Gratitude AFG 60 minutes / FFAOW	Zoom Meeting ID: 873 7625 1396 Code: 942163	Seattle	Seattle University Student Center 901 12th Ave #122 (Jolly Rm-1st floor / Street parking) (FF)	District 20 Group 30503143

Day	Time (PT)	Group Name Length / Attendees Group Email	Connection Info (Zoom Dial-in: 1 253 215 8782 *6 to toggle mute on/off)	City	Location/Notes (Shading Indicates the In-Person Meeting Is Currently Suspended)	District # Group #
Thursday	10:00 AM	Issaquah Day AFG 90 minutes / FFAOW issqdayafg@gmail.com	Zoom Meeting Login info: Get via email 12th Tradition is strictly enforced.	Issaquah	Our Savior Lutheran Church 745 Front St S	District 16 Group 14204
Thursday	10:00 AM	Kirkland Thursday Morning AFG 90 minutes / B / FAFO	Zoom Meeting ID: 536 649 827 Code: 536649	Kirkland	Seventh Day Adventist Church 6400 108th Ave NE (H)	District 15 Group 14223
Thursday	12:30 PM	Sound Serenity AFG 90 minutes / FAFO	TEMPORARILY SUSPENDED	Des Moines	Grace Lutheran Church 22975 24th Ave S (Side door at north of church) (H)	District 18 Group 45476
Thursday	6:30 PM	Women Living in Focus AFG (Seattle) 90 minutes / WOMEN / FAFO	Zoom Meeting ID: 805 686 374 Code: 347291	Seattle	The Fauntleroy Church 9140 California Ave SW (CH H)	District 19 Group 44646
Thursday	7:00 PM	New Horizons AFG 90 minutes / B / FFAOW	Zoom Meeting ID: 891 3759 5081	Carnation	Tolt Congregational Church 4851 Tolt Ave (H)	District 15 Group 30537397
Thursday	7:00 PM	Terrace View AFG 90 minutes / FFAOW	Phone Meeting Dial: 605 313 4484 Code: 503150	Lynnwood	Gloria Dei Lutheran Church 3215 Larch Way (H)	District 22 Group 30760
Thursday	7:00 PM	Winner Winner AFG (new 11/2020) / FAFO	Zoom Meeting ID: 933 5841 6683 Code: 841274	Edmonds	St Hilda & St Patrick Episcopal Church 15224 52nd Ave W (Enter parking lot side entrance)	District 22 Group N/A
Thursday	7:30 PM	Bellevue Lake Hills AFG 90 minutes / FFAOW jenwlakehillsafg@gmail.com	Zoom Meeting Login info: Get via email	Bellevue	Saint Andrew's Lutheran Church 2650 148th Ave SE (H AT AA)	District 16 Group 14118
Thursday	7:30 PM	Eastside Parent's AFG 90 minutes / PARENTS / FFAOW	Zoom Meeting ID: 856 1992 6150 Code: 016103	Issaquah	Faith United Methodist Church 3924 Issaquah-Pine Lk Rd SE	District 16 Group 30522678
Thursday	7:30 PM	Fremont AFG 60 minutes / FFAOW	Zoom Meeting ID: 820 5585 7644 Code: 510535	Seattle	Fremont Baptist Church 717 N 36th St (Meets in 1st floor lounge)	District 20 Group 30580844
Thursday	7:30 PM	Madison Madrona AFG 90 minutes / B / FFAOW (AC last Thurs)	TEMPORARILY SUSPENDED	Seattle	Epiphany Church Parish Hall 1805 38th Ave (Upstairs)	District 20 Group 46407
Thursday	7:30 PM	Renton Thursday Night AFG 90 minutes / B / FFAOW	Zoom Meeting ID: 864 8220 9788 Code: 633169	Renton	St Lukes Episcopal Church 99 Wells Ave S (Pritchard Hall)	District 17 Group 14286
FRIDAY						
Friday	7:00 AM	Hope for Today AFG 60 minutes / FFAOW hftafg@gmail.com	Zoom Meeting Login info: Get via email Tradition 12 is strictly enforced.	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (Meets Mon, Wed, & Fri) (H AA)	District 21 Group 502461
Friday	10:00 AM	Highlands Friday AM AFG 90 minutes / FFAOW	Zoom Meeting ID: 823 9645 6681 Code: 245840	Shoreline	St. Dunstan's Episcopal Church 722 N 145th St (Enter from east side parking lot)	District 21 Group 32362

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Friday	10:30 AM	Auburn Friday Morning AFG 90 minutes / FAFO	Zoom Meeting ID: 578 992 456 Code: 388495	Auburn	Zion Lutheran Church 1305 17th St SE (Auburn Way at M St) (H AA)	District 14 Group 23848
Friday	12:00 PM	Friday Nooners AFG 60 minutes / FFAOW	TEMPORARILY SUSPENDED	Bellevue	St Andrews Lutheran Church 2650 148th Ave SE	District 16 Group 30546400
Friday	6:00 PM	Courage to Change AFG - Kirkland 60 minutes / FFAOW	Zoom Meeting ID: 410 819 487	Kirkland	St John's Episcopal Church 105 State St (Room entrance on parking lot side) (H)	District 15 Group 30731298
Friday	7:00 PM	Practice Makes Progress Women AFG 60 minutes / WOMEN / FFAOW 4th Friday of the month is 75 minutes	Zoom Meeting ID: 819 365 307 Code: 060096	Seattle	Wallingford Presbyterian Church 1414 N 42nd St (Enter back of church)	District 20 Group 30712924
Friday	7:30 PM	Burien Friday Night AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Burien	St Elizabeth's Episcopal Church 1005 SW 152nd St (H)	District 18 Group 14302
Friday	7:30 PM	Kent All Men's AFG 60 minutes / MEN / B / FFAOW	Zoom Meeting Registration and Login Information	Kent	Church of the Holy Spirit 327 2nd Ave S (Library /enter in back) (H)	District 14 Group 14217
Friday	7:30 PM	Redmond Friday Night AFG 90 minutes / FFAOW	Zoom Meeting ID: 486 814 509 Code: 486814	Redmond	Faith Lutheran Church 9041 166th Ave NE (Downstairs / go thru AA room) (H AA)	District 15 Group 14285
Friday	7:30 PM	Seattle Men's AFG 90 minutes / MEN / FFAOW Web site	Zoom Meeting ID: 868 3456 6010 Code: 121212	Seattle	Northminster Presbyterian Church 7706 25th Ave NW (H)	District 21 Group 30582130
Friday	8:00 PM	Friday Night LGBTQ+ AFG 60 minutes / LGBTQ+ / FAFO	Zoom Meeting ID: 885 020 635 Code: 228894	Seattle	Peer Seattle 1520 Bellevue Ave, Ste 100 (H)	District 20 Group 14299
Friday	8:00 PM	TGIF AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Edmonds	Maplewood Presbyterian Church 19523 84th Ave W (Corner of 196th) (H)	District 22 Group 14171
SATURDAY						
Saturday	8:30 AM	Peace of the Program AFG 60 minutes / FFAOW	Zoom Meeting ID: 934 7557 3768 Code: 123456	Sammamish	Sammamish Presbyterian Church 22522 NE Inglewood Hill Rd (Bldg B-across from office) (FF H)	District 16 Group 30671602
Saturday	8:30 AM	West Seattle Saturday Morning AFG 90 minutes / FFAOW wssatalanon@gmail.com	Zoom Meeting ID: 908 965 756 Code: 627493	Seattle	St. John the Baptist Episcopal Church 3050 California Ave, Parish Hall (CH H)	District 19 Group 37671
Saturday	9:00 AM	Changing Attitudes AFG 90 minutes / FFAOW	Zoom Meeting ID: 435 081 816	Federal Way	Wayside Church of Christ 2000 SW Dash Point Rd (H)	District 14 Group 53678
Saturday	9:30 AM	Saturday Morning Open Breakfast AFG 90 minutes / FFAOW	Zoom Meeting ID: 532 675 6421 Code: 197673	Auburn	Trotter's Family Restaurant 825 Harvey Rd (H)	District 14 Group 66395
Saturday	10:00 AM	Expect a Miracle AFG 90 minutes / FAFO	Zoom Meeting ID: 851 1798 1081 Code: 239058	Kent	Kent United Methodist Church 11010 SE 248th St (H)	District 14 Group 14216

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Saturday	10:00 AM	Upward Bound Again AFG 90 minutes / FFAOW	TEMPORARILY SUSPENDED	Burien	Genesis Global Spirituality Center 233 S 156th St (H)	District 18 Group 14331
Saturday	10:00 AM	Renton Fourth Step Study Group AFG 90 minutes / FAFO	Zoom Meeting ID: 828 5671 8288 Code: 206238 Workbook: <i>Blueprint for Progress</i>	Renton	Pritchard Hall 99 Wells Ave S	District 17 Group 61102
Saturday	10:00 AM	Saturday Morning AFG 60 minutes / B / FFAOW	Zoom Meeting ID: 567 700 955	Vashon	Vashon Presbyterian Church 17708 Vashon Hwy SW (Upstairs in belfry - pull cow bell) (B)	District 19 Group 30556459
Saturday	10:30 AM	Renton Saturday Morning AFG 90 minutes / FAFO	Phone Meeting Dial: 978 990 5000 Code: 742424	Renton	Valley Church 16431 SE Renton-Issaquah Rd (downstairs / follow signs) (H)	District 17 Group 37673
Saturday	10:30 AM	Search for Serenity AFG 90 minutes / B / FFAOW SFSODAT.2020@gmail.com	Zoom Meeting ID: 678 139 085 Get via Email	Bellevue	Alano Club of the Eastside 12302 NE 8th St (In annex at rear of Alano Club) (H)	District 15 Group 24759
Saturday	10:30 AM	Women's How Important Is It Women's AFG 60 minutes / WOMEN / FFAOW hiitsatwomen@gmail.com	Zoom Meeting ID: 694 879 630 Code: 272730	Seattle	Queen Anne Lutheran Church 2400 8th Ave W (Use McGraw St entrance only)	District 20 Group 30578357
Saturday	7:30 PM	Saturday AFG Recovery 90 minutes / FAFO	Zoom Meeting ID: 217695800 Code: 524546	Seattle	Sandpoint Community Church 4710 NE 70th St (Enter on NE corner) (H)	District 21 Group 42815
Saturday	7:30 PM	2nd Saturday MESH Speaker Meeting AFG 90 minutes / FFAOW	Zoom Meeting ID: 883 2663 3121 Code: 121212	Shoreline	St David Emmanuel Episcopal Church 18842 Meridian Ave N (H)	District 22 Group 503944
Saturday	7:30 PM	3rd Saturday HEAR Speaker Meeting AFG 90 minutes / FFAOW	Zoom Meeting ID: 896 7579 4182 Code: 107130	Kent	Hillside Church 930 E James St (H)	District 14 Group 30507169
SUNDAY						
Sunday	8:30 AM	Sunday AM Fresh Start AFG 90 minutes / FFAOW / B (3rd week) / ASL weekly / Sponsorship (5th week)	Zoom Meeting ID: 662 081 154 Code: 213424 Host will open the Room by 8:15am	Seattle	UW School of Social Work 4101 15th Ave NE #301 (H)	District 20 Group 43260
Sunday	9:00 AM	Vashon Sunday Side Up AFG 90 minutes / FFAOW	Zoom Meeting ID: 884 0981 5932 Code: 026318	Vashon	Vashon Presbyterian Church 17708 Vashon Hwy SW (Upstairs belfry) (FF)	District 19 Group 30043
Sunday	12:00 PM	Pathways to Recovery Step Study AFG 90 minutes / FFAOW	Zoom Meeting ID: 810 9079 4600	Seattle	Seattle University Student Center 901 12th Ave #122 (H)	District 20 Group 30536933
Sunday	12:00 PM	Sunday Nooners AFG 75 minutes / FFAOW	Zoom Meeting ID: 895 7936 9854 Code: 824817	Bellevue	Alano Club of the Eastside 12302 NE 8th St (H)	District 15 Group 30608906
Sunday	6:00 PM	Enumclaw Sunday Nite AFG 60 minutes / B / FAFO	Zoom Meeting ID: 941 566 343 Code: 886139	Enumclaw	Hillside Community Church 24015 SE 436th Way (90 H)	District 14 Group 53679

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Sunday	7:00 PM	Ballard Sunday Nite AFG 90 minutes / FFAOW	Zoom Meeting ID: 380 019 636 Code: 651212	Seattle	St Paul's United Church of Christ 6512 12th Ave NW (H)	District 21 Group 14300
Sunday	7:00 PM	Bothell Sunday AFG 90 minutes / FFAOW bothellsundaynight@gmail.com	Zoom Meeting Login info: Get via email	Bothell	First Lutheran Church of Bothell 10207 NE 183rd St (FF)	District 15 Group 41890
Sunday	7:30 PM	Auburn Sunday Night AFG 90 minutes/ B / FAFO	Zoom Meeting ID: 847 1218 9588 Code: 878251	Auburn	Holy Family Catholic Church 505 17th St SE (Enter main church on 17th St SE) (H AA)	District 14 Group 14111