



[NEW TO AL-ANON?](#)

[FIND A MEETING](#)

June 2022



## Out of the Toolbox

by BITS Columnist Callie D.

### Drinking from a Full Well



One of my favorite speaker meeting venues is “No Reservations,” on the Swinomish Reservation, across the channel from La Conner. The drive itself provides beautiful pastoral views, with plenty of time for contemplation. During Covid’s imposed isolation, I desperately longed for the tangible experience of that “in person” fellowship. Acting on some outdated information online, I eagerly embarked on the Northward journey last Fall. I was so disappointed to find a deserted parking lot, an empty gym, and all the public restrooms locked in La Conner!

I have found the dual AA and Al-Anon speaker meetings at Swinomish to be nothing short of transformational. The closing circle regularly encompasses upward of 400 people joining hands in a powerful unison prayer. Last month I got wind

of a limited seating “tent meeting” across from the regular gym site.

I arrived early and parked in the open field. Children ran free along the expansive grasses, laughing and playing some version of “King of the Hill.” I began a friendly conversation with a man and his dog sitting in a pick-up truck. We shared parts of our stories with the relaxed ease of trusted friends. There was such a comfortable weightlessness to engaging in light banter with everyone present, whether Al-Anon, AA, or some combination of both. We were all from the same tribe.

There were about 50 people in the large tent, with the sides and roof flapping periodically from the wind and the heater pumping in some much-needed warmth. The lack of formality set the stage for increased intimacy and a mutual bonding experience. We were all thirsty, parched from months of social restrictions, and missing the spiritual comradery that occurs with being physically present.

We were presented with priceless gifts of raw vulnerability, spontaneous laughter, and the wisdom of each speaker sharing from their “experience, strength and hope.” At one point, tears streamed down my face as someone shared how just hours before, they were about ready to throw in the towel. How often I felt like life offers me no way out, with monumental challenges and feelings of hopelessness. The collective power of

our shared experience of humanity gave me an incredible feeling of belonging and hope!

There were no “cliques,” no boastful pretenses. I arrived solo and knew no one except for the diligent organizers. When I left, it felt like I knew everyone. We had shared a collective experience that bonded us. A huge burden was lifted off my shoulders as my fellow travelers stood by my side, fighting the battle with renewed strength. My thirst was finally quenched as I drank from a full well.

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## AIS Council and Board Meeting Changes

### Council Meetings

The June Council meeting is being canceled.

The next Council meeting is  
July 14, 2022, 7:30-9:00 pm.

Check the AIS website calendar

(<https://www.seattle-al-anon.org/events>)  
for the zoom link.

We discussed the option of meeting every other month. The good news is that members felt the Council meetings were informative and interesting, so the consensus was to keep meeting monthly. There was a compromise proposal to skip June and then meet in July. This motion was approved.

### Board Meeting

The second quarter Board meeting has been changed to June 18th, 2-4 PM. This change is to accommodate the revised Bylaws proposal from the Bylaws Committee. The proposal will be presented and discussed with the Alternate District or District Reps, Officers, and Coordinators. They will then vote to present the proposal (or an amended version) to the Council.

According to our existing Bylaws (<https://www.seattle-al-anon.org/ais-info.html>), the proposed amendment will be sent to each

known Council member sixty days prior to the Council review and vote. If you want to be included in the Council member [email](#) distribution list, please email [tech@seattle-al-anon.org](mailto:tech@seattle-al-anon.org).



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## Thinking Before Speaking

By Clif H

Never underestimate the power of keeping one's mouth shut.

Today my wife pulled a dirty plastic Costco pastry container out of the trash and set it in the kitchen sink. One I had placed there the previous evening. As she did so, vocalizing to no one in particular, that if it was cleaned it would be perfectly recyclable. It, of course, made no difference to me at the time, as I expected her to take action to clean it and place it in the recycle bag. But, in reality, I was irritated because she was undoing an action that I had taken.

At this point, I will note that she cooks, and my part of the bargain is that I take care of the nightly dishes. Since my retirement, that seemed perfectly reasonable. The one thing worse than doing the

dishes is having to eat my own cooking; thank goodness for fast food and microwaves.

You know where this is going, right? Yep, when I approached the sink to take care of the dishes, the pastry container was at the bottom of the sink. Angry? Not really. Annoyed? Darn tootin'. As I internally fumed, flashbacks of meetings came to me. Several of my good friends, including my sponsor, are ever so fond of saying, 'Never miss an opportunity to Keep Your Mouth Shut.' So, rather than voice my irritation, I took care of loading the dishwasher and then took care of the normal hand-wash-only items. After that was done, mildly fuming inside, I spent the next 3 minutes carefully washing the garbage, umm, recyclable item.

As I was finishing the wash and getting ready to take it to the recycle, there it was, the tap on the shoulder from my higher power. He said, "Hey, weren't you on-line immediately before doing the dishes looking at small parts storage solutions?" Yes, yes, I was. As I'm writing this down, a picture of one of those solutions is staring me in the face.

By keeping my mouth shut, I avoided an unnecessary confrontation with my wife. And as a result of practicing listening for my Higher Power, I not only saved a piece of plastic from the dump, I discovered an inexpensive solution to one of today's earlier problems.

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## Save the Date: Sunday, August 21, 2022

We have missed seeing our friends in-person! Thankfully, 50% of King County meetings now have an in-person component but at AIS, the office is still closed. We may not have enough volunteers to open the office each week, but we do have enough volunteers to plan a party!

Please join us for the Gratitude Garden Party at the office and All Pilgrim's Church lovely outdoor garden on August 21, 2022. We will be there from 2:00-5:00 pm. AIS will be celebrating fellowship

and being back together with ice cream sundaes and root beer floats.

The office will be open to purchase literature. Information booths will be available to answer your questions about the AI-Anon/Alateen program, Spanish meetings and of course, what is AIS?

Want to volunteer for the party? We need greeters, ice cream scoopers, set-up and clean-up helpers. Email [chair@seattle-al-anon.org](mailto:chair@seattle-al-anon.org)

Watch for more details, available in a few weeks.



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## District 21 Is Calling Trusted Servants

By Jennifer C and Kristina Y

**Concept 1:** The ultimate responsibility and authority for AI-Anon world services belongs to the AI-Anon groups.

**Concept 9:** Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

Our groups are the foundation of Al-Anon, which is why it's so important that their voices be heard at the District Level and the Washington State Area Level. Service is so integral to our Al-Anon recovery that one of the three legacies, the Twelve Concepts, details the principles of service.

Right now, District 21 has very few GRs; we hope that you will consider becoming a GR and attend the monthly District Zoom Business Meeting.

We are two former Group Representatives (GRs) for District 21, and we wanted to share our experience, strength, and hope about how this level of service helped our program. Neither one of us planned to become GRs. We had each done service in other ways: setting up rooms, taking notes at Business Meetings, being Treasurer, helping with events, and sponsoring others. But as we progressed in our program, our sponsors and other friends in Al-Anon encouraged us to step up to take on a different kind of service opportunity.

As GRs, some of our greatest Al-Anon lessons have been:

- being challenged to learn more about Al-Anon's 3 Legacies and what they meant
- practice integrating them into all areas of our daily lives
- letting go of my own will for the benefit of the group
- using Knowledge-Based Decision Making (KBDM) to reason things out
- asking for help
- listening with an open mind and a quiet mind
- being accountable for my own actions
- keeping the focus on the task at hand
- practicing loving detachment and boundaries.

Being a liaison between our Groups and the District and Area increased our sense of fellowship

exponentially. It was a great place to practice how our HP would have us show up.

Ready to spice up your recovery? Try the Group Representative position. Another great service to not only Al-Anon but to yourself as well.

Anyone can attend the district meeting: Groups that do not have a GR can also send a member to represent them each month or attend conferences to vote for their group. If your group would like to learn more, visit the next District 21 Business Meeting.

**District 21 Business Meetings:  
First Tuesday of every month  
6:30 - 8:00 p.m.**

<https://us02web.zoom.us/j/7210106650?pwd=dXh1ZkIYSVNWZG9NMWw54ZTNyMnpzQT09>

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## Step Six

*Were entirely ready to have God remove all these defects of character.*



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## Let Everyone Know If Your Meeting Has:

- Gone back to meeting in person
- Become hybrid
- Has a new physical location
- Made other changes that members need to know about

Please send all meeting changes to the WA Area Group Records Coordinator [<https://wa-al-anon.org/meeting-changes/>]

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

If you have any questions or concerns regarding the Seattle AIS updated meeting schedule, please contact [meetingdirectoryeditor@seattle-al-anon.org](mailto:meetingdirectoryeditor@seattle-al-anon.org)

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## Inspiration

"That's the problem with putting others first; you've taught them you come second."

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## Tradition Six

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

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## 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](mailto:LDC@seattle-al-anon.org) with the name and mailing address.

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## Delving into the Concepts

By Emily S



I am new to writing for the Bits newsletter; even more new to the concepts of Al-Anon. I didn't even know they existed until recently, as my group only recites the Steps and Traditions before each meeting. So, I want to help myself learn the Concepts, as they are considered part of Al-Anon's 3 legacies.

<https://al-anon.org/for-members/the-legacies/the-twelve-concepts-of-service/>

As you can see, it says "The 12 Concepts of Service."

I pay attention to the "of service" here because as I read the introductory paragraphs of the 12 Concepts in *How Al-Anon Works*, each Concept relates to doing service work. For example, the 12 Steps are for "personal growth," and the 12 Traditions are for "group growth." The Concepts...? What do they pertain to?

Page 126 of my edition reads, "These Concepts help us conduct the business of our worldwide fellowship using the same principles found in the 12 Steps and 12 Traditions." So ... ok. The Concepts are about service work. Since it's the June issue, I will look at Concept 6.

The Conference acknowledges the primary administrative responsibility of the Trustees.

At first glance, I don't have a clue what this means. But after reading page 134 of *How Al-Anon Works*, I see that I was just ignorant. It really means that on every level of Al-Anon, it's nearly impossible for any one person, or group of people, to have control. It reminds me of government, how there are so many levels, and how hard it is to get things done. But this is for a reason, I bet. I'm still trying to understand this Concept. My favorite sentence is the last one, "The same principle applies to every level of service, as well as in our personal lives, when we are clear in the delegation of responsibility as to what outcomes are to be realized" (p. 135).

One last interesting thing about the Concepts is how Lois W describes them. As she writes on page 154 of *Many Voices One Journey*, “The Concepts are not meant for general Al-Anon consumption,’ but will be a useful guide for ‘those of the future who will manage our services.’”

Thanks for reading and letting me explore the concepts on my own and with you. They seem like the least explored among the Al-Anon legacies, even less mentioned than the Slogans. I’m hoping that by drawing some attention to the Concepts, they can be recognized further and provide help to some members.

<b>WAAC IS BACK!!</b>	
<p>The Washington Area Alateen Convention is trying to go face to face after 2 years of absence!</p> <p>If you are new to Alateen or have never been to a meeting this is a great way to meet with other Alateens and share Experience Strength and Hope!</p> <p>This year there are no registration fees, only 7<sup>th</sup> tradition donations towards next year's WAAC.</p> <p>Ages are from 11 to 20 years old.</p>	<h2 style="margin: 0;">2022 WAAC</h2> <p style="margin: 0;">Washington Area Alateen Conference</p> <p style="margin: 0;">July 15-17</p> <p style="margin: 0;">Lazy F Ranch Camp &amp; Retreat Center Ellensburg, WA</p> <p style="margin: 0; font-size: small;">Register by email to <a href="mailto:alateen@wa-al-anon.org">alateen@wa-al-anon.org</a> by May 25</p>

## Revised Alateen Preamble

The Alateen Preamble was revised in 2022-2025 Service Manual, shown in its entirety below, p 12. For a bit of historical background on this change access this link. <https://al-anon.org/blog/alateen-preamble-revised-at-last/>

### Suggested Alateen Preamble to the Twelve Steps

Alateen, part of the Al-Anon Family Groups, is for young people who have been affected by alcoholism in a family member or friend. We help each other by sharing our experience, strength, and hope.

We believe alcoholism is a family disease affecting everyone emotionally and sometimes physically. Although we cannot change or control the alcoholics in our lives, we can detach from their problems while continuing to love them.

In Alateen we focus on our own program rather than outside issues such as religion, politics, social media, or other Twelve Step programs. There are no dues for membership. Alateen is self-supporting through its own voluntary contributions. Alateen has one purpose: to help young people affected by someone else's drinking. We are careful to protect each other's anonymity as well as that of all Al-Anon and A.A. members.

By applying the Twelve Steps to ourselves, we begin to recover from the effects of the family disease of alcoholism mentally, emotionally, and spiritually. This allows us to encourage our alcoholic relatives and friends, and to give hope to other teens.



**WANTED**  
Phone Volunteers



**Requirements:**

- > Desire to help others
- > Limited cell phone and internet savvy

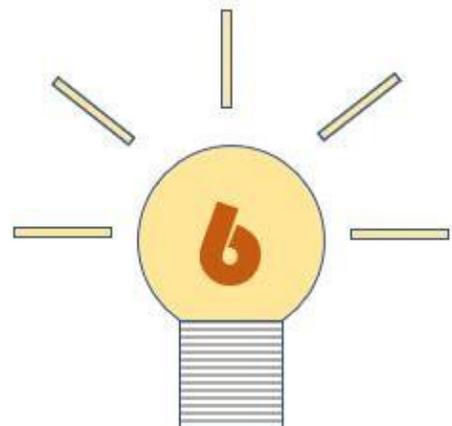
**Benefits:**

- > Satisfaction from helping others
- > On the job training
- > Flexible hours

To Volunteer or get more information please send an email to [phones@seattle-al-anon.org](mailto:phones@seattle-al-anon.org) or call 206-625-0000 and leave your contact information.

## Concept Six

The Conference acknowledges the primary administrative responsibility of the Trustees.



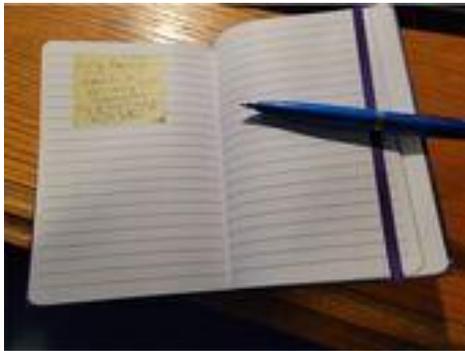
## Do you journal? Have you ever wanted to be a published author?

Expand your journaling into an article representing your experience, strength, and hope. As you've seen, the BITS accepts articles, poems, and historical perspectives — just about anything recovery-related.

Write something for the newsletter, send it to us, and we'll get it published.

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

Pen Names Accepted

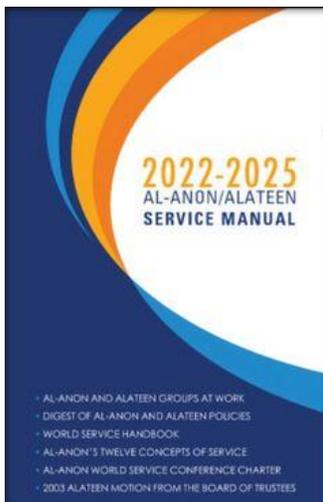


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## 2022-2025 Service Manual

The 2022-2025 Al-Anon/Alateen Service Manual is now available to download. Published versions will be available later this year.

(click below to open the Service Manual)



## Literature Sales

### 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 JUNE 30th, 2022. 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://seattle-al-anon.org/literature.html>. For easy processing, follow the instructions on the literature order forms and email [LDC@seattle-al-anon.org](mailto:LDC@seattle-al-anon.org).

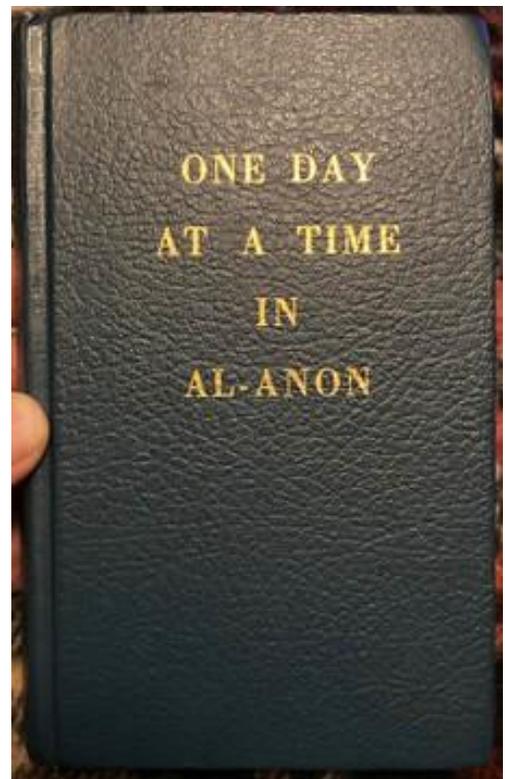
The office will remain closed until further notice.

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## Adopting a Vintage ODAT

by Eric G, Archives Coordinator

[Click each picture to enlarge]



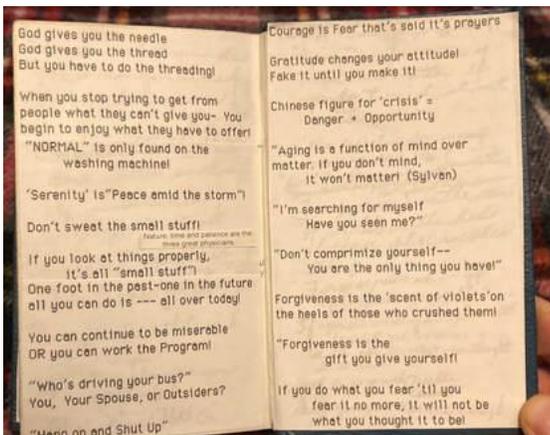
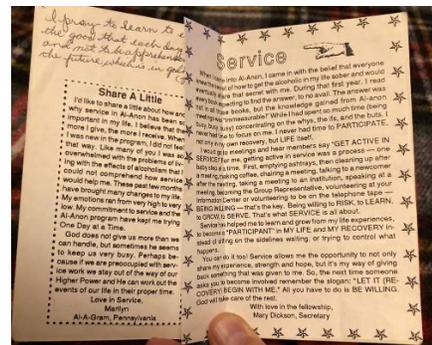
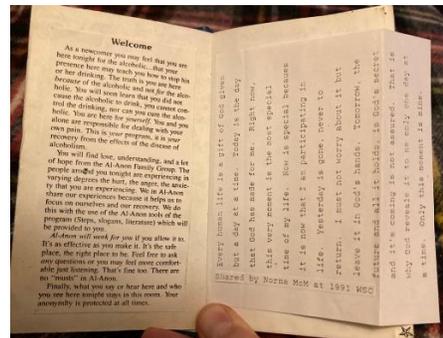
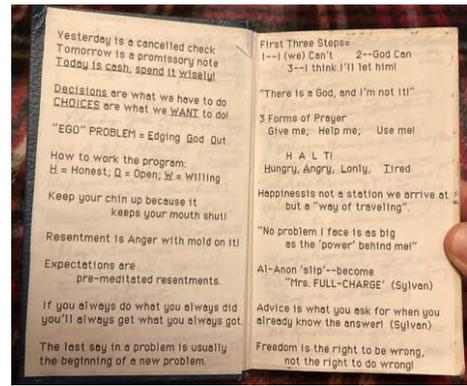
I have an ODAT (One Day at a Time in Al-Anon), the 1989 version. I hear many members talk about this book in high regard. That's why I own it to discover

the secret of why it is such a treasure because the book hasn't really moved me as other Conference Approved Literature (CALs) have.

But when I came across a 1973 version of ODAT in our archives, I wanted to give this classic another chance, simply because I love old stuff. To my surprise and delight, this book belonged to a former member who really made it their own. Glued to the blank pages are typed notes of their own. I can see they were handwritten at first, then typed, printed, and glued over those notes. Sometimes the glued notes are folded, so I have to be careful with every page. There's even a 1988 Dear Abby article pasted in the back.

I wanted to share this book with you because first, I want to ask permission from whoever owned this copy, donated, or moved it on: I would love to use it. It's everything I need for an ODAT. I like the cover and gold foil lettering. I like the feel of it. It smells like my grandparents. But I also feel like this needs to be part of the archives, given its age, additions, and unique style. So if anyone has any objections, please let me know. I will be sure to return it when I am done, whether it be next year or 40 years from now. This lovely version will help me read it more, which is my goal. I want to love this book and hope this specific copy will help.

On a related note: I would like to invite all members to donate their old /unwanted Al-Anon books to the archives. I can even come and pick them up if needed. I always felt the archives are "us," and this book is a prime example of what should be included.



## Order the Forum Magazine

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

# 2022 WA Area Speakers Convention

WA Area is hosting the 2022 Speakers Convention on October 21-22, 2022, at the South Puget Sound Community College in Lacey. This is a free event, and we hope you will save the date to attend a weekend of speakers and workshop panels. The Speakers Convention Committee needs your support in financial donations to offset the cost of travel and hotel for our speakers, venue rental, etc. Please consider donating directly to our Venmo account or contact our convention treasurer at [waspeakers2022@gmail.com](mailto:waspeakers2022@gmail.com).

Venmo for 2022 WA Area Speakers Convention  
@WAAreaSpeakersConvention

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## May 2022 AIS Council Meeting Minutes (Summary)



Photo by Logan H

Opened 7:31 PM with Serenity Prayer

**Attendance:** 22 attendees

**Secretary Report:** Helen motioned for the April Meeting Minutes to be accepted as amended, Doug seconded; Motion passed.

**Chair Report:** Discussion questioning the necessity of monthly Council Meetings. Motion by Heather to cancel AIS June meeting, Will seconded; Motion passed.

**Treasurer Report:** Council is on track for projected budget income. There is a negative net total due to outlay for Council/Board Insurance.

**Vice Chair Report:** The attorney completed the revision to the Bylaws. She revised per our Articles of Incorporation and a new RCW that went into effect Jan. 1, 2022. We expect that we'll present it to the Board shortly.

### Coordinator Reports:

**Communications:** All Al-Anon Family Group (AFG) meeting changes need to be sent to the Area Group Records Coordinator. Changes to meetings are happening at a heavy rate, phone volunteers please check the meeting schedules once a week at least.

**LDC:** *How Al-Anon Works* is back in stock along with the rest. The sale, consisting of free shipping and no WSO charge, is scheduled to end June 30th. It is recommended that shipping fees resume but that the WSO charge is removed for good. Motion: Linda moved that we support these recommendations. Helen seconded. Motion passed.

**Phones:** 69% of the shifts were covered. Most calls occur during the weekdays between 8:30 AM – 4:00 PM. There are now two new volunteers, but one old timer is retiring. Volunteers needed to sign up for weekdays. A change is needed to the phone message to encourage callers to leave a message. Many calls are Literature related. LDC number needs to be more prominent.

**Alateen:** A new Alateen preamble will be put into the BITS. The Washington Area Alateen Convention (WAAC) is on. Need for Al-Anon Members Involved in Alateen Service (AMIAS) continues.

**Outreach:** A person who is savvy with Digital venues like Spotify is available to anyone who is willing to Co-Chair this activity.

**7th Tradition:**

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

Try it!

**Old Business / New Business:** Garden Party/Fellowship August 21st, 2022. A committee was formed.

**Next Council Meeting:**

July 14th, 2022, 7:30 PM-9:00 PM

**Next Board Meeting:**

June 18th, 2:00 PM-4:00 PM

Al-Anon/Alateen Declaration Meeting adjourned at 8:54 PM

*Minutes respectfully submitted  
by Elizabeth G, AIS Secretary*

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Thank you for your donations and your support of AIS!

Our funding now comes primarily from:

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

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

**Seattle AIS  
505 Broadway E #400  
Seattle, WA 98102-5023**

[Donate Now](#)

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## And More ...

**MEETING SCHEDULE:** registered Al-Anon groups in the Greater Seattle Area. All virtual and in-person meetings are listed.

### [MEETING SCHEDULE](#)

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

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