

**AUGUST
2018**



BITS Newsletter

Seattle Al-Anon Information Service

Check Out the New AIS Office at Our August Open House

Please help us celebrate our new AIS office at the open house on Saturday, August 25th from 10 am.-2 p.m. It is a great opportunity for you to actually see every piece of Al-Anon literature in our AIS stock. It is all on display for easy viewing and is divided into areas for English, Spanish, and Alateen. The literature is arranged much like a commercial book store including a section for a featured publication. Currently the featured item is *Intimacy in Alcoholic Relationships*, Al-Anon's new book. Members who have come in to check out the new bright space have found items that they didn't know existed.

Besides the ease of browsing the literature shelves, we also have a new Archives display. Items that were stored in boxes for years are now on display.

The new space is bigger and brighter. To help give it a bright and welcoming feeling, the walls are painted in semi-gloss paint in warm colors. Mary R. who was one of our volunteer painters says, "We had a good time making it nice for our volunteers and for those who come to buy literature."

Come have some refreshments and fellowship with members and have the opportunity to personally thank some of the members that helped make this move to our more spacious, bright, and less expensive space possible. *Continued on Page 2*



Bilingual Event:

Burn Your Resentments at the AIS Resentment Bonfire and Cookout

"This will be my third year going to the AIS Bonfire and Cookout. There is something transcendent about watching the fire, writing my resentments on a piece of wood to release and burn collectively, listening to others share and let go of whatever they have been holding onto. Some of the people I may know or recognize, some I've never met before. Though I may know nothing of someone's story as they share the resentment they are giving to the fire, which to me represents our Higher Power, I understand and relate to each person's pain and also their desire to be free. Sharing in this experience has been a beautiful part of my recovery," explains AIS Chair Anessa N.

This year's Fifth Annual AIS Resentment Bonfire and Cookout will be held at Lincoln Park in Shelter 2 with the bonfire at the fire pit on Sunday, August 26th starting at 5:00 p.m. It is open to members and loved ones. Park next to the Vashon Ferry and follow the Al-Anon signs to Shelter 2. *Continued on Page 2*

Plan Ahead! Featured Events

AWSC
August 4

AIS Office Open House
August 25

AIS Resentment Bonfire & Cookout
August 26

WA Speakers Convention
September 7-8

Serenity on the Sound
September 14-16

Seattle Fall Conference
September 29

WA Area Fall Assembly
October 5-7 (No flyer)

Visit <http://www.seattle-al-anon.org/events.html> to view flyers and get the details for these events.

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CONTACT AIS

For Up-to-Date Information
www.seattle-al-anon.org

To Order Literature

Email to LDC@seattle-al-anon.org or call 206-625-0018 and leave a message.

Mail/Order Pick Up Address

New Location

509 10th Ave E #100
 Seattle, WA 98102

Open Thursdays 9:30 a.m. - 3:30 p.m.

To Speak with a Member

Call 206-625-0000
 24/7

AIS Office Open House

Continued from Page 1

The new office is located at the rear of All Pilgrims Christian Church at 509 10th Ave E in the Capitol Hill neighborhood of Seattle. It is only three blocks from the Capitol Hill Metro Transit Light Rail Station and is a block away from bus stops serviced by Metro buses #49 and #60. If you choose to drive, there is free two-hour parking to the east of 10th Ave E. in the residential area. There is also two-hour metered parking around the church.

Go to the rear of the church and buzz the Al-Anon office from the call box at the blue door (pictured). Then walk down the steps to your right.



AIS Resentment Bonfire and Cookout

Continued from Page 1

AIS is providing all of the hot dogs, buns, condiments, marshmallows, and s'mores along with the plates and eating utensils. And of course, the all important markers and pieces of wood for writing your resentments. It is a potluck so please bring something to go along with our hot dogs. AIS will also provide water.

"The thing I loved most about the event is that it is bilingual. It is a chance to not only be in a meeting with our Spanish speaking members, but to commune with them in a very forceful way. Just hearing the Steps read in Spanish felt awesome," says Teresa H. The bilingual feature is a wonderful part of the event. You can find both a Spanish and English version of the event flyer on our website's Events page. Check out the flyer for parking and address information.

As a former attendee Elaine W. sums it up, "... as with all of our recovery if you put effort into identifying what resentment you are ready to release, then the fellowship of this bonfire event is simple magic! Beautiful setting, great fellowship and powerful concept."



What is AWSC Anyway?

by District 17 Representative Katharine R.

What, you ask, is AWSC besides another indecipherable Al-Anon acronym? I'm glad you asked! Here is a very unofficial explanation. Please refer to your Service Manual for complete descriptions of the membership and work of an AWSC. Pages 155-156 are a good starting point.

The letters AWSC stand for Area World Service Committee, and the first thing to note is that this is an Area function. Our Washington Area AWSC meets twice a year, in February and August, to plan for the general improvement of the Area Assembly and Groups.

The people who make up the AWSC are the Area officers (Delegate, Alternate Delegate, Chair, Alternate Chair, Secretary, and Treasurer), Area coordinators

"...the motions voted on at AWSC are not 'decided' as courses of action, but are merely recommendations to send them on to the Group Representatives to vote on at the next Assembly."

(Alateen, Alateen Safety, Archives, Group Records, Literature, Newsletter, Public Outreach, Area Alateen Conference Chair, Website, and Custodial Archivist), Al-Anon Information Service (AIS) liaisons, and all of our District Representatives. In addition, there may be a Northwest Regional Trustee and past Delegates who choose to attend.

The AWSC meetings run much like our Area Assemblies, but with fewer people present. Minutes are read and approved, reports are given, Area and District matters may be discussed, and motions are presented. The big difference is that the motions voted on at AWSC are not "decided" as courses of action, but are merely recommendations to send them on to the Group Representatives to vote on at the next Assembly. Questions that may be considered are focused on the construction of the motion. Is there adequate background information? Is the motion written concisely but thoroughly, covering all necessary points without being too wordy? Is this the right time for our Area to vote on this piece of business?

WA Area AWSC meetings last just one day and are relatively easy and fun opportunities for a District to host. A meeting room that can hold about 50 people, with a kitchen nearby, is ideal. Continental breakfast, coffee/tea/water service, and a simple lunch are all that are needed. Sometimes a nearby Alateen group or a District may offer a fundraising dinner and speaker, inviting local Al-Anon members to attend.

The August AWSC meeting will be in Sequim on August 4th. The next WA Area Assembly will be held on October 5-7th. All Group Representatives are asked to attend the Assemblies to vote on any motions brought forth at the AWSC.

AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

chair@seattle-al-anon.org

Vice Chair

Eliza D.

vicechair@seattle-al-anon.org

Secretary

Cindy G.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Archivist

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Fundraising Coordinator

Jennifer P.

fundraising@seattle-al-anon.org

Literature Dist. Center Coordinator

Karen L.

LDC@seattle-al-anon.org

Outreach Coordinator

Nigel L.

outreach@seattle-al-anon.org

Parliamentarian

Chris G.

parliamentarian@seattle-al-anon.org

Phone Volunteers Coordinators

Karen T. and Susan CH.

phones@seattle-al-anon.org

Policy Coordinator

OPEN

Tech Coordinator

Tatiana G.

tech@seattle-al-anon.org

The AIS Board is made up of a representative from each of our 9 Districts plus the Officers and Coordinators listed above.

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



Serenity on the Sound

September 14-16

Seaback Conference Center

"Imagine the Possibilities"

Information & Registration: www.serenityonthesound.com

My Experience: It's Easy to Order and Pay Online for Literature from AIS

by Newsletter Contributor Allen L.

2018 has seen huge changes in our Seattle Al-Anon Information Service (AIS). From the new office location to a new website AIS is moving into the 21st century to keep pace with the membership.

The new website includes a vastly improved system of ordering and paying for conference approved literature and pamphlets online.

“How’s that for a system that actually works!”

I just had the opportunity to try the new system last week and it really works!

World Service Office developed a new Al-Anon book, *Intimacy in Alcoholic Relationships: A Collection of Personal Stories*. I ordered a copy from Seattle AIS by emailing LDC@seattle-al-anon.org. The AIS Literature team emailed an invoice with a link to a payment page from a second party.

The payment page has a form to accept my credit or debit card as well as a link to let me pay with my Apple Pay™ account. I chose the Apple Pay™ option and one click did it all. Well, not quite, there is one more step with Apple Pay™. I get alerts on my phone to verify my transactions. Since I use an iPhone, all I had to do was hold my thumb on the phone’s sensor and BANG, done.

Since I was going to the office, I chose to pick up my copy but they will happily mail your books, saving you the trip to the Capitol Hill neighborhood in Seattle. The office is only open on Thursdays right now so the books are mailed on the Thursday after payment is received with most members in the Puget Sound region saying they get the books the very next day.

How’s that for a new system that actually works!

Simply go to the website at www.seattle-al-anon.org and then select Literature at the top of the page or email LDC@seattle-al-anon.org anytime or call the office at 206-625-0018 on Thursdays between 9:30 am and 3:30 pm if you need help.

New Conference Approved Literature: *Intimacy in Alcoholic Relationships* Available Now

“Al-Anon Family Group’s latest publication, *Intimacy in Alcoholic Relationships*, covers a topic of great expressed need by our members, but seldom discussed in meetings, workshops or Conference Approved Literature. It encompasses all aspects of intimacy – physical, emotional and spiritual – in all relationships affected by the disease of alcoholism. With over 60 personal stories and dozens more brief quotations, members honestly share their challenges with intimacy, as well as the solutions they found using Al-Anon tools. Each chapter concludes with introspective questions for reflection and discussion.” (From WSO Intimacy Book Order Form)

This new book was a longtime in the making. It was first approved in 2011. But as WSO Director of Literature Tom C. wrote, “However, the big question that remained was whether members of the fellowship would step forward and share their struggles with intimacy and how Al-Anon has helped. Would members send in enough sharings for more than a brief pamphlet? Well, share they did. It took time—hence the long wait—but eventually the WSO received over 1,300 sharings. Members wrote openly and honestly, sharing facts and feelings that they might not have divulged to even those closest to them. The wide range of sharings included their experiences with emotional intimacy, spiritual intimacy and, yes, sexual intimacy.”

The first order of the new book sold out quickly at our Seattle AIS office, but another order was right behind it. We are working hard to make sure we have enough of this new publication. Also, we

have lots of the timely new pamphlet, *Hope & Understanding for Parents & Grandparents*, in stock now. Please email your orders to: LDC@seattle-al-anon.org.

Note: In next month’s BITS there will be a review of this new Al-Anon publication by a Seattle AIS area member.

Available Now
&
In Stock at AIS



“Discovering how to form and maintain intimate relationships in every aspect of our lives is crucial to our recovery.”

From Intimacy in Alcoholic Relationships, page 11

Where to Send Donations

Service Arm and Instructions

AIS
509 10th Ave E #100
Seattle, WA 98102
or

Pay online by emailing your Group name and number along with the amount you wish to donate to LDC@seattle-al-anon.org. You will then receive a QuickBooks payment request for you to enter your credit card information.

WASHINGTON AREA

Send email to treasurer@wa-al-anon.org to get their address
or

Go online to www.wa-al-anon.org/7th-tradition/ Choose the donate button and you will be taken to a PayPal page to pay.

AFG INC. (WSO)

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454
or

Go online to www.al-anon.org/contributions/

District 14

Send email to district14@seattle-al-anon.org to request their address

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

Send email to district17@seattle-al-anon.org to request their address

District 18

Send email to district18@seattle-al-anon.org to request their address

District 19

Send email to district19@seattle-al-anon.org to request their address

District 20

P.O. Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

Send email to district22@seattle-al-anon.org to request their address

Please make checks payable to the service arm listed above.

How It Works For Me: Concept Eight by Newsletter Columnist Allen L.

Concept Eight:

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

My home group had a long history of dedicating one meeting topic each month to the Step and one to the Tradition for that month. Step and Tradition One were scheduled for January, number two for February and so on. Some time ago we decided to include the Concept for the same month.

I have noticed that some people think of the concepts as dry and boring or as limited solely to the management of the World Service Office (WSO). In studying the Steps and Traditions, I have discovered an expanded idea of how to apply them to my life. This expansion has come to include the Concepts as I study them in more detail.

I relate Concept Eight to the operation of my family when I was growing up. With decisions such as where to go on vacations, my mother, father, sister, and I would have a “family meeting” to discuss the options. All of us brought our opinions, wants and knowledge to the meetings. We practiced a form of knowledge-based decision making just as we do in our Al-Anon business meetings.

Now imagine how unwieldy holding a family meeting to decide on what to have for dinner every day would be. My family’s “executive committee” made up of Dad and Mom made those decisions. Mom made all the routine decisions about what to have for dinner and Dad made all the decisions about routine car maintenance, while Mom and Dad together decided which new car to buy without asking their children’s opinion.

“Now imagine how unwieldy holding a family meeting to decide on what to have for dinner every day would be.”

The obvious difference is that the Executive Committee is appointed by the Board of Trustees. The Board members are selected by the members of the WSC Regional Nominating Committee while in our families the adults, hope-fully, are the leaders. The principle is similar enough though in that some things are decided by a small group that has the best interests and the long range health of the entire group in mind. Other decisions need to include everyone so that no one is left out or ignored.

Just as the Al-Anon executive committees are mindful of the wants and needs of the membership so too must I be in all my relationships. When making decisions that affect my family or friends, I want to include their desires and needs in my decision making so that EVERYONE feels included and cared about.

And who knows, they may even have a better idea than mine!

Please send any meeting changes including Group Rep and Alt Group Rep changes to:
group-records@wa-al-anon.org
AND
communications@seattle-al-anon.org

Another Tool in the Al-Anon Tool Box: Phones

Phones Still Useful Tools of the Program Despite Changes

by Newsletter Editor Teresa H.

When talking about tools of our Al-Anon Program, phones used to be one of the first things mentioned. The phone was our number one way of communicating with fellow members outside of our meetings. It was also the way that important local program information was distributed.

Many longtime Al-Anon members have told me stories of phone trees. One member would call a few members who then had a list of members that they would call who would then call the members on their list and so on. Today by using email, websites, and texts, one person can spread the information with one push of a button.

And the phone itself has changed. Now many, if not most phones, are “smart” and mobile. They can be with us at all times whether we are at home or not. They are more powerful than the computers of just a few years ago. I have found that these improvements have made them even more useful as a program tool.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 Eliza D. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
Districts 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM Grace Lutheran Church 9625 NE 8th St, Bellevue
Districts 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Katharine R. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	1st Wednesday at 7:00 PM Contact Grita for Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Denise A. district20@seattle-al-anon.org	2nd Monday at 7:00 PM Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Lynn T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline

I am away from home a great deal, but I can still feel connected. While riding down the road in our van last spring, I had a call from a fellow member apologizing for inadvertently breaking my anonymity. It was no problem for me, but it could have been and I was glad that I had the opportunity to address the issue right away. I was also glad to be able to ease the mind of my Al-Anon friend in quick fashion. I think it saved her a couple weeks of fretting.

I have a hard time remembering to do things too. When I am out for one of my walks or shopping and I realize that I haven't seen a regular member of my home group for a while, I can send a quick text right then and there to touch base and let them know that I am thinking about them and have missed them. I know that I appreciate texts like that and have found that others do as well. That is also how I have found out about some difficult times they are going through and in a regular follow-up call have been able to provide a listening ear.

Recently, I was worried about a loved one. I couldn't sleep and got up at 4:00 a.m. and started writing a long text to my sponsor about why I needed to get involved in my loved one's situation. Before pushing the send button, I decided I had better proofread the text. Reading back through the text, I wondered who this crazy person was who wanted to hop out of her hula hoop! I deleted the text and replaced it with a text telling my sponsor how grateful I was for her.

Of course, I still use my phone for regular outreach calls from the comfort of my living room. I have found lots of recovery listening to and sharing with program friends. I especially appreciate calls from newcomers.

The importance of getting the phone numbers of other members is greater than ever - even if I am texting more and calling less. For me, the phone continues to be a great tool of our Al-Anon program.



Greater Seattle AIS Financial Activity Comparison

	June 2018	June 2017	2018 YTD
REVENUE			
Donations	1716.50	1784.61	9656.27
Fundraisers	0	100.00	3412.00
Literature	2097.11	2644.78	17337.69
Shipping	122.00	0	723.00
Misc.	.08	23.09	-13.68
Total Revenue	3935.69	4552.48	31115.28
Cost of Goods Sold	1629.87	2379.67	12960.40
Gross Profit	2305.82	2172.72	18154.88
EXPENDITURES			
Payroll & Related	0	3475.54	11598.24
Office Supplies	45.18	343.44	494.59
Parking/Bus Fare	121.15	149.00	642.65
Insurance	41.66	298.62	222.38
Professional Fees	0	0	243.00
Technology	55.04	32.85	963.66
Rent & Maintenance/Move	1551.49	866.17	7147.55
Telephone/Internet	182.63	208.65	1043.96
Postage	84.26	137.75	1052.08
Merchant Fees	108.39	57.24	560.68
Event Expenses	105.00	0	713.99
Equipment (lease/purchase)	1386.84	364.22	3189.82
Misc	0	99.03	12.82
Total Expenses	3681.64	6032.51	27885.42
NET REVENUE	-1375.82	-3859.79	-9730.54

The above chart is an unofficial simplified version of the AIS Treasurer's Report. Note: Categories have changed since our conversion to QuickBooks Online. **For more AIS Financial information, visit our Member's page at: www.seattle-al-anon.org**

**THANK YOU FOR YOUR
DONATIONS AND FOR
YOUR SUPPORT OF AIS!**

**OUR FUNDING NOW COMES
PRIMARILY FROM:**

- DONATIONS FROM MEMBERS, GROUPS, & DISTRICTS
- LITERATURE SALES

Unofficial July AIS Council Meeting Summary

by Newsletter Editor Teresa H.

- Chair Anessa reminded members that AIS November elections are not far away. We will need a new Chair. Her 3 years will be complete.
- Vice-Chair Eliza D. has started reviewing the Standing Rules and Procedures.
- Eliza D. also brought up the possibility of a new Al-Anon meeting at the new office location.
- The office still needs a 6' folding table.
- The Ricoh copier options were discussed. It is currently at the old location.
- The new *Intimacy in Alcoholic Relationships: A Collection of Al-Anon Personal Stories* and the Spanish Service Manuals will arrive next week.
- Phones are now with Comcast Business with caller ID and a feature that turns voicemails into readable emails.
- Tatiana G. was appointed as our new Tech Coordinator.
- 378 users have opted to receive our email updates. The website has approximately 925 unique visitors each week.
- Outreach will be taking a more proactive approach.
- AIS Open House on August 25th will include food and giveaways and be a vehicle for spreading the word that we need more office volunteers so we can be open additional days.
- Volunteers are needed to help with the AIS Resentment Bonfire & Cookout on Sunday, August 26th. Contact chair@seattle-al-anon.org to volunteer.

Update Your Group Info with WSO

The WSO Annual Al-Anon Group Update Sheet was mailed. You can help people find your meeting by keeping your home Group information up-to-date.

Please take a moment to verify your Group information and return the completed form to WSO. Please also send a copy to:

group-records@wa-al-anon.org

AND

communications@seattle-al-anon.org.

If you do not receive the update sheet from WSO, please contact group-records@wa-al-anon.org with your current Group mailing address. Note: If you do not have a valid mailing address registered with WSO, your Group will not be listed in the WA Area online meeting finder that is used by AIS. Please keep us updated on meeting changes.

Al-Anon and Alateen Events Listing as of August 1, 2018

For up-to-date information and to print flyers, go to the Events page at www.seattle-al-anon.org
(Note: Includes AA Events and Conferences with Al-Anon Participation)

Aug 1	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
Aug 2	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Aug 4	Saturday 8:00AM	AWSC Meeting	Trinity United Methodist Church 100 S Blake Ave, Sequim	
Aug 4	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationsspeakermeeting.org
Aug 7	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Aug 9	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
Aug 9	Thursday 7:30-9:00PM	Lake Hills Thursday Night Book Study – Opening Our Hearts	St. Andrew's Lutheran Church 2650 148 th Ave SE, Bellevue	lakehillsthursdaynite@gmail.com
Aug 11	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	
Aug 11	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Poulsbo First Lutheran Church 18920 4 th Ave NE, Poulsbo	
Aug 13	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Aug 16	Thursday 7:00PM	Terrace View AFG Easy Does It Potluck and Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	
Aug 18	Saturday 8:30AM	District 15 & 16 Business Meeting	Grace Lutheran Church 9625 NE 8 th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Aug 18	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	hear@seattle-al-anon.org
Aug 19	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
Aug 21	Tuesday 6:30-8:00PM	District 22 Business Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
Aug 22	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Aug 25	Saturday 10:00-2:00PM	AIS Office Open House	All Pilgrims Christian Church 509 10 th Ave E, Seattle	LDC@seattle-al-anon.org Enter blue door on 10 th E
Aug 26	Sunday 5:00PM	AIS Resentment Bonfire & Cookout	Lincoln Park – Shelter 2 & Fire Pit 8011 Fauntleroy Way SW, Seattle	chair@seattle-al-anon.org
Aug 27	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
Aug 29	Wednesday 7:00PM	Alderwood AFG Speaker Meeting	Maplewood Presbyterian Church 19523 84 th Ave W, Edmonds	
Aug 30	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	Note: Women's Meeting
Aug 31	Friday 7:30PM	Seattle Men's AFG Speaker Meeting	Northminster Presbyterian Church 7706 25 th Ave NW, Seattle	
Sept 7-8	Weekend	WA Area Speakers Convention	Green River Community College 12401 SE 320th Street, Auburn	waspeakers2018@gmail.com In Student Union Building
Sept 14-16	Weekend	Serenity on the Sound	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	serenityonthesound.com
Sept 29	Saturday 11:30-9:00PM	Seattle Fall Conference (AA w/ Al-Anon Participation)	United Evangelical Free Church 1420 NW 80 th St, Seattle	district21@seattle-al-anon.org seattlefallconference.com

Only the next occurrence of an event is listed.

Send event information and flyers to communications@seattle-al-anon.org

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of August 1, 2018

For the most up-to-date information, go to seattle-al-anon.org
 Speak with an Al-Anon member at 206-625-0000.

Directory Guide

AA = AA at Same Time & Place
 AC = Adult Children of Alcoholics Same Time & Place
 AL = Al-Anon at Same Time & Place
 ASL = American Sign Language
 AT = Alateen at Same Time & Place 45 = 45-Minute Duration
 B = Beginners Intro/Meeting 60 = 60-Minute Duration
 CH = Childcare Offered 75 = 75-Minute Duration
 FF = Fragrance Free 90 = 90-Minute Duration
 H = Handicap Accessible 135 = 135-Minute Duration
 O = Open to Observers

To Change or Correct Meeting Information,
 email changes to group-records@wa-al-anon.org
AND
communications@seattle-al-anon.org

ALATEEN MEETINGS

TUES 7:30PM 60/H/AL/AA	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Meets upstairs/Ages 12-21) #30639096 DIST 22
WED 7:30PM 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AA	LAKE HILLS ALATEEN #14119 St. Andrews Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

VASHON ISLAND MEETINGS

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

**PLEASE
NOTE**

**THE AIS OFFICE HAS MOVED TO:
509 10TH AVE E #100, SEATTLE 98102**

SEATTLE CENTRAL ZONE

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

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd fl conf/Holidays@Victrola)DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North entry/Signs to Glen Rm) DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel. Feel free to bring lunch) DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (In Edgewood Services Office) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No meeting on legal holidays) DIST 22
MON 7:00PM 90/O	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 2nd Monday of month) DIST 22
MON 7:30PM 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
MON 7:30PM 90/O/H/AT	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
TUES 10:00AM 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery Entry) DIST 21
TUES 6:30PM 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt entry-back/lot off 25th) DIST 21
TUES 7:30PM 90/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle DIST 21
TUES 7:30PM 90	NORTH END MEN'S #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) DIST 22
WED 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 6:00PM 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 th Ave NE, Seattle (Side bldg. north of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 th St, Seattle (Enter from rear parking lot) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace DIST 22

WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 th Ave W, Edmonds (Speaker on 5 th Wed/corner of 196 th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
THURS 7:30PM 90/O/H/AC	LAURELHURST THURSDAY EVE AFG #46355 St Stephen's Episcopal, 4805 NE 45 th St, Seattle (Meets in Parish Hall) DIST 20
THURS 7:30PM 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36 th St, Seattle (Meets in 1 st floor lounge) DIST 20
FRI 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
FRI 10:00AM 90	HIGHLANDS FRIDAY AM AFG #32362 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Paddington Nursery Entry) DIST 21
FRI 7:00PM 90	WALLINGFORD FRIDAY AFG Wallingford Presbyterian, 1414 N 42 nd St, Seattle (Enter back of church from parking lot) DIST 20
FRI 7:30PM 90/O/H	SEATTLE MEN'S AFG #30582130 Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21
FRI 8:00PM 90/H/B	TGIF AFG #14171 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196 th) DIST 22
SAT 7:30PM 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70 th St, Seattle (Enter on NE corner) DIST 21

SPANISH LANGUAGE MEETINGS

MON 7:00PM 90/O	GFA UN REGALO PARA MI #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
TUES 7:00PM 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) DIST 17
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 th Pl, Bellevue DIST 16

Please support AIS by ordering Literature from AIS.

- Email your order to LDC@seattle-al-anon.org
- Have it shipped or pick up at our office on a Thursday

NEW OFFICE LOCATION

509 10th Ave East, #100, Seattle, WA 98102.

SOUTH ZONE

**So. & West Seattle • Burien • Des Moines • Pacific
Federal Way • Auburn • Kent • Renton • Enumclaw**

SUN 6:00PM 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436 th Way, Enumclaw DIST 14	WED 7:00PM 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 th Wed) DIST 19
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 th St SE, Auburn (Enter main church on 17 th St SE) DIST 14	WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14	THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 th Ave S, Des Moines (Side door at north of church) DIST 18
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18	THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Free Childcare/Women's Meeting) DIST 19
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines DIST 14	THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14	FRI 10:30AM 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Mon) DIST 18	FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot & entrance) DIST 17	SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19	SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
TUES 7:00PM 90/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18	SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn DIST 14
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent Focused Meeting) DIST 14	SAT 10:00AM 90/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 th St, Federal Way (Free Childcare) DIST 14	SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
WED 1:30PM 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 st Ave S, Burien (Use side entrance/basement) DIST 18	SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
WED 7:00PM 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 th Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17	SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17	ONCE A MONTH SPEAKER MEETINGS	
		2nd SAT 7:30PM 90/O/H	M.E.S.H. 2 nd SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2 nd Saturday) DIST 22
		3rd SAT 7:30PM 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 rd Saturday) DIST 14

EAST ZONE

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

SUN 12:00PM 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran, 10207 NE 183 rd St, Bothell DIST 16
MON 12:00PM 60/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
MON 12:30PM 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104 th Ave NE, Bothell DIST 15
MON 7:00PM 90/O/H	LIVING IN THE SOLUTION MONDAY NIGHT AFG #49784 Holy Spirit Lutheran, 10021 NE 124 th St, Kirkland
MON 7:30PM 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40 th St, Mercer Island (Parent's meeting/speaker 5 th Monday) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Covenant, 12800 Coal Creek Pwy SE, Bellevue (1 st floor in main church bldg.) DIST 16
TUES 12:30PM 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland DIST 15
TUES 7:00PM 75/H	NEW HOPE AFG #62825 Unity Church of Bellevue, 16330 NE 4 th St, Bellevue (Book study) DIST 16
TUES 7:00PM 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
TUES 7:15PM 90/O/CH/H/A	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100 th Ave NE, Bothell (Free childcare) DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 th St, Redmond DIST 15
WED 7:00PM 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90/H	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
THURS 10:00AM 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
THURS 10:00AM 90/CH/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 th Ave NE, Kirkland DIST 15

THURS 7:00PM 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15
THURS 7:30PM 90/O/H/AT/AA	BELLEVUE LAKE HILLS AFG #14118 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
THURS 7:30PM 90/O	EASTSIDE PARENT'S AFG #30522678 Faith United Methodist, 3924 Issaquah-Pine Lk Rd SE, Issaquah (Parent's meeting) DIST 16
FRI 12:00PM 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
FRI 8:00PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166 th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
SAT 8:30AM 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
SAT 10:30AM 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

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

PHONE NUMBERS

**Speak to a Member Anytime
206-625-0000**