



# the bits newsletter

Seattle AI-Anon Information Service

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**February 2023**

## HELP - Literature Distribution Center

by Mary R

You will find love, understanding, and hope in AI-Anon. It will work for you if you allow it to. Tradition 8 states: "*AI-Anon Twelfth Step work should remain forever non-professional...*" I invite you to contribute to the healing power of our program.



In 2018, Districts 14-22 decided we would have our Seattle AIS/LDC (AI-Anon Information Service/Literature Distribution Center) be an all-volunteer organization so we could afford to be of better service to Districts 14-22. We wanted to be able to keep the doors open without having Auctions, Can Appeals, and Spare Change events. We have been so very successful at doing exactly that. But we can only do it when people step up to volunteer. All the volunteers up

to now have graciously put in 2+ years of service to that end.

We need to practice rotation of service to continue to maintain a healthy organization to serve Districts 14-22. So now we are asking for help. Help from the many members that the AIS/LDC is serving. We need office and home volunteers.

The office work is shipping orders of literature. This is done on Thursdays and takes 2-4 hours at our office.

The home volunteers' work is checking the LDC email for orders for literature and making and sending an invoice to the requestor. This work, even though the shift is for a week, only takes about 2-8 hours during that week. Maybe an hour or two a day. Training is provided.

It is an easy and rewarding way to do a great service for Districts 14-22. I personally have heard it mentioned by the other volunteers, and know by my experience that I get to feel like a big part of our AI-Anon experience. It is a way to grow in my own program, and give a helping hand to others.

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# Event Flyer Policy Clarification

by Jackie T,  
Communications Coordinator

A committee looked at our *Events* page and Master Calendar. We found inconsistencies. We have gone astray. To have consistency and sustainability, we need to have a clear policy and instructions.



What goes on the Master Calendar page:

- Events without flyers.
- All the events on the Events page.
- AIS Council and Board meetings.
- Districts 14-22 business meetings.
- Area AWSC meetings.
- No regular AFG group or workshop meetings. They can be found on the Meeting Directory and they are not events.

This new policy will go into effect February 28th. Everything currently on the Events and Calendar page will remain as is until that date.

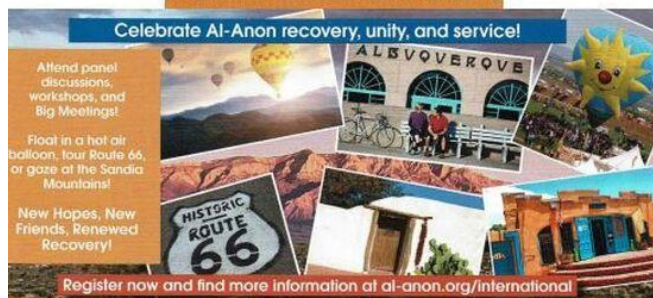
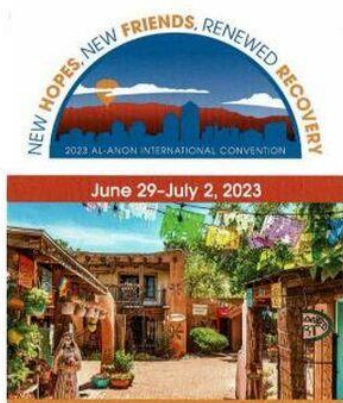
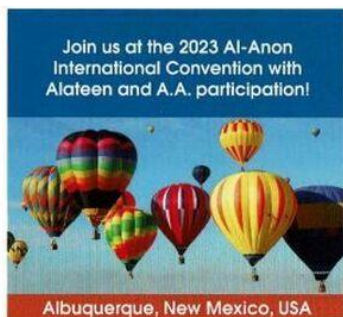
Our goals are to create consistency, sustainability, and support for our volunteers by making it easier and simpler to perform their duties, eliminate the appearance of favoritism, and get back to having a true events page.

Here are the highlights of our policy.

What goes on the *Events* page:

- Special event flyers from any AFG, District, Area, or AIS including those outside of Districts 14-22.
- Speaker meeting flyers.
- If there is no flyer, we ask the sender to provide one. If no flyer is provided, we list the event on the Master Calendar only.
- No full names or personal contact information e.g., telephone #s or mailing addresses on the flyer.
- Events must be sponsored by an Al-Anon service arm.
- AA events with Al-Anon participation must be co-sponsored by an Al-Anon service arm.
- No regular group or workshop information.
- No AIS Council, Board, District, or Area AWSC meetings. These are business meetings and not events.





## Service

by Allen L

### Step Two

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



I have a close Al-Anon friend who is currently irritated, restless, and discontent. It's showing up as a low-level resentment over what he sees as some attendees' lack of participation. Some of it is fueled by his feeling that he is doing more than his "fair share" of work to keep the meeting going.

The suggested opening from the Al-Anon/Alateen Service Manual 2022-2025 gave me a starting point: "We believe alcoholism is a family illness and that changed attitudes can aid recovery." My friend's dissatisfaction is not caused by others not doing their "fair share" of the work, rather it is caused by his attitude.

My friend's Higher Power is going to have to guide him. It's not my job to fix him. I just need to listen as a friend. It did cause me to think about myself though.

So often my attitude is my attitude and I can't really just change it by wanting to. In this case I found something else in the Service Manual; the suggested reading for the 7th Tradition announcement during the meeting:

### Passing the Basket

At some point during the program, voluntary contributions are made, following this statement by the Chairperson or Treasurer:

"We have no dues or fees; according to our Seventh Tradition, 'Every group ought to be fully self-supporting, declining outside contributions.' We contribute in gratitude for what we have received from Al-Anon." (my emphasis)

Last night I helped set up tables and put out chairs, I helped put up the decorations for an annual potluck candlelight gratitude dinner. I didn't help because I was afraid it wouldn't get done if I didn't do it. I didn't help because I thought I was obligated to. I did it out of gratitude for that meeting and the help and support I have always gotten from my attendance.

It was a wonderful evening of fellowship and sharing our gratitude for Al-Anon in general and for that meeting in particular. I came away with a refreshed "Attitude of Gratitude".

## 2023 Seattle AIS Office Opens!



### First Saturdays of the Month 11 AM - 3 PM

February 4  
March 4  
April 1

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

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

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



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

## 2023 Abriendo la Oficina de Seattle AIS!



### Los Primeros Sabados del Mes 11 AM - 3 PM

Febrero 4  
Marzo 4  
Abril 1

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

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

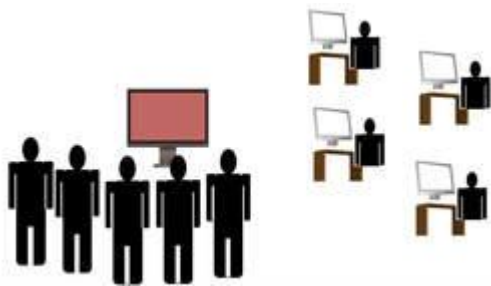
*Nota: Ingrese por la 10th Ave por la PUERTA AZUL (NO por la Broadway). PRESIONE EL TIMBRE DE AL-ANON. Estacionamiento gratis en la calle. Hay dos sitios que se paga el estacionamiento que es QFC y E. Republicán entre Broadway y Harvard.*



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

# Making a Hybrid AI-Anon Meeting Easy

by Karen P



With so many AI-Anon Groups going hybrid (Groups that meet in-person but include a Zoom option for members to attend the same meeting virtually), it can seem overwhelming to set up the tech - and to get members to commit to being the "Zoom person" that makes it happen every week. It can even cause the breakup of some Groups into two separate meetings. That doesn't have to be the case.

I attend two different hybrid AI-Anon meetings regularly, and I would like to share some tips for holding a successful hybrid meeting.

In one of my meetings, the virtual part is done simply by someone at the in-person meeting logging in to Zoom on their cell phone, and the phone is set on a chair in the circle. This works because the in-person group is relatively small (8-10 people), and the virtual group is smaller (4-5 people or less).

The other meeting is larger, 25-30 people in-person and 6-8 people online.

In the larger meeting, 2 service positions were created by group conscience. One is

the in-person Zoom host coordinator, and the other is the online Zoom host coordinator. These positions have rotating terms of about 6 months each, and if either are not able to make it to the meeting, like any other service position, they find someone to substitute for them temporarily.

The in-person Zoom host is responsible to come to the meeting a few minutes early with their laptop and log on to the Zoom meeting. They also bring a small (hockey puck sized) speaker/microphone that connects by Bluetooth and sits in the center of the in-person meeting circle.

The online zoom host is responsible to log onto the meeting virtually a few minutes early. They admit people into the meeting from the virtual waiting room and they put the 7th tradition information and any other information into the chat. We have also found that using Venmo or Zelle electronic payment services really helps to keep the 7th Tradition going, as virtual attendees also have the opportunity to contribute to the group. That way, we always have money for renting the in-person meeting room, as well as to pay for the Zoom subscription. (Check with your District Representative whether there may be a District-sponsored Zoom account that your Group can use for free, also). Some groups also split the cost of their Zoom account with other Groups that don't meet at the same time.

Our Group raised the money to purchase the speaker/microphone when they went back to in-person meetings but many were still wanting to meet online. Many of these types of microphone/speakers are available for purchase online for between \$30 and \$140.

These "hockey puck" type speaker/microphones are the key to make a hybrid meeting successful, because they allow the in-person meeting members to be

heard clearly by the online members and vice versa - the online people can be heard by the in-person attendees. That way, everyone has the chance to both share and listen, and the meeting still feels like one group meeting together.

(Editor's note:) One of the groups I attend in a hybrid fashion has elected similar solutions. One group was more intent on being able to see the on-line individuals, so we also added a projector, using a white wall for the screen. Working out the room lighting for this solution was tricky, and I wouldn't consider it perfect, but passable. Still, we successfully include several of our long-time members that moved away during, or even prior to the pandemic, as well as our local members.

I hope this information is helpful to you and the fellowship.

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## Tradition Two

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.



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

## Happy Birthday Lois W and Other Outreach Activities!

by Solveig W, Seattle AIS Outreach Coordinator



On Saturday March 4th, we will be holding a celebration of Lois W.'s birthday at the Seattle AIS Office at All Pilgrims Church during the monthly Office opening from 11 AM - 3 PM. The Seattle AIS Office Address is **509 10th Ave E. Seattle.**

Join us at the office for coffee, tea, several delicious volunteer-baked birthday cakes while you browse or buy literature, and for that all-important in-person fellowship. Members and

Newcomers are **all** welcome.

There is no expense to attend. We will raffle several pieces of Conference Approved Literature (CAL), so bring a few dollars if you want to participate. All proceeds go to Seattle AIS. Members will be available to welcome Newcomers and answer questions about how Al-Anon works in the Seattle area. There will **not** be any speakers, this is just a social event and an opportunity to purchase literature. AIS depends on literature sales to keep the office open, the lights on, and the phones and website available. The sale of literature also helps finance our free Newcomer packets and digital Outreach awareness campaign. (More on that below).

NOTE: Please enter on 10th Avenue via the BLUE DOOR (not on Broadway). You can reach the Office via car, on foot or via the light rail station. Free street parking is available, paid parking at the QFC or on E. Republican between Broadway and Harvard. We look forward to seeing you on March 4th!

### **Seattle Area Al-Anon Digital Outreach Campaign and Website Changes**

In January we wrapped up our 2022/23 digital ad and YouTube Outreach campaign. This campaign ran from November 24, 2022 through January 10, 2023 with a budget of \$3000

allocated by the Seattle AIS Council. This budget was reduced from the prior year, when the Outreach digital campaign was allocated \$5000, and was also combined with a Washington Area digital ad campaign. Nonetheless, we are already seeing an uptick in the Seattle AIS website traffic, especially to the Meetings page and the New To Al-Anon page.

If you haven't visited the [seattle-al-anon.org](http://seattle-al-anon.org) website recently, please take a minute to check out recent changes to make the site easier to read and for finding information more quickly. For sustainability by our hard working volunteers behind the scenes, we have also chosen to link directly to the WSO website for certain menu tabs.

In addition, we now have a button on the Meetings page for a new Alateen meeting schedule. This schedule lists the Seattle Area Alateen meetings, both in person and via Zoom, and it will be updated regularly as Alateen continues to reinstate in-person meetings.

We welcome your feedback. If you have questions or want to know how to volunteer to bring the Al-Anon messages of hope and serenity to those who are struggling with a loved one's drinking or drugging, please email [outreach@seattle-al-anon.org](mailto:outreach@seattle-al-anon.org).

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## AIS Council Meeting

The next Council meeting is Thursday, February 9, 2023, 7:30-9:00 pm. Click the AIS website *2023 Calendar* link on the *Events* page (<https://www.seattle-al-anon.org/events>) for the zoom information.

DO YOU WORRY  
ABOUT HOW MUCH  
SOMEONE DRINKS?

Al-Anon can help.



Al-Anon and Alateen are mutual support programs for those affected by someone else's drinking.

Find out more at a meeting in King County

Speak with an Al-Anon member at 206-625-0000



seattle-al-anon.org

## Let Us Know If Your Meeting Has:

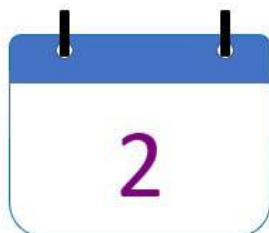
- Gone back to meeting in person
- Become hybrid or concurrent
- Has a new physical location
- Made other changes that members need to know about
- Has an alternate Holiday Schedule
- Has disbanded

Please send all meeting changes to the WA Area Group Records Coordinator <https://wa-al-anon.org/meeting-changes/>  
Changes and Updates are made Weekly.  
(Seattle AIS is automatically 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)

## Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.







# Out of the Toolbox

by BITS Columnist Callie D.

## Not My Circus...

Not my monkeys! I've been coming across this phrase in the (virtual) rooms of Al-Anon lately. It allows me to lighten up a bit and perhaps view the insanity and chaos around me through a different lens. The alcoholic likes to brush off the most urgent of circumstances as "no big deal." So, their monkeys tend to roll out of a barrel of fun and irresponsibility. My monkeys often come in frightening harbingers, flying at me in the night, as in the *Wizard of Oz!*



Trying to maintain a household that is saturated in belligerent alcoholism is like trying to push water uphill. One can expend an enormous amount of time and energy, just to end up with undesirable results! With the often uncooperative nature of alcoholism, the alcoholic can sabotage the very things that they say they want to accomplish!

Included in the "three ring circus" is the "ring of senselessness." These are strange

behaviors that add to the household unmanageability. Delaying repairs to the point of not being able to get vehicles out of the garage. Going for months with an odorous backed up kitchen sink. After getting new shoes or slippers, the alcoholic dug the old ones out of the trash. They reappeared, leaving black marks on the floors. Dirty dishes and silverware have been left in drawers for reuse – attracting vermin! Broken glass left on the kitchen floor from the night before. The typical response; "It's not that bad!"

Another more serious "ring" is the "ring of irresponsibility." During one "crisis" the alcoholic got their vehicle stuck in the mud, where they sat in the vehicle for 6 hours. Three of those hours were after dark, and they waited to let anyone know they needed help! The alcoholic resists any loving request to "let someone know," earlier, and insists it was "no big deal."

The last ring submerges the whole "Big Top" in delusion. The "ring of denial" allows the circus of alcoholism to continue to operate despite devastating consequences. I have been stunned at the level of irrationality that the alcoholic employs in order to reject reality and continue drinking.

I am the polar opposite of the first two rings, as I tend to be extremely sensible and overly responsible. However, with the constant invitation from the cunning Ringmaster, the "ring of denial" sometimes clouds my judgment. I may suddenly find myself swinging from the trapeze without a net!

If I can view ownership of behavior in terms of the monkeys, the lines of accountability become clearer. I become responsible for myself and let go of the obsession to rescue. The alcoholic's "barrel of monkeys" does not have to become my "flying monkeys."

## [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!

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## January 2023 AIS Council Meeting Minutes (Summary, not yet approved)

**Meeting Opened** at 7:31 PM with the Serenity Prayer

**Attendance:** 27 individuals

**Introductions:** all

**Readings:** Tradition 1 and Concept 1

**Secretary:** Kathy K: Approval of December Minutes: Motion passed, with 4 abstentions.

**Chair:** Karen L: Reported on the status of 5 PEMs (Permanent Electronic Meetings) which will continue to be listed on the AIS website until February 28, 2023, but then will be delisted in accordance with our bylaws. WSO has its own service arm for PEMs, as they are not bound to any geographical area or district. Electronic meetings formed during the pandemic in place of in-person meetings will continue to be listed pending further direction from Area which will meet in April

2023. This topic is also a planned discussion at the upcoming Board Meeting. It was noted that PEMs were not notified appropriately in 2022, hence the reason for the delay until the end of February 2023.

**Lois's Birthday Celebration:** AIS can incorporate a birthday celebration during the March 4th opening of the office with cake. There will be no speaker event. Heather R volunteered to bake cakes for the event.

**Treasurer:** Gary H: He is working with previous treasurer Mariann M and has distributed 3 reports. Further discussion pending at the upcoming Board meeting. A question was asked about alternative payment methods and Gary noted this is in transition. He is working to reduce toil.

**Vice Chair Report:** Dave M: He has taken on the role of overseeing the opening of the office. The March 4th opening will celebrate Lois' birthday.

**Coordinators:**

**LDC:** Mary R, Linda H, and Karen L: A volunteer is needed for the LDC Coordinator position. We continue to need additional home and office volunteers.

**Communications:** Jackie T: A volunteer is needed for the Events Editor position. Without this position being filled, it will be difficult to stay current on the posting of flyers and the master calendar. Anyone interested should contact her. The website is being updated.

**Phones:** Dave M (outgoing Coordinator): The coordinator position is open. He will remain in place for the next few months until a new coordinator is found. A KBDM was done and a decision was made to switch the phones from Comcast to Zoom. This will save us \$1200.00/year. The current phone volunteers are supportive and have

the equipment to make the change. Phones were staffed 62% in December with 2 new volunteers. There were 68 calls in December, with 32 that were Al-Anon. Calls were down 26% from 2021.

**Outreach:** Solveig W: Reported the digital display ads placed November 24 for 2 months are not quite finished running. They target newcomers in the Greater Seattle AIS area. The YouTube ads finished this month. They were short PSA's (public service announcements) created by WSO. The digital display ads have directed significant traffic to the AIS website's newcomer page and meeting directory.

**Tech:** A new coordinator is pending.

**Old Business:** none identified

**New Business:** none identified

**Next Council Meeting:** Thursday, February 9th, 2023 from 7:30-9:00 PM

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

**Adjournment:** Al-Anon/Alateen Declaration at 8:40 PM

*Submitted by Kathy K, 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](#)

## And More ...

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

### **MEETING SCHEDULE**

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

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

# Meeting News

## News from the Meeting Directory Editor

In January we added a link for Alateen meetings to the [Meetings webpage](#). It links to our new Alateen Meeting Directory. Currently there is only one active In-Person Alateen meeting in the AIS area. The Alateen Meeting Directory includes a link to Alateen Chat.

## Here are the changes that were made since December 27th.

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

- Renton Thursday Night AFG: **Removed the "Face Mask Required" note.**
- Burien Friday Night AFG: **Removed the "Face Mask Required" note.**
- New Horizons AFG: **Changed to concurrent plus changed the Zoom info.**
- Search for Serenity AFG: **Changed to concurrent.**
- Monday Nooners AFG: **Changed to "Face Masks Optional."**
- Salmon Bay Candlelight AFG: **Changed to In-Person only for the 1st week of the month and the other weeks Hybrid.**
- Steps to Serenity AFG: **Disbanded**
- TGIF AFG: **Activated**
- Sunday Morning AM Fresh Start AFG: **Removed "ASL"**
- West Seattle Alateen: **Disbanded**

Some Permanent Electronic Meetings will continue to be listed with AIS until February 28th. They are:

- Boundaries Not Walls Women's AFG
- Somewhere Men's Online Gratitude Meeting
- Friday Night Women's AFG
- First Step AFG
- Women Seeking Serenity AFG

## Groups Seeking Support

- Monday, 7:00 PM, **Living in the Solution AFG**, In-Person Only
  - Saturday, 11:00 AM, **Search for Serenity AFG**, Hybrid - Zoom Mtg
-