

JULY
2018



BITS Newsletter

Seattle Al-Anon Information Service

AIS Office Move is an Example of Concept Four at Work! by Literature Distribution Center Coordinator Karen L.

Concept Four: Participation is the key to harmony.

THANK YOU to those who volunteered and made the move to our new AIS office possible. It required participation by many people, 23 to be specific, and many hours to have a successful move. What struck me is the wealth of talent and skills that each person contributed and how lucky AIS is to have those 23 willing participants representing 12 different home Groups. They donated, planned, packed, did bookshelf/furniture assembly and disassembly, moved box after box, painted, unpacked and are still unpacking.

Another big THANK YOU to those who made office donations. We have received a microwave and \$1,000 in donations so far! Our only additional special need now is a 6 foot banquet table.

In a Concept Four share in *Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts*, a member wrote, "It didn't take long for me

to see that members who participated within the group, district and Area seemed to have a little extra spiritual strength and serenity." (pg 273) I know when I step back and look at the new office, I get a few goose bumps from that "little extra spiritual strength" from being a part of the group of volunteers who made our desire for a new, roomier, and cheerier AIS office a reality.



Above: The new Spanish literature section.

Tradition Seven: Giving for Our Own Growth by Newsletter Editor Teresa H.

Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions.

On a recent vacation, I met a very nice man who works as a consultant to non-profit organizations around the country. For most non-profits fundraising is a big deal. They are always seeking more funding from just about any source. I explained to him that in Al-Anon we do not accept outside contributions. That our members fund Al-Anon. He exclaimed, "That's crazy. That will never work!" I'm not sure he really believed me when I explained that it had been working for Al-Anon for 67 years.

In our spiritual program, Tradition Seven isn't just about money. As we progress in our own recovery, we learn to care for ourselves financially, emotionally, physically, and spiritually. Support for our groups, district, AIS, and WSO takes the form of financial contributions, service, and participation. Finances aren't everything.

But finances are important. All levels of service from the individual to WSO have financial obligations. While attending business meetings I often hear questions about what percentage should a group give to a particular service arm like District, AIS, WA Area or WSO. The best source of guidance is the *Al-Anon and Alateen Groups at Work* section from our new *Al-Anon/Alateen Service Manual 2018-2021*. Maybe the following information will be helpful.

Continued on Page 2

We are getting settled into our new AIS office thanks to a group of dedicated volunteers. Look for more photos in the August BITS. An Open House will be held in a month or two.

Groups NOT Meeting on July 4th

Auburn Wednesday Night Alateen
Auburn Wednesday Night AFG
Courage to Be Me Alateen
Experience, Strength, Hope AFG
Midweek Men's AFG
Queen Anne AFG
Sunset AFG

May not be meeting: Friends AFG, Wednesday Back to Basics AFG, Alderwood AFG, Solo Por Hoy GFA, Let It Begin With Me AFG, Wednesday Women's AFG.

All other Wednesday Groups will be meeting.

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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 - 3:30

To Speak with a Member

Call 206-625-0000
 24/7

Tradition Seven - Continued from Page 1

It all starts with you.

“We contribute in gratitude for what we have received from Al-Anon.”

Where does the money go that I put in the basket?

Groups first cover their expenses. The usual Group expenses are rent, literature, refreshments, supplies, outreach projects and sending the GR to WA Area Assemblies. Funds collected beyond the needs of the Group are used to support Al-Anon’s purpose of carrying the message of help and hope to those who still suffer by donating it to other Al-Anon Service arms: District, AIS (Al-Anon Information Service), WA Area, and WSO (World Service Office).

How much should I give?

The amount given is up to each individual member.

Food for Thought:

HABITS: Many of us develop a habit of putting a certain amount into the basket. But our financial situation rarely remains the same over time.

INFLATION: If I put \$1.00 in the basket in 1998, I would need to put in \$1.54 today to make the equivalent donation.

BALANCE: Is your contribution in balance with your gratitude for what you have received and what you can give?

Common Questions from Groups

How much should we donate after we have covered our current expenses?

The amount given is up to the group. “The spiritual principle of prudence suggests that groups avoid accumulating money beyond a small but ample reserve...” (pg. 55)

What is a prudent reserve?

“...just enough funds to pay the GR expenses to [WA Area Assemblies (3 per year)] and group expenses for a couple of months.” (pg. 55)

Who do we donate any excess funds to?

The service arms that groups donate to are:

- District - A group of nearby Groups
- AIS - Al-Anon Information Service for the Districts in Greater King County
- WA Area - Our state organization
- WSO - World Service Office for all of Al-Anon

How much should we donate to each?

Again, this is totally up to the group. A few years ago a local committee worked on this question. Using 2014 budgets, what they determined is indicated in the chart below.

Keep in Mind:

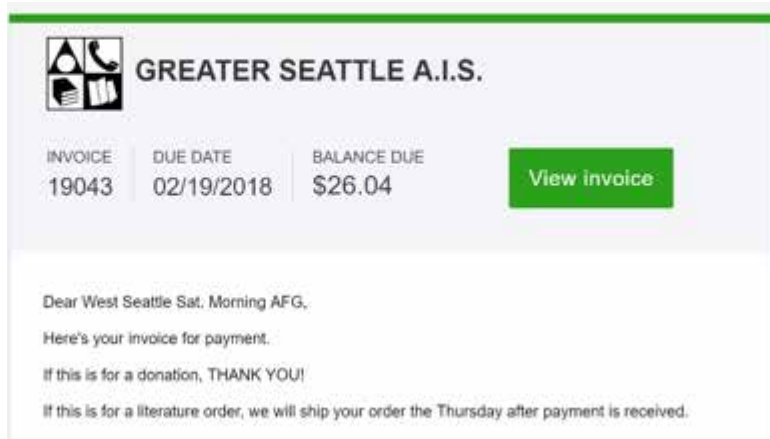
Money flows down the list of service arms. So if you “over give” to District, they can then donate to WA Area if needed. But funds will probably not flow the other direction.



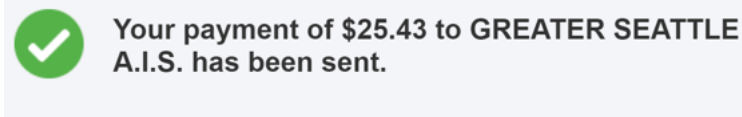
It's Easy to Donate to AIS Online

Donations are now easier than ever! No need to find the address to send a check. No need to find a stamp!

1. Go our website (www.seattle-al-anon.org). Then click on the DONATE NOW button near the bottom of the page.
2. On the next page, select the I AM AN AL-ANON MEMBER button.
3. On the next page, fill in the donation form. If the donation is from your Al-Anon Family Group (AFG), please provide the Group name. If it is an individual donation, provide your full name if you need a receipt for tax purposes. Click SUBMIT.
4. Within 24 to 48 hours you will receive an email like below. Click on "View invoice" button.



5. On the next page, click on the "Pay Now" button to go to a secure QuickBooks web page.
6. On the next page, input credit card info. You will then receive an email confirming receipt of your payment like below. AIS will receive an email notifying us it has been paid. In addition, our QuickBooks records will immediately be updated as PAID.



Thank you for your payment on [invoice 19152](#).

Here are your transaction details:

Paid to	GREATER SEATTLE A.I.S.
Invoice no.	19152
Paid date	April 7, 2018

If you have any questions or don't want to fill out the website form, please send an email to LDC@seattle-al-anon.org. We will send you the email to link to the Invoice that you can pay. And of course, you can always just send a check to the office at 509 10th Ave #100, Seattle, 98102. Please include an email address if you would like to receive a receipt via email. If you require a hard copy via USPS, please let us know.

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

OPEN

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.

Alcoholism, A Merry-Go-Round Named Denial

by Newsletter Contributor Ellen M.

Alcoholism, A Merry-Go-Round Named Denial (P-3) is an old favorite among the members of Al-Anon. It is a dramatic analogy that helps family members and friends see the roles they play in the lives of alcoholics.

It presents alcoholism in the family as a three-part play. Act 1 is the alcoholic who tells everyone what to do and where that leads them.

Act 2 is about the alcoholic who does nothing but waits for others to do for him what they could do for themselves. It discusses the Enabler, the Victim, the Provoker and their part in the life of the alcoholic. I have been all three parts at different times in the life cycle of the alcoholics in my life.

Act 3 is the alcoholic denying he is an alcoholic and how without recovery Acts 1 and 2 can repeat over and over again.

In just 24 pages *Alcoholism, A Merry-Go-Round Named Denial* describes so many of our members' life stories and again shows me how I am not unique and why I belong in this program.



IN STOCK AT AIS

Important Reminder: If you opt to pick up your literature order, our AIS Office has moved to 509 10th Ave E #100, Seattle, WA 98102 on Capitol Hill.

How It Works for Me: Tradition Seven

by Newsletter Columnist Allen L.

Tradition Seven:

Every group ought to be fully self-supporting, declining outside contributions.

When I began my Al-Anon journey the 12 Steps and 12 Traditions seemed very obvious and straight-forward. As my self-discovery and growth continued, I found that my concept of the Steps and Traditions grew as well.

Someone shared in a meeting that their self discovery was like peeling an onion. With each layer removed another layer was revealed. The same thing happens for me as I practice each Step and Tradition – I gain a broader perspective and a deeper understanding.

At first glance the 7th Tradition is about the Al-Anon Group not allowing any outside influence to finance and perhaps control their meeting. No outside group or individual can say, “Do it this way or I’ll stop paying for your meetings!” Everything from the meeting room to the coffee is paid for by the individual Group so that the membership can decide when and where they meet and how the meeting will be conducted.

The first expansion of the 7th Tradition from that limited view was to accept that I too should be self-supporting. This stops my parents, my friends, or anyone else from saying, “Do it my way or I’ll stop giving you money!” If I am self-supporting then every one of my decisions (good or bad) are mine to make.

The next big step for me was to learn that it wasn’t just about the money. I needed to support myself spiritually, emotionally, and physically. If I rely on another person for my emotional well-being and they withdraw that support, I’ll fall down. If I allow someone

else to decide when I need to eat, to take my medications, or see a doctor, then my health can suffer if they suddenly stop carrying that part of my life.

If being self-supporting myself goes beyond my finances then it goes beyond finances in my Al-Anon Groups too. Without willing volunteers to chair a meeting or keep track of the finances of the

“The next big step for me was to learn that it wasn’t just about the money. I needed to support myself spiritually, emotionally, and physically.”

meeting, we wouldn’t have any meetings. My voluntary contributions must include time and energy to support my local meeting and the larger Al-Anon community.

Service positions like Group Representative allow the Groups to direct the District and World Service Office that support the local meetings. Filling service positions with volunteers ensures that the needs of the membership come first and no “professional” agenda can distort the Al-Anon message.

My contribution is sometimes just tossing a buck in the basket, other times accepting a service position, or adding my voice by voting at a Group conscience.

Each of these is a form of service and a way for me to practice the 7th Tradition.

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.

Al-Anon Faces Alcoholism 2018 Still Available at AIS

With 6 months left to go in 2018, it's not too late to purchase copies of *Al-Anon Faces Alcoholism 2018!* It is a wonderful outreach tool. They are in stock at the AIS office.

Ask if you can leave a few behind when you visit your physician, counselor or library.

As it states in the *Suggested Al-Anon Preamble to the Twelve Steps*:

“Al-Anon has but one purpose: to help families of alcoholics.”



To order literature for your Group or for yourself, please send an email to LDC@seattle-al-anon.org. If you choose to pay online, you will receive an invoice back. Then follow the instructions to give your credit card information. Your order will ship the Thursday following payment and will take 1-2 days to get to you.

Write about Your Al-Anon Experience, Strength and Hope

If you are inspired to do some writing about Al-Anon and your experience, strength and hope, please think about submitting articles to the BITS, the Forum, or to the WA Area website. All three are looking for new material.

To submit to the BITS, email your article to: communications@seattle-al-anon.org

An article about your favorite slogan, Al-Anon tool, or piece of Conference Approved Literature would be especially appreciated.

To submit to the Forum, submit online at:

<https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/>

For the Forum, WSO is especially interested in getting articles on Steps 5-12, the Traditions, and the Concepts. WSO is also looking for submissions for a new daily reader. They can be submitted at the same online address.

To submit to the WA Area website, submit online at:

<http://wa-al-anon.org/share-your-story/>

(Note: You will have to create a log in for the website.)

Please note that submission is no guarantee that articles will be printed, but many find the process of writing the articles to be yet another tool in their program of recovery.

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: Al-Anon Weekend Events

KAMA Weekend Is a Valuable Tool in My Recovery

by Newsletter Columnist Allen L.

The Kent All Men's Al-Anon (KAMA) holds a Men's Weekend every year at Fort Worden State Park. The 2018 gathering marked the 37th consecutive year of the event.

Beginning with a golf game on Friday morning before the "actual" check-in at 3PM, fellowship sets the tone for the weekend. Players can buy a do-over of a bad shot with the proceeds going to the next year's Men's Weekend scholarship fund. Making sure that everyone who wants to attend can is part of the member's gratitude for what Al-Anon and the Men's Weekend have done for them.

Members stay in an old military barracks left from the days Fort Worden was a coastal defense fort. Construction of the fort began during the Spanish-American War and the last of the guns were removed in the closing days of World War II. The huge concrete gun emplacements form a fascinating backdrop to explore during breaks.

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 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

After dinner on both Friday and Saturday an Al-Anon speaker kicked off the meeting followed by several break-out topic meetings. Some meetings are set in advance and are chaired by KAMA members while others are called by attendees at the event. There are several traditional meetings that members have been calling for many years. One favorite is "My Father".

While some share their loss of a relationship with a father because of alcohol, others share their rediscovered relationship after their own healing through Al-Anon. In the last few years many share how their program has helped them become the father they wish to be, often after overcoming the lessons learned from an abusive alcoholic example.

This year someone called one on "Relationships" and I took this opportunity to share on my search for serenity while living alone. Our society is so structured around couples that a "single" often feels left out or like a 3rd

Next Al-Anon Weekend Event:
Serenity on the Sound
September 14-16
Seabeck Conference Center
www.serenityonthesound.com

wheel. Listening to others share their approach to building and maintaining their relationship helped me recognize that I am not alone in my journey. Others have worked their way through this same situation. Their shares describing how they used the Steps and Traditions to find comfort in being alone rather than being lonely helped me develop more ways to find my own comfortable place.

Saturday after lunch is "open time". Members either meet with other members one-on-one or enjoy a softball game, hikes, bicycle rides, or just some quiet time.

The event closed with a group meeting and first-time attendees are presented with a commemorative coin. The first year the coins were minted, Fort Worden was misspelled as "Warden". Two additional coin pressings have been made over the years and the KAMA members elected to keep the mistake as a reminder that Al-Anon is about "progress not perfection".

This weekend is another Al-Anon tool for me. While meetings support me in my daily journey, these weekend events hold me in a spiritual place for far longer. Staying in that mindset for days at a time helps me to build a new base to think and respond from. It helps me build those reflexes so that long after the weekend I am still practicing my program rather than working at it.

Greater Seattle AIS Financial Activity Comparison

	May 2018	May 2017	2018 YTD
REVENUE			
Donations	2060.95	2195.26	7989.77
Fundraisers	3412.00	12638.33	3412.00
Literature	4478.15	2783.16	15240.58
Shipping	229.00	0	601.00
Misc.	.09	36.08	-13.76
Total Revenue	10180.19	17652.83	27229.59
Cost of Goods Sold	3603.49	1311.78	11330.53
Gross Profit	6576.70	16341.05	15899.06
EXPENDITURES			
Payroll & Related	0	3070.74	11598.24
Office Supplies	4.98	16.50	449.41
Parking/Bus Fare	63.25	144.00	512.50
Insurance	41.66	48.66	180.72
Professional Fees	0	0	243.00
Technology	206.53	0	842.92
Rent & Maintenance	998.51	841.17	5566.06
Telephone/Internet	182.63	208.65	861.33
Postage	236.90	97.79	967.82
Merchant Fees	128.98	218.52	452.29
Event Expenses	608.99	712.11	608.99
Equipment (lease/purchase)	165.15	447.01	1868.68
Misc	31.82	30.00	42.82
Total Expenses	2669.40	5835.15	24203.78
NET REVENUE	3907.30	10405.90	-8304.72

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 THE
SPRING FUNDRAISER!**

However, our Spring Fundraiser didn't meet budget. Your help filling that deficit would be greatly appreciated and will help support office moving expenses and keep our AIS sustainable.

Unofficial June AIS Council Meeting Summary by Newsletter Editor Teresa H.

- Chair reported that she is very excited about the upcoming office move and that the Spring Fundraising Event was fun with great speakers and fellowship.
- Eliza D. volunteered and was selected as AIS Vice Chair.
- The All Pilgrims Christian Church Move schedule was explained and reviewed. Discussion included a Spending Priority list for the move totaling \$1500. Only \$1000 was budgeted and \$500 has been donated. Any members having a microwave or mini-refrigerator to donate are asked to contact LDC@seattle-al-anon.org.
- The July (first month's) rent is free at the new location. The sub-lease of the Vance office space begins July 1.
- The Secretary reported that the Ricoh copier cannot be returned. The earliest we can get out of the contract is late December. We are trying to get the maintenance contract reduced to \$75 per month from \$165.
- The Literature Distribution Coordinator reported that the new *Hope & Understanding for Parents & Grandparents* has been quite popular. The new *Intimacy in Alcoholic Relationships: A Collection of Al-Anon Personal Stories* will be introduced at the International Convention on July 6-8.
- We still need a Tech Coordinator.
- Nigel L. was appointed as our new Outreach Coordinator.
- The Chair asked for volunteers to review the two documents that govern AIS, the Bylaws and the Standing Rules and Procedures Manual with the goal of better defining the roles of the Board and Council. Chris G and Eliza D volunteered to be involved.
- The Chair is heading up this year's bilingual AIS Resentment Bonfire & Cookout on August 26 at Lincoln Park, Shelter #2.

Update Your Group Info

The WSO Annual Al-Anon Group Update Sheet for our area is on the way. You can help people find your meeting by keeping your 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 July 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)

July 3	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
July 5	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
July 5	Thursday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
July 6-8	Weekend	Al-Anon's International Convention 2018	Baltimore Convention Center Baltimore, MD	https://al-anon.org/al-anon-international-conventions/
July 7	Saturday 7:00PM	No Reservations Speaker Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationsspeakermeeting.org
July 9	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
July 12	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
July 12	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	lakehillsafgthursdaynight@gmail.com
July 14	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	mesh@seattle-al-anon.org
July 14	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Poulsbo First Lutheran Church 18920 4 th Ave NE, Poulsbo	
July 15	Sunday 12:00-3:00PM	District 18 Annual Picnic	Seahurst Park - Seastar Shelter 1600 Seahurst Park Rd, Burien	district18@seattle-al-anon.org
July 15	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
July 17	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)
July 20-22	Weekend	WAAC - Washington Area Alateen Conference	Lazy F Camp & Retreat Center 16170 Manastash Rd, Ellensburg	waalateen@gmail.com
July 21	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
July 21	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
July 22	Sunday 11:00-3:00PM	District 15/16 Summer Barbeque & Picnic	Luther Burbank Park – Area C 2040 84 th Ave SE, Mercer Island	district15@seattle-al-anon.org district16@seattle-al-anon.org
July 23	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
July 25	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
July 30	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152 nd St, Burien	district18@seattle-al-anon.org
July 30	Monday 7:00PM	Meadowdale AFG Speaker Meeting	St. Hilda St. Patrick Episcopal 15224 52 nd Ave W, Edmonds	
Aug 4	Saturday 8:00AM	AWSC Meeting	Trinity United Methodist Church 100 S Blake Ave, Sequim	
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
Sept 7-8	Weekend	WA Area Speakers Convention	Green River Community College 12401 SE 320th St, Auburn	waspeakers2018@gmail.com
Sept 14-16	Weekend	Serenity on the Sound	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	www.serenityonthesound.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 July 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 (Not Meeting 7/4 /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 Not Meeting 7/4 (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

**NEW
INFO**

**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 No Meeting July 4 th 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 60/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1st & 3rd 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 No Meeting 7/4 (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
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
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
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines DIST 14
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way 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
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
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
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 7:00PM 90/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18
TUES 7:30PM 90/O	PACIFIC PARENTS AFG #30543700 New Hope Lutheran, 603 3 rd Ave SE, Pacific (Parent Focused Meeting) DIST 14
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
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
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
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton – No Meeting July 4 th DIST 17

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
WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn *No Meeting July 4 th (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
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
THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
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
FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
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
SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) 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
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn DIST 14
SAT 10:00AM 90/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) 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 No Meeting July 4 th (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