



the bits newsletter

Seattle AI-Anon Information Service

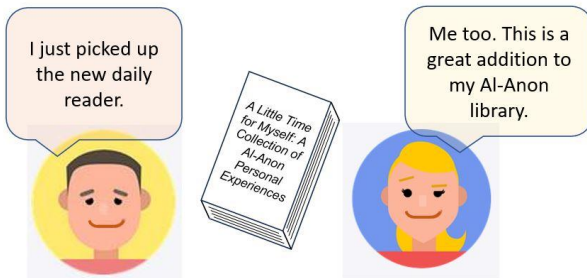
[NEW TO AL-ANON?](#)

[FIND A MEETING](#)

July 2023

NEW DAILY READER AVAILABLE IN JULY

by Linda H, LDC Co-Chair



AI-Anon's newest daily reader, "*A Little Time for Myself: A Collection of AI-Anon Personal Experiences*", will make its debut at the 2023 International Convention in Albuquerque, June 29 – July 2 and will be shipped to Literature Distribution Centers soon thereafter.

Just as our earlier daily readers reflected the times in which they were written, "*A Little Time for Myself*" represents the personal experiences and the many voices of the AI-

Anon fellowship as it is today. Their interpretations of AI-Anon's spiritual principles may vary greatly, but they demonstrate the freedom each member has to apply the program in ways that work best for them as individuals, illustrating that AI-Anon is indeed for anyone affected by someone else's drinking.

"*A Little Time for Myself*", B-34 (English) and SB-34 (Spanish), is now on the Literature Order Form on the AIS website. The price is \$17.00.

The Seattle AIS LDC should have the new book available well before the Open Office Day on August 5th and the AIS Ice Cream Social on August 20th. See events flyers! To avoid waiting in line, you are encouraged to place your order in advance and pay online so that LDC shipping volunteers can have your order packed and labeled for pickup.



Report on 2023 KAMA Fort Worden Weekend

by David H

Speakers and breakout meetings were all part of the 40th Kent All Men's Al-Anon Weekend at Fort Worden, along with a lot of fun. Fifty-three men attended the event. It was the second year since the pandemic necessitated the cancellation of the gathering. Attendance was a significant boost from the year before. A great deal of recovery experience was accumulated in the return of regular event attendees, and seven "newcomers" attended the meeting for the first time. Attendees hailed from many men's AFG groups other than KAMA, the sponsor of the Weekend. Even a few participated who were local to the Olympic Peninsula where the Weekend is held, including this grateful Al-Anon member. The recovery spirit flowed through the dorm rooms and meeting halls, encouraging all to practice the principles of the steps, slogans, traditions, and concepts.

Traditionally held on registration day, the report on the golf tournament stressed that while none of the teams had adequately filled out their scorecards, in the spirit of "Live and Let Live," prizes would still be awarded. Mulligans were not reported. Indeed, "Progress, not Perfection" must be the rule in golf. Biking, hiking, pickleball, and strolling the streets of Port Townsend were some other free-time activities.

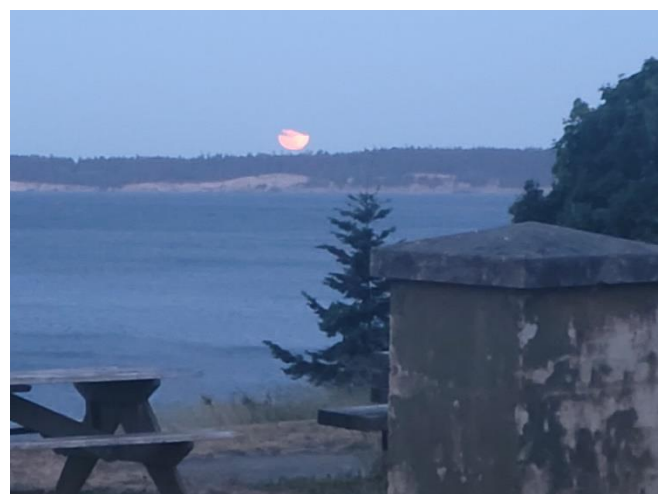
The weather was perfect if you came in shorts for the day and a parka for the

evening. Let's say it was perfect Pacific Northwest weather. Nevertheless, many braved the cold evening on Saturday night to warm up close to the "bonfire" and sample grilled Brats.

For those who stayed up late, the coffee Sunday morning was stiff enough to awaken even the worst insomniacs, and the breakfast the Fort Worden staff provided on Saturday and Sunday mornings was good. (Food allergies were respected as attested to by this gluten-free author.) And the fellowship in the dining hall was a big part of the conference.

This year, the breakout sessions were not pre-scheduled. Instead, volunteers signed up for topics and stepped up to lead the sessions. "Fear of People," "The Grieving of Divorce," and "Acceptance" were among the twelve sessions at the Weekend that gave this conference participant what he needed. All the sessions featured a topic that some man has struggled with in his recovery. The speakers for the event told their stories well.

The Closing on Sunday morning thanked those trusted servants who helped organize the event, reminding us that "Participation is the Key to Harmony."



No Gossip

by Allen L

The *AI-Anon/Alateen Service Manual* gives a recommended closing which includes the following: "Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another."

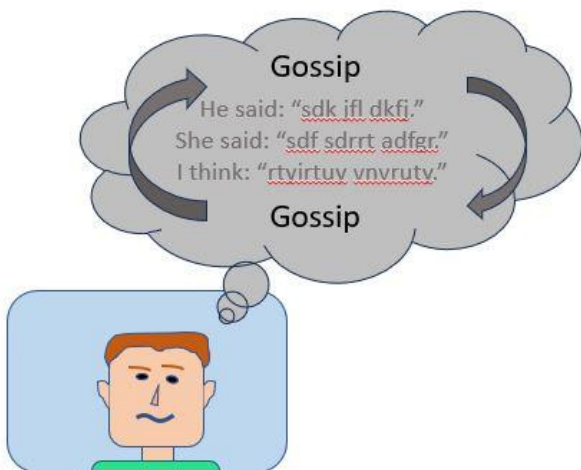
Courage to Change for January 16th says: "When I have an urge to betray a confidence, to gossip, or to tell something extremely personal to a total stranger, I stop and 'Think.'"

Several years ago I had a dispute and found myself taking the other person's inventory. The committee in my head began holding meetings and rehashing the issue and the arguments.

In short, I was gossiping inside my head!

I don't like living in that space where all I do is keep revisiting the old argument "trying to have a better past". My program teaches me not to gossip, so why would I allow the committee in my head to do exactly that?

Now when I get angry or upset with someone else and the committee in my head convenes a meeting, I can shut it down simply by repeating that part of the closing to myself.



[Order the Forum Magazine](#)



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

Has Your Meeting Changed?

- 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

From the Mailbag

By the editor



Karen from Kent asks: I really enjoy reading the BITS, and appreciate that I am notified monthly upon publication. I have recommended it to many of my friends. I was wondering how many readers there are and if readership is growing.

BITS Editor: Thank you for asking Karen. I had to do some research to answer your questions. The BITS transitioned to the current on-line format in 2018 with the move of the AIS website to its current home prepared with the current tool. The following information has been gleaned from that tool, though I'm not a statistician, nor do I have a complete understanding of all the available information.

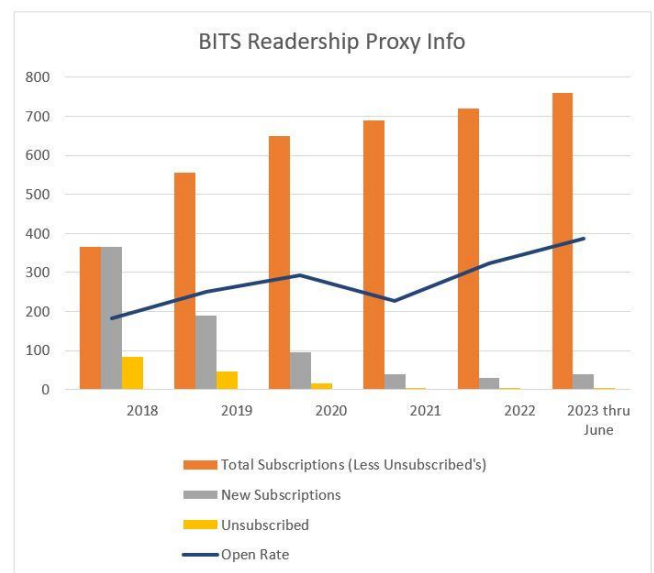
The current mailing list includes approximately 760 email addresses. This number fluctuates monthly as new individuals or groups sign up, and occasionally as individuals unsubscribe. The first two years experienced the greatest influx as people became aware of the new way to receive the automated notification. Since then, the rate of new subscribers has slowed, however, yes, our readership continues to grow. So far in 2023, the first 5 months, there have been 40 new subscribers, which meets or exceeds the number gained in each of the previous full two years. See

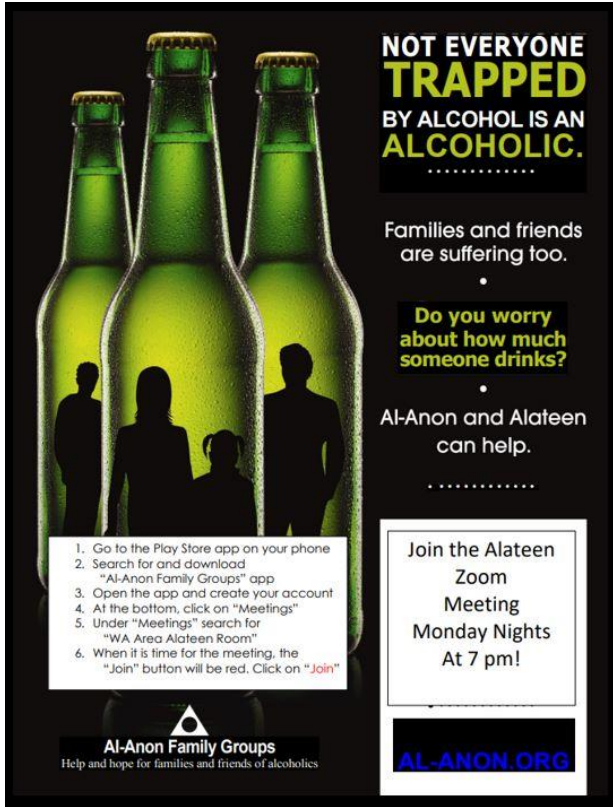
the attached chart.

The tool also tracks the rate at which the receivers of the email 'open' it; as reported by the readers email tool. I'm aware that there is not a direct correlation between opening the email and reading the BITS, because I've discovered by talking to friends in meetings, that when they see the email, they know it's time to go to the website, which they do directly. The data clearly indicates that the 'open rate' has increased over the last couple of years. See the attached chart.

Just because I can, I'll share a couple of interesting factoids that came to light reviewing the data. One individual, who has received every email generated in this system, 128 in all, has opened 100% of the emails, with a 53% Click rate, meaning they used a link in the email to go directly to the website to read the BITS. Nearly 20% of the subscribers have opened more than 80% of the email. Additionally, it is noted that the number of emails sent out is more than 3 times the number of paper copies printed and mailed prior to the transition to electronic publication in 2018.

Based on the observations above, using the data as a proxy for indications of actual readership, there is a solid belief that more and more people are reading and continue to enjoy reading the BITS, just like you, Karen.





NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.

Families and friends are suffering too.

Do you worry about how much someone drinks?

Al-Anon and Alateen can help.

Join the Alateen Zoom Meeting Monday Nights At 7 pm!

AL-ANON.ORG

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

1. Go to the Play Store app on your phone
2. Search for and download "Al-Anon Family Groups" app
3. Open the app and create your account
4. At the bottom, click on "Meetings"
5. Under "Meetings" search for "WA Area Alateen Room"
6. When it is time for the meeting, the "Join" button will be red. Click on "Join"

Step Seven

Humbly asked Him to remove our shortcomings.



Bothell Sunday Night AFG Summer Speaker Meeting



We'll have an Al-Anon Speaker and an AA Speaker

Please join us Sunday, July 30th, 2023 from 7:00 - 8:30 pm

First Lutheran Church
10207 - NE 183rd St
Bothell, WA 98011

WANTED Phone Volunteers



Requirements:

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

Benefits:

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

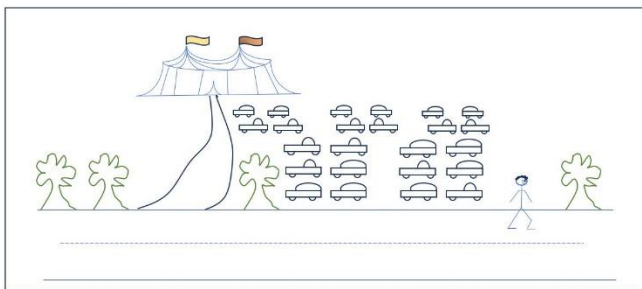
To Volunteer or get more information please send an email to phones@seattle-al-anon.org or call 206-625-0000 and leave your contact information.

Detachment

by Allen L

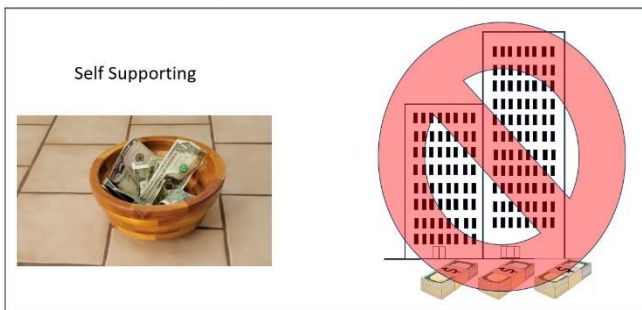
In trying to describe my Al-Anon journey to detachment I used the “not my monkeys, not my circus” joke. In a meeting, I praised it and at first I accepted that those are not my monkeys. Second, I realized that it’s not my circus. What I thought was my final stage was no one is paying me to be the ringmaster.

As I was sharing, it came to me that there is a next level. I don’t have to go to the circus.



Tradition Seven

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



Horas de Aperatura de Seattle AIS
El Primer SÁBADO del Mes
11 AM - 3 PM
All Pilgrims 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!
Recogida en la acera disponible.

No se requiere cubrebocas

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. Republican entre Broadway y Harvard.
Voluntarios: ¿Te necesitamos? ¡Por supuesto!
Envíe correo electrónico al vicechair@seattle-al-anon.org

Seattle AIS Office Hours
First SATURDAYS of Every Month
11 AM - 3 PM
All Pilgrims 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!
Curbside pickup available!

Masks OPTIONAL

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 vicechair@seattle-al-anon.org for more info

AIS Council Meeting

The next Council meeting is Thursday, July 13th, 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.

AIS Board Meeting

Thursday, July 20th, 2023, 7:00-8:30 pm. Click the AIS website *2023 Calendar* link on the *Events* page (<https://www.seattle-al-anon.org/events>) for the zoom information.

Concept Seven

The Trustees have legal rights while the rights of the Conference are traditional.



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 with the name and mailing address.



Out of the
Toolbox
by BITS Columnist Callie D.

The Darigold Days: A Bygone Era



I was driving around one of Washington's remaining rural areas, when a weathered dairy barn and vintage tractor trailer caught my eye. The old trailer had a faded image of a healthy family enjoying ice cream together with the caption, "A Delicious Way to Live." I was captivated by the farmland scene, and found myself turning around and parking. It was an unusual catalyst into the "good" that was in my childhood, stirring up heartwarming memories of family times. It struck me that the best part of those relationships were decades ago, during the "Darigold Days."

I have longed for the return of that elusive closeness and comradery, as alcoholism and other dysfunctional behaviors have progressively ravaged many of my relationships. Sometimes I spot the fleeting glow of an ember of the person I once knew. I have made desperate attempts to fan that spark into the flames of our former connection. But sadly, it mostly ends up to be a trick of my mind! That is how I get entangled in magical thinking and futile attempts to rekindle an unsustainable bond!

I get hooked in by the intermittent episodes of halfway decent behavior and seemingly genuine statements of future actions. Alcoholics can be quite charming and convincing! Couple that with the wish that this person I care about was capable of continuous reasonable and responsible behavior.

When that same person envelopes themselves in the deceitful cocoon of intoxication, all bets are off. The word salad, sudden rages, and other disturbing behaviors emerge, once again. These convoluted aspects of alcoholism tend to disorient me and send me grappling in that endless hell of "black and white thinking"!

It is incredibly tough to try to navigate key relationships that are peppered with inconsistencies and risk. I have found protective actions such as boundaries and detachment to be essential. "Separating ourselves from the adverse effects of another person's alcoholism..." includes removing myself as a potential target for verbal/psychological abuse (Detachment Bookmark PDF; <https://al-anon.org/pdf/S19.pdf>). It also causes me intense pain and anxiety to witness the progressive decline of my loved ones, who are consistently at some level of intoxication.

The warm glow of the "Darigold Days," will always be with me. There was love, intermixed with instability and maltreatment. But I must be mindful to not disappear into a cloud of nostalgia. The integration of current realities involves giving up the dream of "what could have been" and letting go of false hope. Some relief comes when I allow myself to grieve, and accept what is. As I realize I can no longer walk beside them, because their journey is taking them in the opposite direction of mine.

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

Meeting Opened at 7:30 PM with the Serenity Prayer

Attendance: 23 individuals

Introductions: all

Readings: Concept 6 by Mary R

Secretary: Kathy K: May meeting minutes were approved.

Chair: Karen L:

May AIS Workshop report:

There were 10 people attending and 80% were more interested in what AIS does **not** do when asked what they wanted to know about AIS. She would like to do another workshop in Sept and asked for a show of hands of Council members who might attend. At least 5 more people would attend who missed the May workshop. It would be most likely the third Wed. in September. Gary H. also did a version at SSA as well.

PEM update and WSO view of concurrent and temporary zoom meetings:

Karen reviewed the status of PEM and WSO's view of concurrent and temporary zoom meetings (created during the Pandemic). There is more information coming and the Fall Assembly will address this issue further. She has spoken to WSO in regards to their view of concurrent meetings. Currently, WSO's point of view is that concurrent meetings are "split"; they are listed separately as "in person" and "electronic so they are listed twice. Concurrent meetings are not listed as such. Washington Area and Pierce and Seattle AIS will have similar target dates to incorporate changes made by the Area. This will be an Area policy decision and not an AIS decision. The time line will follow decisions made by Area.

Treasurer: Gary H: Seattle AIS remains financially stable. Our prudent reserve is higher than we want it. He will be making a proposal at the July Board meeting, as well as, addressing our cash management policy. We will need to determine how to trim down our ample reserve.

Vice Chair Report: Dave M: June Open House Report - June attendance was sparse but staffing was good. The next opening will be July 1 and staffing is covered with only 2 people needed. He is writing letters to those who donate to AIS and plans to update the open house flyer.

Coordinators:

LDC: Mary R. Linda has the office well stocked with literature. She has also ordered the new Day Timer that will be available in early July after the International Convention. She reminds us that ordering and paying for literature ahead of the

Open First Saturdays at the AIS/LDC office is a great way to save on shipping costs.

2 shipping volunteers are still needed to work on Thursdays for 2-3 hours a month in the time frame the volunteer chooses.

There are many file folder holders and 2-5 storage boxes available for donation. Email Mary at LDC@seattle-al-anon.org

Communications: Jackie T: We have identified a new Meeting Directory Editor.

Outreach: Solveig W: She continues to answer emails and mail Newcomer pamphlets when requested. She discussed the most recent digital ad campaign. She would like a discussion on outreach spending in the fall prior to decisions made at the end of the year. She welcomes emails in this regard: Outreach@seattle-al-anon.org. We do not know what groups are currently doing outreach and what support could be given to groups. Solveig plans to visit groups in AIS to get more information in this regard.

Phones: Dave M (outgoing Coordinator): There were 51 calls last month, with 30 needing help. 45 were between Monday-Friday. He has good support on Wed., Thur., Fri. and needs help on Mon. and Tues. from 10-4PM. He has 1 new volunteer trained. He is considering looking at a new scheduling app.

Tech: Pierre J: No current issues, everything is working well. We had a credit with Comcast so we have not had a recent bill but that is running out, so will be an expense going forward.

Old Business:

Need a phone coordinator,

August Ice Cream Social -8/20/23 is confirmed date with the church-**Need Chair** and Leads with the following confirmed.

Linda H. -Purchasing Supplies

Mary R.- Office/LDC sales

Greeters-

Ice cream scoopers- Arden

Clean Up- Kathy K.

AIS Info Booth-

7th Tradition-

New Business: AWSC meeting (in person only) is August 5th 9:00AM-5:00PM in N. Woodinville is looking for volunteers to be parking attendants, security and food servers, set up and centerpieces. They are asking groups for help. Email Helen V. at district15@seattle-al-anon.org

Next Council Meeting: Thursday, June 13th, 2023 from 7:30-9:00 PM

Next Board Meeting: Thursday, July 20th, 2023 at 7:00PM; Ample reserve discussion.

Adjournment: AI-Anon/Alateen Declaration at 9:00 PM

Submitted by Kathy K, Secretary

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 AI-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

Hello Seattle AI-Anon community! My name is Wren B and I am excited to announce that I will be your new Meeting Directory Editor.

As a fellow member, I recognize the impact and importance of up-to-date meeting directories in connecting newcomers and long-time members alike to the support and fellowship that AI-Anon has to offer. Ensuring that our meeting lists are updated consistently and accurately is my top priority, and I want to encourage you to reach out with any questions, concerns, or feedback that you may have.

Thank you for entrusting me in this service role. I look forward to making a positive impact on our community.

The following changes were made from May 22 through June 15.

- Monday, 12:00 PM, Capitol Hill AFG, Changed to Face Masks Optional {5/24}
- Tuesday, 7:00 PM, Serenity in Snoqualmie AFG, No meeting on July 4 {6/19}
- Friday, 10:00 AM, Highlands Friday AM AFG, Concurrent on the first Friday starting in July {5/29}
- Saturday, 10:00 AM, Expect A Miracle AFG, Changed to Face Masks Optional {6/11}
- Wednesday, 7:00 PM, Courage to Change AFG, Zoom Only 1st & 3rd Weds, In Person Only 2nd, 4th, & 5th Weds

Best,

Wren B
Seattle AI-Anon Information Service
Meeting Directory Editor