



# the bits newsletter

May 2020

Seattle Al-Anon Information Service

## Step Five:

**Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**



**Changes to your group's listing on our meeting schedule?**

**Please let us know!**

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



## SSA Goes Virtual

by Teresa H

The first question that many members might have is, "What is SSA?" SSA (Summer Seminar Assembly), is one of Washington (WA) Area's three annual Assemblies. Unlike Pre-Con and Fall Assembly, SSA is a non-voting Assembly. Members come together to hear the WA Area Delegate's report about what happened at the Al-Anon World Service Conference. It is also an educational opportunity, loaded with workshops aimed to strengthen each member's knowledge about Al-Anon service.



SSA was already planning a significant change for this year—moving from their perennial location at the Seabeck Conference Center on the Olympic Peninsula to Sun Mountain Lodge in Winthrop. The COVID-19 pandemic has resulted in an even more significant change—the change to a virtual meeting.

The dates remain the same, the weekend of May 29-31. As always, all members are encouraged to attend. This year's conference will have fewer workshops, but will still provide a wealth of information along with multiple regular Al-Anon meetings. Workshop topics will include hosting an Area event, outreach, writing for Al-Anon publications, sponsorship, understanding the Service Manual, how to form a motion for WA Area, and information about the new GR and DR Handbooks. And, of course, our WA Area Delegate will report on what happened at the Al-Anon World Service Conference that was also virtual this year. Another first!

With the majority of our AIS area Al-Anon groups now meeting electronically, the switch to a virtual SSA may not feel as jarring as it might have. In my experience, SSA has always been beneficial and informative. It has also been an excellent way to get to know or reconnect with Al-Anon members from around the state. With the multiple regular Al-Anon meetings scheduled for the weekend, members will have the opportunity to hear the experience, strength, and hope of members from other parts of our state.

It will also be an opportunity to get to know a little about our trusted servants at the state and world levels. In one workshop, half of the WA Area Panel will give a quick report about their service. They will be joined by our present delegate, Kathy D, and some former delegates who will share their experiences in service. A question and answer period will follow the workshop. Members will be able



## AIS 2020 Officers and Coordinators

### Chair

Eliza D

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

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

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OPEN

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

### Communications Coordinator

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

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

### Phone Volunteers Coordinator

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

### Tech Coordinator

Jeff M

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

to submit questions via the chat function. All questions will be addressed either during the conference or in the next issue of Washington Wanderings (WA Area newsletter).

The conference is free of charge, so members who have not been able to attend for financial reasons in the past will have the opportunity to attend. The Zoom link will be passed along to your Group Representative by your District Representative. If you need to contact your District Representative, you can find their contact information here. WA Area has purchased an extended license so there will be room for all members to attend.

*Note: Members who have reserved a room at Sun Mountain Lodge, please contact the lodge directly at 800-572-0493 between 10 a.m. and 6 p.m. by May 18 to either cancel your room reservation or roll it over to SSA 2021.*

## Electronic Meeting Reactions, Part Two

By Eric G

This is the second article of an ongoing series of interviews about electronic meetings.

These meetings have proved to be an invaluable tool to help us continue our meetings, which in turn reminds us about our step

work and our sense of self-care, which ultimately defines who we continue to be during this time.



### After the initial shock of not going to meetings has waned a little, how fun are the meetings compared to in-person meetings?

**Joan B:** I think they are a lot of fun! It's nice to see a screen full of my Al-Anon family members. I've also appreciated some pets making it into the video frame now and then.

**Josh S:** It's been fun seeing people's homes, kids, and pets, which we rarely have access to when we're all together at an in-person meeting.

### Would you say you are going to more meetings now than before, or less?

**Joan B:** I went to 2 in-person meetings per week, and now I'm going to 3-4 in-person meetings per week, so more.

**Josh S:** I'm in two programs and used to split my time between Al-Anon and my other program. Since I was the moderator of our Al-Anon meeting for the first month, I was attending Al-Anon much more regularly, which has been great.

### If/when we ever go back to in-person meetings, do you think you would still want to continue these?

**Joan B:** Yes! I had a friend in the program move across the country, and with Zoom meetings, we can go to meetings together. I like having meetings where I can interact with people from all over the world. I also like that I don't have to leave my living room. I also think Zoom makes our AFG meetings more accessible



## AIS Needs You!

### Current Service Opportunities

\*Communications Coordinator\*

\*Archivist Coordinator\*

\*Tech Co-Coordinator\*

\*Office Volunteers\*

\*Phone Volunteers\*

\*Web Editor\*

If you are interested in a particular area of service, please contact [chair@seattle-al-anon.org](mailto:chair@seattle-al-anon.org)



## AIS Council Meeting

Thursday, May 14, 730p - 9p  
**Electronic Meeting**

<https://us02web.zoom.us/j/86818424473?pwd=cGpzT1NBdkpVSDM3Z3ozb3dUTzJJCUT09>

Meeting ID: 868 1842 4473

Password: 029195

Dial by your location

+1 253 215 8782 US (Tacoma)

**The AIS Council Meeting is the business meeting for the Greater Seattle AI-Anon Information Service. Each Group has a vote and is encouraged to send a representative. All AI-Anon members are encouraged to attend.**

to people who, for example, have mobility issues or have commitments that keep them at home.

**Josh S:** I'll want to go back to in-person meetings, and I would love to have the option to continue video meetings as well.

**Isn't it everyone's dream to go to AI-Anon meetings in your pajamas? That part is great.**

**Joan B:** Agreed. Also snacking, while in the meeting has been nice (though I guess I could have snacked at the in-person meetings).

**Josh S:** It's nice to come as you are.

**In your opinion, is this the future of AI-Anon meetings?**

**Joan B:** I hope so. I think that in-person meetings are important, but, for myself, I would like to continue to have at least one Zoom meeting a week even when we can meet in-person.

**Josh S:** I don't think videos will ever out-pace in-person meetings, so long as we're able to regroup in-person. There's something about being in the room with others, enjoying in-person fellowship, and shaking hands and hugging, with which video can't compete. That said, now that more people are familiar and comfortable with video, I think video meetings will become a more regular part of the AI-Anon experience.

**What's one funny thing you hide from the viewers? Or perhaps you have a particular habit during meetings...? What's one secret trick you've learned?**

**Joan B:** I have a cat who just had surgery and is wearing a cone. He is pretty goofy trying to groom himself but just grooming the cone and bopping into furniture. I've tried to hide that from viewers with mixed success.

I don't know if it's a trick, but I've learned I need to find a very comfortable spot to sit because the meetings are an hour to an hour and a half. For example, I notice when I try to sit at my dining room table, which usually isn't comfortable enough, and I tend to squirm a lot.

Zoom also gives you the ability to turn off your video in the meeting. I've found that to be helpful because it's distracting to see my image.

**Josh S:** I eat my breakfast during the meeting. When I'm chomping on broccoli, I put myself on video mute.

## Where to Send Donations

### AIS

Mailing Address:  
505 Broadway E #400  
Seattle, WA 98102-5023

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

OR

[PAY ONLINE](#)

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

### Washington Area

[treasurer@wa-al-anon.org](mailto:treasurer@wa-al-anon.org)

To request address

### AFG Inc. (WSO)

1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617

<https://al-anon.org/contributions>

### District 14

[district14@seattle-al-anon.org](mailto:district14@seattle-al-anon.org)

To request address

### Districts 15 & 16

PO Box 1602  
Bothell, WA 98041

### District 17

[district17@seattle-al-anon.org](mailto:district17@seattle-al-anon.org)

To request address

### District 18

[district18@seattle-al-anon.org](mailto:district18@seattle-al-anon.org)

To request address

### District 19

[district19@seattle-al-anon.org](mailto:district19@seattle-al-anon.org)

To request address

### District 20

PO Box 31288  
Seattle, WA 98103

### District 21

PO Box 55306  
Shoreline, WA 98155

### District 22

[district22@seattle-al-anon.org](mailto:district22@seattle-al-anon.org)

To request address

## How It Works for Me

By Allen L

### Serenity Prayer

*God, grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.*

As I suspect many of you are, as I am, struggling with being alone. The rules of life seem to be in a daily state of flux. They are so far outside of my control as to feel overwhelming. At 75 years old, I am told I'm at a higher risk than most people. As a heart patient, I am told I am at an even higher risk. But I feel fine!

I switched to online meetings and stopped going to face-to-face meetings, and I began making telephone calls or texting other members instead of meeting face-to-face. I am making a special effort to be available to talk with ALL my friends, not just my sponsor, my sponsees, and program friends.

At times like these I make a serious effort to go back to the basics. For me that's Step 1, Step 2, and Step 3.

1. I am powerless over *the world around me* and my life has become unmanageable.

My life has become unmanageable. I obsess about how the things I am powerless over are changing my life from what I WANT to what is safer.

2. Only a power greater than myself can restore me to sanity.

At this time sanity is to stop obsessing on the things I cannot change.

3. Made a decision to turn *my will* and *my life* over to the care of God as I understand him.

Lastly, I have to attempt to live with my powerlessness. I accept that the power greater than myself is working in my life. I italicized and changed words from the actual Steps to highlight how I personalize them and make them immediate in my daily life.

Times like these are where the rubber meets the road. This is where I either practice my program "in all my affairs" or I'm not committed to personal growth and change.

**I'm all in.**

I hope you will join me!





## Contact AIS

For Up-to-Date Information  
<http://www.seattle-al-anon.org>

To report a COVID-19 related  
change to your meeting status:  
[https://www.seattle-al-anon.org/  
changes.html](https://www.seattle-al-anon.org/changes.html)

### Literature Distribution Center/Office

**CLOSED**

Visit the [WSO website](#) for literature  
ordering information while our  
office is closed.

Mailing Address  
505 Broadway E # 400  
Seattle, WA 98102-5023

**TO SPEAK WITH  
A MEMBER  
206-625-0000**



# Out of the Toolbox

by BITS Columnist Callie D.

## Battling My Stinking Thinking

Life has been surreal with the prolonged effects of sheltering in place, and the limits on in-person contact. I especially miss the camaraderie and encouragement of in-person meetings and speaker meetings. Zoom has its benefits, but I miss hearing the laughter of fellow travelers and the tangible presence of humans. As time goes on and the “end date” becomes more tenuous, I am feeling more conflicted about my life and future. The isolation and lack of supportive structure have opened the door to “Stinking Thinking.”

Lately, my thoughts have been spiraling into darker emotions. I feel so restricted. Then I start to go into “all or nothing” extremes such as “things will never get better” or “I am a failure and will never find gainful employment,” and the list goes on. At times I have gone from mild irritation to rage. There are so many things that are affecting me deeply but are out of my control. I become fearful and perfectionistic about even the smallest decisions, and sometimes I vacillate for hours, and no choice seems “right.”

“Progress not Perfection” encourages me to lighten up and to recognize that potential mistakes are part of living a full life. Sometimes there are just “options,” and one specific choice is not inherently “right.”

Lately, I have lost the clarity regarding my boundaries with loved ones who are entangled in alcoholism as their disordered behavior leaks into my life. I am often compelled to “do something.” My misguided loyalty and tendency to be overly responsible lands me right back in the vortex of my dysfunction.

The *Serenity Prayer* helps me to regain my sanity as I pray about recognizing reality (God grant me the serenity to accept the things I cannot change). It also helps me to define what is appropriate in the realm of my influence (the courage to change the things I can), and to shed that which is codependent and discern my best path forward (and the wisdom to know the difference).

On the other end of the spectrum, I have experienced some very healing moments within nature, where I have been filled with sincere gratitude and joy. A variety of bird voices has replaced the sounds of constant traffic and industry. Even the low buzz of the industrious hummingbird can be heard! As I become enveloped in the natural world, it is easier to spend time with my Higher Power and to work through my worries and find peace.

My “Stinking Thinking” starts as an enmeshed pile of overcooked spaghetti noodles, but applying the right AI-Anon tools is like adding olive oil and gently separating each strand into a cohesive thought.

## District Representative and Meeting Info

Contact your District Rep to see if the meeting is cancelled or if they are meeting electronically during the COVID-19 emergency.

### District 14

B Z W

[district14@seattle-al-anon.org](mailto:district14@seattle-al-anon.org)

4th Monday at 7p

Holy Family Catholic Church  
505 17th St SE, Auburn

### District 15

Yvette O

[district15@seattle-al-anon.org](mailto:district15@seattle-al-anon.org)

3rd Saturday at 830a

St Luke's Lutheran Church  
3030 Bellevue Way NE, Bellevue

### District 16

Barbara P

[district16@seattle-al-anon.org](mailto:district16@seattle-al-anon.org)

Meets with District 15 (see above)

### District 17

Massy A

[district17@seattle-al-anon.org](mailto:district17@seattle-al-anon.org)

1st Thursday at 630p

Pritchard Hall  
99 Wells Ave S, Renton

### District 18

Barb D

[district18@seattle-al-anon.org](mailto:district18@seattle-al-anon.org)

1st Wednesday of even months

Contact Barb D for time and location

### District 19

Linda H

[district19@seattle-al-anon.org](mailto:district19@seattle-al-anon.org)

Contact Linda H

### District 20

Elizabeth G

[district20@seattle-al-anon.org](mailto:district20@seattle-al-anon.org)

2nd Monday, 6p - 730p

Denny Park Lutheran Church  
766 John St, Seattle

**CONTINUED**

## A Pathway to Healing

By Fawn B

**Step 5: Admitted to God, to ourselves and to another human being the exact nature of my wrongs.**

I confess, I hate being wrong. I don't say that with pride. I say it because, at times, I suffer from perfectionism as a result of growing up in an alcoholic home with neglect and abuse. Neglectful parents want children who are easy, who make no fuss or requests. I learned to be good, to express only positive emotions, and to stop asking questions out of fear. I hid my feelings because I thought my needs only added to their burdens. I learned to use perfection as a misguided pathway to love.

The thought of admitting my wrongs was frightening. I feared if I revealed my imperfect self, I would be abandoned. Despite my fears, I believed the 12 Steps were divinely inspired, and they could heal this character defect. So, I confessed my wrongs to my Higher Power. I stopped hiding behind a mask of achievement. Of course, my Higher Power knew the real me all along. I was not abandoned. Instead, I received unconditional love, despite my wrongs. I received healing and acceptance that I had previously denied myself out of fear.

I thought admitting my wrongs to myself would be easy. I was so accustomed to rehashing my mistakes continually. I joked that I had done Step 5 my whole life. But the negative ruminating that solidified my feelings of unworthiness is not what Step 5 is. The goal of taking responsibility for my wrongs was relief and serenity, not self-abuse. "It is important to remember to love and accept ourselves unconditionally, just as our Higher Power does" (*Paths to Recovery*, p. 54). With that in mind, I accepted my wrongs with compassion. I tried to be as gentle with myself as I am with my granddaughter. I gave myself the loving acceptance I had always craved.

When choosing another human being to share Step 5, "It's important to choose someone who understands this Step, someone who is supportive, loving, and compassionate and who will listen without judging or condemning" (*How Al-Anon Works*, p. 53) In the past, I didn't know how or who to trust. But, by practicing the program, I was gradually able to identify trustworthy people. Thankfully, my sponsor is kind, compassionate, and caring. When I shared my wrongs via my 4th Step inventory, I felt heard and supported. Afterward, I felt I could fully be myself. I no longer had to appear to be infallible.

Because of the program, and Step 5, I'm learning to accept the fact that I am a human being that makes mistakes. These days, when perfectionism starts to roar, I recite part of the *Just for Tonight* bookmark: "Just for tonight, I will accept that I have done the best I could, remembering the goal is spiritual progress and not perfection." By admitting the exact nature of my wrongs, I am healing a lifelong character defect.



## CONTINUED

### District 21

Gary H

[district21@seattle-al-anon.org](mailto:district21@seattle-al-anon.org)

First Tuesday at 630p

Meeting via Zoom

### District 22

Jackie T

[district22@seattle-al-anon.org](mailto:district22@seattle-al-anon.org)

3rd Tuesday from 630p - 8p

St David Emmanuel Episcopal  
Church

18842 Meridian Ave N, Shoreline



## Tradition Five:

**Each Al-Anon Family  
Group has but one  
purpose: to help  
families of alcoholics.**

**We do this by  
practicing the Twelve  
Steps of AA ourselves,  
by encouraging and  
understanding our  
alcoholic relatives,  
and by welcoming  
and giving comfort to  
families of alcoholics.**

## Welcoming Newcomers Electronically

by Eric G and Teresa H

Without in-person meetings, newcomers may feel even more lost, and in need of a little extra attention. Addressing the needs of the newcomers requires some thinking out of the box during this time. There is no virtual Newcomers Packet. Here are some ideas that you might consider.

1. Take advantage of the excellent Newcomers page on the WSO website (<https://al-anon.org/newcomers/>). It has many answers for the newcomer. You can post a link to the page in your chat box for newcomers. Or you can take screenshots from that page and post them in your Zoom meeting. If you are using a breakout room for newcomers, this becomes especially helpful.

2. Some groups create a page such as a Google doc with selected resources for newcomers and share a link to that page in their chat window. The resources might include links to the WSO newcomers page, downloadable or electronic literature, and phone numbers of members who have volunteered to take calls.

3. Many Groups have established a Group email account. That email address can be shared in the chat window as a place where newcomers can ask questions or chat with a member of the Group—much like they might do after their first in-person meeting.

4. Many Groups open the meeting 15 minutes in advance of their start time and stay 15 minutes after to welcome and answer questions from newcomers.

5. Zoom allows you to have a breakout room. Groups can offer to have the newcomers move to a breakout room where a group of members who have volunteered in advance will hold a smaller meeting with them, including readings specific to newcomers.

6. Read one of the readings for newcomers under Section D of “Optional Readings” (p. 23, depending on the version) from the Service Manual. The second one is “Understanding Ourselves.” It is the replacement for the older Newcomers Welcome that some groups in our area use. “Understanding Ourselves” is an excellent introduction to Al-Anon and also a good reminder of our Al-Anon principles for established members. Since the Service Manual can be downloaded for free (<https://al-anon.org>), you could email or text it to newcomers if you choose not to read it in the meeting.

7. Ask members who are willing to take calls from newcomers to enter their phone numbers in the chat window.

## April 2020 AIS Board Meeting Summary

By Teresa H

Chair Eliza D shared an overview of how AIS functions and about AIS staffing. Keeping AIS running requires a good staff of volunteers. We currently have some volunteer positions unfilled. Eliza D asked if we will be able to fill the key positions, or if we need to consider adding a special worker for AIS.

After discussion of our current situation, it was concluded that the all-volunteer model for AIS is functioning well, and we do not need to consider a special worker at this time.



## Al-Anon Fun Facts

The circle within the triangle was approved at the 1968 World Service Conference.



## Ideas for Collecting 7th Tradition

- Put your donation in an envelope during each electronic meeting, and then bring the envelope when that meeting re-opens
- Electronic payments (Venmo, Paypal, etc)
- Mail a check to your group treasurer

## Literature Review: *One Day at a Time in Al-Anon*

By Eric G

This is an oldie but goodie—a real Al-Anon classic: *One Day at a Time in Al-Anon* (ODAT). This book has inspired many member sharings. It is the only Al-Anon book that I keep by my bedside and read it as often as I can remember when I need to, which is not nearly enough.

Initially published in 1968, it's a bit dated and contains numerous Biblical references. This near pocket-sized book is a daily reflective collection. Even leap day, February 29th, is included. After its 366 pages in the back are the Al-Anon slogans, steps, traditions, and concepts. The "bonus features" are the five "General Warranties" that I need to learn more about.

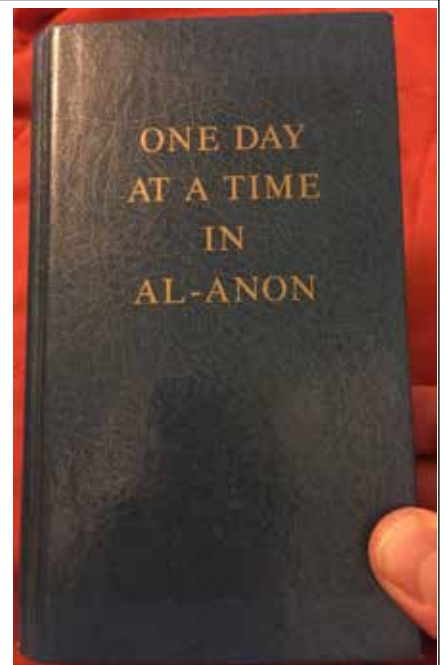
The best thing about this book is that there are no chapters. A day's reading is two paragraphs—short and sweet. For some reason, I can't bring myself to read another day's page. I feel like I'm somehow cheating. If it's April 20th, I will only read the April 20th page. The two-minute investment in reading that day's page in the morning stays with me all day. The wisdom in these pages is about the same you'd find in most Al-Anon books. However, I don't find that wisdom in every page. Some pages resonate better than others, which reminds me of the saying, "Take what you like, and leave the rest" (*Courage to Change*, p. 117). So I do.

Most importantly, this book serves as my gateway reminder that Al-Anon saves my life only if I work at it. Because I have it next to my bed, I see it and am reminded to watch myself and not point fingers or blame others. I'm reminded to tend my garden and focus on what I can control. I'm reminded to stay sane by working this program. While not the best Al-Anon book I've ever read, it does lead me to remember what first got me in trouble: not focusing on myself.

## Yes, You Can Read Al-Anon Literature on Your Computer (or Phone)

Are you stuck at home, and need something to read? Conference approved literature is available for purchase in paper, audiobook, and e-book formats. Also check out the free downloads! Please consider purchasing through [WSO](#) and the sites they indicate to further support our organization during the Covid-19 emergency.

**The AIS Literature Distribution Center remains closed at this time. We will email everyone when it has re-opened.**







## Thank you for your donations and for 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:

505 Broadway E #400  
Seattle, WA 98102-5023

## Greater Seattle AIS Financial Activity Comparison

	March 2020	March 2019	2020 YTD
<b>REVENUE</b>			
Donations	1,946.84	956.00	6,230.94
Fundraisers	0.00	0.00	0.00
Literature	1,370.36	3,203.18	8,299.03
Misc.	0.00	0.09	0.17
<b>Total Revenue</b>	<b>3,317.20</b>	<b>4,159.27</b>	<b>14,530.14</b>
Cost of Goods Sold	981.70	2,173.83	6,578.75
<b>Gross Profit</b>	<b>2,335.50</b>	<b>1,985.44</b>	<b>7,951.39</b>
<b>EXPENDITURES</b>			
Alateen	0.00	0.00	151.84
Conferences	0.00	0.00	0.00
Merchant Fees	31.30	98.79	219.76
Event Expenses	33.00	0.00	885.49
Insurance and Licenses	41.66	41.66	124.98
Equipment	0.00	0.00	0.00
Office Supplies	22.00	0.00	29.01
Outreach	0.00	11.00	0.00
Rent & Maintenance	625.00	657.84	1,875.00
Professional Fees	0.00	0.00	1,777.50
Technology	385.78	199.20	833.97
Volunteer Bus/Parking	0.00	27.75	83.00
<b>Total Expenses</b>	<b>1,138.74</b>	<b>1,036.24</b>	<b>4,203.05</b>
<b>NET REVENUE</b>	<b>1,196.76</b>	<b>949.20</b>	<b>3,748.34</b>

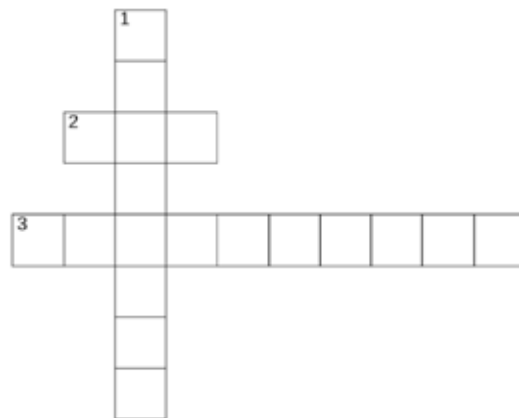
### AI-Anon Joke Corner

What is the last thing to happen  
to an AI-Anon  
member before they die?



**Answer:** Someone else's life  
flashes before their eyes.

### AI-Anon Slogan Crossword



#### ACROSS

2 Used as a short substitute for a negative clause  
3 So good that nothing could be better

#### DOWN

1 Famous book Pilgrim's \_\_\_\_\_, by John Bunyan



## Concept Five:

The rights of appeal  
and petition protect  
minorities and insure  
that they be heard.



Would You Like  
to Write for the  
Newsletter?

Let us know at

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

## April 2020 AIS Council Meeting Summary

By Eric G

**Treasurer's Report:** Linda H has a potential volunteer to serve as our AIS Treasurer for 2021. Linda H shared financial reports and provided an overview of the current financial status. We are currently \$3,000 in the black. She mentioned that during this time of lower donations to groups from their members that AIS is solvent and can function without increased donations from groups. AIS will need regular donations in the future when things are back to normal.

**Open Positions:** The Communications Coordinator position is open as well as the Web Editor position. Anyone interested in either of these positions should contact Eliza D ([chair@seattle-al-anon.org](mailto:chair@seattle-al-anon.org)).

**Tech Coordinator's Report:** Jeff M reported he has been working mostly on Zoom meetings. There will be more info coming out about how to have a secure Zoom meeting. Teresa H mentioned there are currently 53 Zoom meetings out of 100 registered groups.

**AIS Office/LDC Co-Coordinators' Report:** Doug L and Julie R are doing well coordinating the LDC Office and have a good group of volunteers. They could use three more volunteers but are feeling good about how the office is functioning now. Doug L reported the LDC closed the first week in March. Doug L and Julie R will continue to monitor the direction from the Governor on when reopening will be allowed.

**Phone Coordinator's Report:** Chair Eliza D read a report from Helen V. There are currently 12 active AIS Phone Volunteers. About half of the shifts are presently filled.

**Communications Coordinator's Report:** Teresa H (interim) is filling in as Communications Coordinator, while the search for a coordinator continues. Eric G has taken over as BITS Editor, and a volunteer is updating the meeting directory. Teresa H says we are still in need of a Web Editor. Teresa H reported that it had been a busy month. There was a tremendous amount of work updating the meeting information on the website with all the new electronic meetings. The website has been getting thousands of views and will be continually updated during the COVID-19 crisis.

**Upcoming SSA Event:** A motion was passed to allow funding for up to 5 members to attend with paid scholarship, who are in service as AIS Officers, Coordinators, and Sub-Coordinators to SSA, with priority for volunteers who have never attended.

**Revised Service Manual:** There was a previous motion related to the replacement of old service manuals. This motion was for a no-charge replacement of the manual when a group made a literature order from the LDC. Because the LDC is currently closed, the motion was tabled.

# Greater Seattle Area Al-Anon Information Service

## Al-Anon and Alateen Meeting Directory

### Districts 14-22 as of May 1, 2020

For the most up-to-date meeting changes, go to <https://www.seattle-al-anon.org>

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

#### Directory Guide During the COVID-19 Crisis

**SUSPENDED:** Meetings that have been canceled are highlighted in red.

**ELECTRONIC OR RELOCATED:** Meetings that have elected to meet electronically or have relocated are highlighted in blue. Access details are available at <https://www.seattle-al-anon.org/electronicmeetings.html>

**OPEN:** Meetings that have reported as being open as usual are highlighted in green.

**STATUS UNKNOWN:** Meetings that have NOT reported have no highlighting. Report at <https://www.seattle-al-anon.org/changes.html>

To change meeting information: <http://wa-al-anon.org/>  
Log in. Then: **RESOURCES > FOR MEMBERS > MAKE MEETING CHANGES.** Enter changes.

Note: The form will expand after you click the box for permanent or temporary change. Please do NOT submit changes to WSO or via mail or e-mail. Need help? [communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org)

### SPANISH LANGUAGE MEETINGS

<b>MON</b> <b>7:00PM</b> 90/O	GFA UN REGALO PARA MI GFA St Matthew Church, 123 L St NE, Auburn	#30607125 DIST 14
<b>TUES</b> <b>7:00PM</b> 90/O/CH	VIDA NUEVA GFA Kent Lutheran Church, 336 2nd Ave S, Kent (Free Childcare)	#65270 DIST 14
<b>WED</b> <b>7:00PM</b> 90/O	LIBERTAD Y ESPERANZA HIJOS ADULTOS GFA Edmonds United Methodist Church, 828 Caspers St Rm 302, Edmonds	#30713224 DIST 22
<b>WED</b> <b>7:00PM</b> 135/O/H/A	SOLO POR HOY GFA First United Methodist, 2201 NE 4th St, Renton (Downstairs)	#30591116 DIST 17
<b>THURS</b> <b>10:00AM</b> 90/O	GFA UN REGALO PARA MI GFA <b>NEW</b> St Matthew Church, 123 L St NE, Auburn	#30607125 DIST 14
<b>THURS</b> <b>7:00PM</b> 90/H/AC	GFA HIJOS ADULTOS UNIDAD United Methodist, 16540 NE 80th St, Redmond (Room 104)	30675103 DIST 15
<b>FRI</b> <b>7:00PM</b> 90/O/CH	VIDA NUEVA GFA Kent Lutheran Church, 336 2nd Ave S, Kent (Free Childcare/use back door)	#65270 DIST 14
<b>FRI</b> <b>7:00PM</b> 90/O/B	GFA VIVE Jubilee Reach Center, 14200 SE 13th Pl, Bellevue	#30581849 DIST 16

### SEATTLE CENTRAL ZONE

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

<b>SUN</b> <b>12:00PM</b> 90/O/H	PATHWAYS TO RECOVERY AFG Seattle U Student Ctr, 901 12th Ave #122, Seattle (STEP STUDY)	#30536933 DIST 20
<b>MON</b> <b>12:00PM</b> 75/O	CAPITOL HILL AFG St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd floor conference room)	#64446 DIST 20
<b>MON</b> <b>12:00PM</b> 60/O/H	QUEEN ANNE MID DAY AFG First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North Entry/Signs to Glen Rm)	#62081 DIST 20
<b>MON</b> <b>12:05PM</b> 45/O/H	SERENITY REFRESHER AFG YMCA, 909 4th Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch)	#47697 DIST 20
<b>MON</b> <b>7:00PM</b> 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG Magnolia United Church of Christ, 3555 W McGraw St, Seattle (Upstairs)	#63177 DIST 20
<b>TUES</b> <b>7:00AM</b> 60/O	OPENING OUR HEARTS AFG St Therese Parish House, 3416 E Marion St, Seattle <b>NEW LOCATION</b>	#30614923 DIST 20
<b>TUES</b> <b>7:00PM</b> 75/O	UNITY ON UNION AFG <b>NEW LOCATION</b> Church of the Good Shepherd, 2116 E Union St, Seattle (Late: signal at downstairs window)	#30592290 DIST 20
<b>TUES</b> <b>7:30 PM</b> 60/O	DENNY PARK FAMILY AFG Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry)	#27198 DIST 20
<b>WED</b> <b>8:00PM</b> 75/O/AT/A	QUEEN ANNE AFG Queen Anne Lutheran, 2400 8th Ave W, Seattle	#14319 DIST 20
<b>THURS</b> <b>7:00AM</b> 60/O/FF	FOCUS ON GRATITUDE AFG Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking)	#30503143 DIST 20
<b>THURS</b> <b>7:30PM</b> 90/O/AC	MADISON MADRONA AFG Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs)	#46407 DIST 20
<b>FRI</b> <b>8:00PM</b> 60/H	FRIDAY NIGHT LGBT AFG Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting)	#14299 DIST 20
<b>SAT</b> <b>10:30AM</b> 60/O/H	WOMEN'S HOW IMPORTANT IS IT AFG Queen Anne Lutheran Ch, 2400 8th Ave W, Seattle (email: <a href="mailto:hiitsatwomen@gmail.com">hiitsatwomen@gmail.com</a> )	#30578357 DIST 20

### ELECTRONIC MEETINGS

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

## NORTH ZONE

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

<b>SUN</b> <b>8:30AM</b> 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW Social Work, 4101 15th Ave NE #301, Seattle (ASL avail 3/29; 4/5, 19; 5/3, 17, 31) DIST 20
<b>SUN</b> <b>7:00PM</b> 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
<b>MON</b> <b>7:00AM</b> 60/O/H/A	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed, & Fri) DIST 21
<b>MON</b> <b>4:30PM</b> 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lake Forest Park DIST 22
<b>MON</b> <b>7:00PM</b> 90/O/H	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
<b>MON</b> <b>7:00PM</b> 60/AA/H/O	NO EXPECTATIONS WOMEN'S AFG #30731356 St. Paul's United Church of Christ, 6512 12th Ave W, Seattle (NEW—1/2020: Women's Meeting) DIST 21
<b>MON</b> <b>7:30PM</b> 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (all meetings OPEN effective 1/2020) DIST 22
<b>MON</b> <b>7:30PM</b> 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
<b>MON</b> <b>7:30PM</b> 90/O/H	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
<b>TUES</b> <b>10:00AM</b> 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery entry) DIST 21
<b>TUES</b> <b>11:30AM</b> 60/O/H	LYNNWOOD ALMOST NOON #30729969 Lynnwood Alano Club, 4001 198th SW Room B, Lynnwood NEW MEETING DIST 22
<b>TUES</b> <b>7:30PM</b> 75/O/H	VIEW RIDGE OPEN AFG New Location (3/1) #41334 Wedgwood Presbyterian, 8008 35th Ave NE, Seattle (enter NE 80th St, upstairs to Fireside Rm) DIST 21
<b>TUES</b> <b>7:30PM</b> 90	NORTH END MEN'S AFG #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
<b>TUES</b> <b>7:30PM</b> 90/O/H/A	EDMONDS AFG #500668 Edmonds United Methodist, 828 Caspers St, Edmonds DIST 22
<b>WED</b> <b>7:00AM</b> 60/O/H/A	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed, & Fri) DIST 21
<b>WED</b> <b>7:00PM</b> 60/O/H/B	FRIENDS AFG NEW TIME #30611010 North Seattle Friends, 7736 24th Ave NE, Seattle (Side bldg. N of church) DIST 21
<b>WED</b> <b>7:00PM</b> 90/O/H	SUNSET AFG (Fellowship Hall, enter from N 78th) #14327 Woodland Park Methodist, 302 N 78th St, Seattle (https://sunsetafg.wordpress.com) DIST 21

<b>WED</b> <b>7:00PM</b> 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56th Ave W, Mountlake Terrace DIST 22
<b>WED</b> <b>7:00PM</b> 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22
<b>THURS</b> <b>7:00PM</b> 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
<b>THURS</b> <b>7:30PM</b> 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36th St, Seattle (Meets in 1st floor lounge) DIST 20
<b>FRI</b> <b>7:00AM</b> 60/O/H/A	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed, & Fri) DIST 21
<b>FRI</b> <b>10:00AM</b> 90	HIGHLANDS FRIDAY AM AFG #32362 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Enter from East side Parking Lot) DIST 21
<b>FRI</b> <b>7:00PM</b> 60/O	PRACTICE MAKES PROGRESS WOMEN AFG #30712924 Wallingford Presby, 1414 N 42nd St, Seattle (Women's Meeting/Enter back of church) DIST 20
<b>FRI</b> <b>7:30PM</b> 90/O/H	SEATTLE MEN'S AFG #30582130 Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21
<b>FRI</b> <b>8:00PM</b> 90/H/B	TGIF AFG #14171 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22
<b>SAT</b> <b>7:30PM</b> 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70th St, Seattle (Enter on NE corner) DIST 21

## ONCE A MONTH SPEAKER MEETINGS

<b>2nd SAT</b> <b>7:30PM</b> 90/O/H	M.E.S.H. 2nd SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline DIST 22
<b>3rd SAT</b> <b>7:30PM</b> 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 Hillside Church, 930 E James St, Kent (Meets ONLY on 3rd Saturday) DIST 14

**All Members and Guests are invited to attend the  
M.E.S.H. & H.E.A.R. Speaker Meetings.**

## PHONE NUMBERS

**We Need Phone Volunteers! Please contact  
phones@seattle-al-anon.org to volunteer.**

**AIS Office and Literature Distribution Center  
509 10th Ave E, Seattle WA 98102**

**CLOSED DURING COVID-19 CRISIS**

**MAILING ADDRESS:  
505 Broadway E #400, Seattle WA 98102**



## SOUTH ZONE

### South & West Seattle•Burien•Des Moines Federal Way•Auburn•Kent•Renton•Enumclaw

<b>SUN</b> <b>6:00PM</b> 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436th Way, Enumclaw DIST 14
<b>SUN</b> <b>7:30PM</b> 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic Church, 505 17th St SE, Auburn (Enter main church on 17th St SE) DIST 14
<b>MON</b> <b>10:30AM</b> 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran Church, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
<b>MON</b> <b>1:30PM</b> 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1st Ave S, Burien DIST 18
<b>MON</b> <b>6:30PM</b> 90/O/H	SALTWATER AFG #30512485 Saltwater Unitarian-Universalist, 25701 14th Pl S, Des Moines (Meets in Church Office) DIST 14
<b>MON</b> <b>7:00PM</b> 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356th St, Federal Way DIST 14
<b>MON</b> <b>7:00PM</b> 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5th Monday) DIST 18
<b>MON</b> <b>7:00PM</b> 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>TUES</b> <b>10:00AM</b> 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4th St, Renton (Lower lot and entrance) DIST 17
<b>TUES</b> <b>12:30 PM</b> 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in 4th Flr Library) DIST 19
<b>TUES</b> <b>7:00PM</b> 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>TUES</b> <b>7:00PM</b> 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9th Ave S, Des Moines DIST 18
<b>TUES</b> <b>7:00PM</b> 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal Church, 123 L St NE, Auburn (Parents Meeting) DIST 14
<b>WED</b> <b>10:30AM</b> 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Lutheran Church, 2400 SW 344th St, Federal Way (Free Childcare) DIST 14
<b>WED</b> <b>1:30PM</b> 60/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1st Ave S, Burien (Use side entrance/basement) DIST 18
<b>WED</b> <b>7:00PM</b> 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran Church, 28505 216th Ave SE, Covington (Behind church) DIST 17
<b>WED</b> <b>7:00PM</b> 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17

<b>WED</b> <b>7:00PM</b> 90/O	COURAGE TO CHANGE AFG (Seattle) #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4th Wednesday) DIST 19
<b>WED</b> <b>7:30PM</b> 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran Church, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
<b>THUR</b> <b>12:30PM</b> 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24th Ave S, Des Moines (Side door at north of church) DIST 18
<b>THUR</b> <b>6:30PM</b> 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
<b>THUR</b> <b>7:30PM</b> 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>FRI</b> <b>10:30AM</b> 90/H/AA	AUBURN FRIDAY MORNING AFG #23848 Zion Lutheran Church, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
<b>FRI</b> <b>7:30PM</b> 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
<b>FRI</b> <b>7:30PM</b> 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
<b>SAT</b> <b>8:30AM</b> 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 St John's Episcopal, 3050 California Ave, Parish Hall, Seattle (e-mail: <a href="mailto:wssatalanon@gmail.com">wssatalanon@gmail.com</a> ) DIST 19
<b>SAT</b> <b>9:00AM</b> 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
<b>SAT</b> <b>9:30AM</b> 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn DIST 14
<b>SAT</b> <b>10:00AM</b> 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156th St, Burien DIST 18
<b>SAT</b> <b>10:00AM</b> 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist Church, 11010 SE 248th St, Kent DIST 14
<b>SAT</b> <b>10:00AM</b> 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>SAT</b> <b>10:30AM</b> 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Downstairs/Follow Signs) DIST 17
<b>VASHON ISLAND MEETINGS</b>	
<b>SUN</b> <b>9:00AM</b> 90/O/FF	VASHON SUNDAY SIDE UP AFG #30043 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs Belfry) DIST 19
<b>TUES</b> <b>6:30PM</b> 90/O/FF	VASHON ISLAND WOMEN'S AFG #502955 Episcopal of the Holy Spirit, 15420 Vashon Hwy SW, Vashon (Women's Meeting) DIST 19
<b>SAT</b> <b>10:00AM</b> 60/O/B	SATURDAY IN THE BELFRY AFG #30556459 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs in Belfry - Pull Cow Bell) DIST 19

## EAST ZONE

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

<b>SUN</b> <b>12:00PM</b> 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8th St, Bellevue DIST 15
<b>SUN</b> <b>7:00PM</b> 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran of Bothell, 10207 NE 183rd St, Bothell DIST 15
<b>MON</b> <b>12:00PM</b> 60/O/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
<b>MON</b> <b>12:30PM</b> 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104th Ave NE, Bothell DIST 15
<b>MON</b> <b>7:00PM</b> 90/O/H	LIVING IN THE SOLUTION AFG #49784 Holy Spirit Lutheran, 10021 NE 124th St, Kirkland (No. end ramp/lower fellowship hall) DIST 15
<b>MON</b> <b>7:30PM</b> 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40th St, Mercer Island (Parent's meeting/Speaker on 5th Mondays) DIST 16
<b>MON</b> <b>7:30PM</b> 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 SE Coal Creek Pkwy, Bellevue (1st floor in main church building) DIST 16
<b>TUES</b> <b>12:30PM</b> 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5th Ave, Room 21, Kirkland DIST 15
<b>TUES</b> <b>7:00PM</b> 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
<b>TUES</b> <b>7:15PM</b> 90/O/CH/H/AA	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100th Ave NE, Bothell (Free childcare) DIST 15
<b>TUES</b> <b>7:30PM</b> 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Meth, 16540 NE 80th St, Redmond (email: <a href="mailto:RedmondTuesdayNight@gmail.com">RedmondTuesdayNight@gmail.com</a> ) DIST 15
<b>WED</b> <b>7:00PM</b> 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5th Ave, Room 21, Kirkland (Women's meeting) DIST 15
<b>WED</b> <b>7:30PM</b> 90/O/H/B	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80th St, Kirkland (Men's meeting) DIST 15
<b>WED</b> <b>8:00PM</b> 90/H	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
<b>THURS</b> <b>10:00AM</b> 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah (email: <a href="mailto:issqdayafg@gmail.com">issqdayafg@gmail.com</a> ) DIST 16
<b>THURS</b> <b>10:00AM</b> 90/H/B	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108th Ave NE, Kirkland DIST 15
<b>THURS</b> <b>7:00PM</b> 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15

<b>THURS</b> <b>7:30PM</b> 90/O/H/AT/A	BELLEVUE LAKE HILLS AFG #14118 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
<b>THURS</b> <b>7:30PM</b> 90/O	EASTSIDE PARENT'S AFG #30522678 Faith United Methodist, 3924 Issaquah-Pine Lk Rd SE, Issaquah (Parent's Meeting) DIST 16
<b>FRI</b> <b>12:00PM</b> 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
<b>FRI</b> <b>6:00PM</b> 60/H/O	COURAGE TO CHANGE AFG (Kirkland) #30731298 St John's Episcopal Church, 105 State St, Kirkland (room entrance on parking lot side) DIST 15
<b>FRI</b> <b>7:30PM</b> 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
<b>SAT</b> <b>8:30AM</b> 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
<b>SAT</b> <b>10:30AM</b> 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8th St, Bellevue (in Annex at rear of Alano Club) DIST 15

### ALATEEN MEETINGS

**Meetings held at schools are not listed here.**  
Go to <http://wa-al-anon.org/> to find a complete list of meetings.

<b>MON</b> <b>7:00PM</b> 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41st Ave SW, Seattle (Ages 13-18) DIST 19
<b>TUES</b> <b>7:30PM</b> 90/AL	EDMONDS ALATEEN SERENITY FOR YOUTH Edmonds United Methodist, 828 Caspers St, #113, Edmonds (Ages 12-19) (e-mail <a href="mailto:district22@seattle-al-anon.org">district22@seattle-al-anon.org</a> ) #30639096 DIST 22
<b>WED</b> <b>8:00PM</b> 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
<b>THUR</b> <b>7:30PM</b> 90/H/AL/AA	LAKE HILLS ALATEEN #14119 St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16
<b>SAT</b> <b>10:30AM</b> 60/H/AL	RECOVERY IS FOR EVERYBODY ALATEEN #30728705 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-18) DIST 20

### CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

<b>NORTH</b>	SNOHOMISH COUNTY <a href="http://www.dist23.org">www.dist23.org</a> 425-348-7828
<b>SOUTH</b>	PIERCE COUNTY <a href="http://www.al-anon-pierce-wa.org">www.al-anon-pierce-wa.org</a> 800-726-8094
<b>WEST</b>	KITSAP AND NORTH MASON COUNTY <a href="http://www.kitsap-al-anon.org">www.kitsap-al-anon.org</a>

**Speak with a Member  
206-625-0000**