

SEPTEMBER
2018



BITS Newsletter

Seattle Al-Anon Information Service

Launching a New Alateen Meeting in West Seattle

by Liza B.

On Monday, September 24, a new Alateen meeting will be born! Many Al-Anon members and meetings in District 19, and some AA friends, have rallied to make this possible.

This meeting will be a place for teens affected by someone else's drinking to come together to share experiences, strength and hope with each other in facing the family disease of alcoholism.

Why is Alateen important, you might wonder. Think for a minute about how many adults attend Al-Anon meetings. Add to that AA meeting membership. You can also add people who have not yet found recovery. Then extrapolate how many young people are in those homes affected by alcoholism.

Clearly a lot of teens out there would qualify for and benefit from Alateen. Yet Seattle, with its booming population, offers just one Alateen meeting (in Queen Anne)! There are just three others in the surrounding cities (Edmonds, Bellevue and Auburn). So the math alone indicates that more meetings are needed.

"My home group is large and our district has been increasingly active, so it seemed like a great opportunity to do service," said one Al-Anon member about why they started the meeting.

The district began by nominating an Alateen coordinator and hosting a training for Al-Anon Members in Alateen Service (AMIAS) (Continued on page 5 under Meeting Updates)

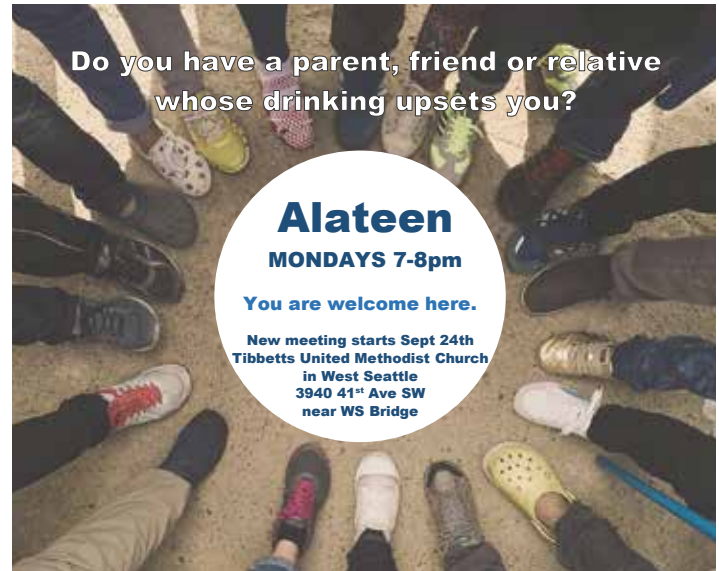
Seattle Fall Conference is a Joint Al-Anon & AA Event

by Andrea T.

In the Al-Anon tradition we parallel AA in wanting to hear about and learn from the experiences of others. We want to learn about the hard times people have encountered and what tools got them to the other side!

I learned about the Seattle Fall Conference when asked to attend a planning meeting. I have attended the conference for part of the day, twice before. But, I truly learned the history of this 5-year event, while attending the SFC planning meeting this July. At that meeting there were 11 AA members and me! A wonderful group of lovely people shared dinner with me, and I learned that it has been many years since Seattle held its own speaker conference. We are from a very vibrant area with well-known long-standing meetings every month in neighboring communities. A group of AA Reps came back from an AA gathering 6 years ago, and decided to create the SFC.

(Continued on page 2)



Do you have a parent, friend or relative whose drinking upsets you?

Alateen

MONDAYS 7-8pm

You are welcome here.

New meeting starts Sept 24th
Tibbetts United Methodist Church
in West Seattle
3940 41st Ave SW
near WS Bridge

What is Alateen?

Alateen is a place where members (ages 13-18) come together to:

- share experiences, strength and hope with each other to find effective ways to cope with problems
- discuss difficulties and encourage one another
- help each other understand the principles of the Al-Anon program by learning about and using the 12 Steps and 12 Traditions

Alateen is NOT:

- for teenagers seeking help for their own drinking or drug problems
- a time to complain about parents or anyone else
- a social hangout
- a religious group
- therapy

WestSeattleAlateen@gmail.com
www.seattle-al-anon.org

Plan Ahead! Featured Events

WA Speakers Convention
September 7-8

Seattle Fall Conference
September 29

WA Area Fall Assembly
October 5-7

District 18 Spaghetti Dinner
October 21

Getting Busy & Getting Better
November 3

Kent All Mens AFG (KAMA) Gratitude Dinner
November 10

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

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CONTACT AIS

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

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

Mail/Order Pick Up Address
509 10th Ave E #100
Seattle, WA 98102
Open Thursdays 9:30 a.m. - 3:30 p.m.

To Speak with a Member
Call 206-625-0000

My Experience in AIS Service: AIS Elections Ahead by AIS Chair Anessa N.

My home group had been without an Alt GR for some time when I agreed to step up in early 2015. As Alt GR, my job was to represent our group at monthly AIS Council meetings. In the first few meetings, I mostly listened and observed. I recall feeling very welcomed by our special worker and other members. When I had something to contribute to the conversation, my thoughts were considered by the group despite being a newbie and considerably younger than most others in attendance.

I noted how the Chair ran meetings, bringing the Traditions and Concepts into discussions and giving time for minority voices. This was her last of three years as Chair and she led with good humor, ease and serenity. November elections soon rolled around. All AIS officer positions were open except Treasurer. When nobody raised their hand to run for Chair or Vice-Chair, something in me decided to speak up: I'd be willing to run for one of the positions if someone else would do the other. Another member stated they could serve as Vice-Chair. Thus began my service as AIS Chair.

My three years are now ending. I have been reflecting on what this service has meant. During my first year or so, I didn't feel like a leader. I did my best to run the meetings smoothly, studied the Al-Anon/Alateen Service Manual and other literature about our program's principles. I familiarized myself with how our AIS conducted business and who did what, paying attention to what other members shared about the problems AIS faced, often financial. I also represented AIS at AWSCs, where I met Al-Anon members from across our state and learned more about our program's service structure and current issues of concern.

Somewhere along the way I started acting like a leader, which to me means speaking the truth, encouraging others and allowing program principles to guide the group conscience. I came to deeply trust that solutions would always be found by applying our Traditions and Concepts to any issue, no matter how troublesome. There have been challenging moments which ultimately helped me grow, accept and respond to conflict, and practice recovery principles in a supportive environment. I made many new friends and connections I never would have otherwise. Grateful for these gifts of service, I encourage you to consider AIS service. November elections are around the corner. I am happy to chat if you have any questions!

It's Time for Rotation of Service!

AIS and District elections are around the corner. Please consider supporting your Al-Anon program by serving at the AIS or District Level.

Seattle Fall Conference Continued from Page 1

(Continued from page 1)

On Saturday, September 29th you are invited to attend this year's conference at United Evangelical Free Church in Ballard. There will be fellowship, programs and speakers from noon to 5:30 p.m. in the church sacristy for AA and in the multipurpose room for Al-Anon. Bring a friend, bring your loved ones! During the day you will have an opportunity to learn about Al-Anon sponsorship, spiritual principles, and discuss obstacles to serenity. At 6:00 p.m. fellowship with AA and Al-Anon members at a meal served for all including dessert and two speakers, Magdalena E. from Burien and Georgia B. from Los Angeles.

Pre-register today at www.SeattleFallConference.com - we need an RSVP to get numbers for hospitality. No fee to register today, but the 7th Tradition will be gathered to cover the expenses for dinner and hospitality throughout the day.

I look forward to seeing you there!

Four Motions to be Presented at October's WA Area Fall Assembly

by BITS Editor Teresa H.

This year's WA Area Fall Assembly will be in Everett on October 5-7. At the Fall Assembly, Group Representatives vote on motions that have been researched and were then voted to move forward at last month's AWSC in Port Angeles. Because the current panel of WA Area officers is completing their 3-year terms, the Group Reps will also be voting for new Area officers.

Here are the four motions that will be presented. Below each motion is only a **small portion** of the background information supplied by the WA Area Secretary for that motion. Please contact your District Representative for the complete background information.

Motion 1

This is a "housekeeping" motion regarding a 2008 motion about submitting receipts for WA Area expenses.

Motion 2

All qualified members who are interested in serving as an Area Officer must submit a Trusted Servant Profile to the Area Secretary no less than 60 days prior to the Fall Assembly. The Trusted Servant Profiles are provided to District Representatives to distribute to Group Representatives prior to Fall Assembly.

Partial Background Info:

"Current Procedure: Area Officers are not required to put any thought or consideration into making themselves available for positions. Anyone who is 'qualified' can stand at the Fall Assembly for Area Officer positions. This also

Concept Four:

Participation is the key to harmony.

Each Group has a vote at the WA Area Assembly

creates a situation where Group Representatives (the voting party) potentially have no idea who anyone is or what their service background is. Area Coordinators are required to submit a Trusted Servant Profile to the Area Chairperson; the same should be true for Area Officers."

Motion 3

WA Area Delegate will bring a motion to the World Service Conference (WSC) to replace male pronouns with gender neutral language in the Al-Anon Legacies.

Partial Background Info:

"This gender neutral topic was last considered by WSC in 1993 which was over 25 years ago. Lots has changed over that time. Our literature has become more inclusive due to our members' encouragement. Our membership has become more diverse in age/sex/nationalities/religions from around the world."

Motion 4

The Washington Area pay the World Service Office the full amount expense for our Delegate to attend the World Service Conference for 2019.

Partial Background Info:

"Each year the Group Representatives (GRs) have a choice of whether to pay the full or equalized expense to send the WA Area Delegate to the World Service Conference (WSC)... The argument for this motion could be the general principle of being fully self-supporting and paying what the actual average cost of sending the Delegate to the WSC. The argument against this motion could be if WA Area felt that it didn't have the excess monies available to pay this extra amount."

AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

chair@seattle-al-anon.org

Vice Chair

Eliza D.

vicechair@seattle-al-anon.org

Secretary

Cindy G.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Archivist

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Fundraising Coordinator

Jennifer P.

fundraising@seattle-al-anon.org

Literature Dist. Center Coordinator

Karen L.

LDC@seattle-al-anon.org

Outreach Coordinator

Nigel L.

outreach@seattle-al-anon.org

Parliamentarian

Chris G.

parliamentarian@seattle-al-anon.org

Phone Volunteers Coordinators

Karen T. and Susan CH.

phones@seattle-al-anon.org

Policy Coordinator

OPEN

Tech Coordinator

Tatiana G.

tech@seattle-al-anon.org

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

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

Member's Review: Intimate Relationships are Dynamic

by Newsletter Contributor Allen L.

The new *Intimacy in Alcoholic Relationships* just released by the Al-Anon World Service Office is written in the same style as many conference approved books.

Each chapter begins with an article describing a particular subject, such as *Alcoholism and Intimacy* or *Building and Rebuilding Trust*, followed by some brief relevant quotes. Chapters also include members' personal stories and end with a series of questions so that you can assess where you are and the areas you might choose to improve.

When I was asked to write about this book, I thought of a traditional high school book report but after reading it, I decided to share part of my own story.

I am not currently in a romantic relationship. The book reminded me that I am in many intimate relationships, the foremost is with my sponsor. I am more open with my sponsor than anyone else in my life. I have a number of friends in Al-Anon that I can share with and several people to go to events with or just to visit with. Those are intimacies - each of a different kind and of varying degrees. As page 12 reminds me, "Intimacy, as we come to learn in Al-Anon, is not exclusively sexual..."

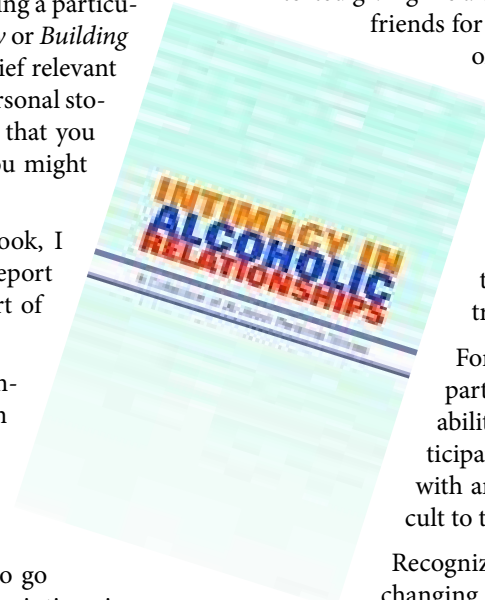
On page 21 a member shared, "I looked to others to confirm that I was physically attractive" and a few lines later, "... because I didn't

even know who I was without the other person as a reference point." The other person became the mirror where I saw my reflection. The obvious problem is that the mirror I was using was deeply distorted giving me a warped self-image. I recently met with Al-Anon friends for a social afternoon and someone took a picture of the small group. While I always hate pictures of myself this one wasn't too bad despite showing the few pounds I have gained. I clipped myself out of that group photo and posted it on my social media page. Several friends commented that I looked happy and that they liked the picture. I am trying to practice my program by accepting that if it wasn't true they couldn't see it.

For many in Al-Anon, their experience as the partner or child of an alcoholic has damaged their ability to recognize their own emotions and to participate in meaningful relationships. For some, living with an alcoholic parent or spouse, has made it difficult to trust others.

Recognizing that my relationships are dynamic and ever changing means that my response must be just as variable. The responses that fit yesterday's actions may not be entirely appropriate today and that the changes are not always good or bad but often just different.

Note: Intimacy in Alcoholic Relationships is in stock now at the AIS office. Please email your orders to: LDC@seattle-al-anon.org.



Tools of the Program

A Valuable Slogan: How Important Is It?

by Newsletter Contributor Ellen M.

How Important Is It? is one of my favorite slogans. When I first came into Al-Anon, I was making mountains out of molehills. I was jumping to the future and worrying about what I thought would be the outcome of any problem. Whether or not I was asked, I was putting my two cents into anyone's business who would listen to me. I was also having trouble falling asleep at night because my mind would go over scenarios of problems my family members or myself were having.

Coming to Al-Anon taught me to stay in the present as much as possible. I was asked what price I was willing to pay to win an argument. If my husband and I had a difference of opinion we would both keep talking, although neither of us were changing the other's mind! I could use my time debating or I could say "you might be right" and use my time doing something I enjoyed more than debating.

When I drove in the City with passengers, they would sometimes

mention that I got worked up over situations like stopped traffic, cars moving below the speed limit or cars staying in the left-hand lane. I had no control over the other drivers, so I needed to consider how important was it? Why cause my blood pressure to rise? That wouldn't change their driving habits or a traffic jam.

Quickly I was able to learn that I would feel more relaxed more of the time if I applied *How Important Is It?* to the situations in my life.

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.

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
PO Box 622
Mountlake Terrace, WA 98043

Please make checks payable to the service arm listed above.

Meeting Updates

New Alateen Meeting

(Continued from Page 1)

in March and April. After that, the District formed an Alateen organizing committee.

Group representatives in District 19 (South Seattle and Vashon Island) have been talking to their Groups about Alateen. Several Groups and members have contributed funds to cover startup costs, donated literature and offered to help with outreach. Support and enthusiasm has been strong across the District.

One active Al-Anon member has a teenage son eager to participate in Ala-teen, and they have both participated in the organizing committee for the new Alateen meeting. That member's spouse is also doing outreach to AA members. Three cheers for family unity!

Now the focus is on outreach. Please make announcements at your meetings and talk to family and friends. A flier is on the website for you to print. If you'd like to do outreach to professionals about this Alateen meeting, or have any questions, please contact WestSeattleAlanon@gmail.com.

Meeting Requesting Support

Why I Love Literature-Focused Meetings

By Lynne W.

As a long-time member, I have a good sense of what meetings move me forward in recovery and what meetings simply help me get to the next day. Don't get me wrong. Every Al-Anon meeting offers enlightenment even when only two people show up. But I love our Conference Approved Literature and find that when CAL is the focus of sharing, I go out the door the most "Higher-Powered."

One of my favorite meetings is the 7:30 p.m. Tuesday night View Ridge Open AFG held at the Sandpoint Community Church in Seattle. What I most appreciate about this meeting is that we use "round robin" style sharing. Each person reads on a topic or a step or a tradition from pages in our daily readers or other CAL and then the member shares on that topic. The meeting opens up for general sharing if there is time. It's an excellent structure: Because of the CAL focus, the amount of "venting" is kept at a minimum and the tools of recovery shine for newcomers. Please join us!

Editor's note: This meeting is seeking support to increase attendance. They have also received notice of a rent increase. There is tons of parking and an AA meeting at the same location and time.

Meeting Closed

New Hope AFG on Tuesday nights at Unity Church of Bellevue has disbanded.

No Meeting on September 7th

GFA Vive will not meet on Friday, September 7th only so as not to conflict with the WA Area Speakers Convention at Green River Community College on September 7th and 8th.

Meeting Changes to a Women's Group

Wallingford AFG has decided to become a women's meeting. They meet at 7:00 PM on Fridays at Wallingford Presbyterian, This Group is now about one year old. Note: There is a men's Group in Ballard on the same night.

How It Works For Me:

Step Nine and Those Who Hurt Me First

by Newsletter Columnist Allen L.

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

When making my Eighth Step list, I found there were people I had harmed by my response to the things they did to me!

My sponsor suggested, I divide my list into: those I could make amends to right away; those I might someday (but not today) make amends to; and those I would never make amends to. All of the people I had harmed after they had harmed me ended up on the “never” side of my list. After all THEY hurt me first - I am fully justified to hurt them back!

In the case of people I had harmed by my reaction, I needed to make an amends in spite of my feelings of self-justification - even though, they had started it! *Paths to Recovery* states: “It may help to slowly sort out facts from feelings, imagined or real. Keep in mind that we need to amend the action or inaction that caused harm, not our feelings.” (p. 92) While my feelings of hurt at the other person’s actions may be fully justified, my feelings don’t give me the right to hurt others.

In working the steps I discovered that revenge always left me feeling guilty for my behavior. The only way I can let go of that guilt is by making an amends. In some cases a verbal apology, in other cases restitution, and in cases

“In the case of people I had harmed by my reaction, I needed to make an amends in spite of my feelings of self-justification - even though, they had started it!”

where the person is unavailable or an amends would “injure them or others” my own future changed behavior is the only way. As *Paths to Recovery* reminds me: “There are differences between amends and apologies.” (p.90) It later explains: “Amends require a change in our attitude and behavior.” (p. 91)

I can begin to recognize that the people I deal with are just people, no better or worse than I am myself. Rarely are they “out to get me.” Mostly, they are just blundering through life exactly as I am and are making mistakes exactly as I do. Giving them the right to be human helps me let go of the injuries they did and focus on my own responses - both good and bad.

In some cases, making my amends was a very difficult

effort. I had to humble myself and it was hard enough that I developed a new practice. When I have to respond to someone else’s unkind behavior, I try to talk with my sponsor first. Part of that discussion is making a commitment to myself that I will respond in such a way that I won’t have to make an amends later.

Of course, I can’t always practice that commitment with anything like perfection, but I do know that my life is better and I treat the people with more dignity and respect than I would if I didn’t pay attention to Step Nine.

Today I am trying to extend this idea to all areas of my life so I don’t have to make an amends to the poor soul who cut me off in traffic. The odds are that they blundered across traffic at the last minute because they just noticed their exit. They are just as distracted by whatever is happening in their life as I am by the stuff happening in mine.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 Eliza D. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
Districts 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM Grace Lutheran Church 9625 NE 8th St, Bellevue
Districts 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Katharine R. district17@seattle-al-anon.org	See Events Calendar: September Only Special Meeting Day, Time & place
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

Greater Seattle AIS Financial Activity Comparison

	July 2018	July 2017	2018 YTD
REVENUE			
Donations	1658.25	1838.38	11314.52
Fundraisers	200.00	0	3612.00
Literature	2722.53	2823.55	19921.69
Shipping	137.00	0	860.00
Misc.	.09	21.08	-13.59
Total Revenue	4717.87	4683.01	35695.53
Cost of Goods Sold	1951.04	1866.31	14779.99
Gross Profit	2766.83	2816.70	20915.54
EXPENDITURES			
Payroll & Related	0	3226.32	11598.24
Office Supplies	52.44	803.49	547.03
Parking/Bus Fare	62.00	143.00	704.65
Insurance	41.66	0	264.04
Professional Fees	0	0	243.00
Technology	55.04	32.85	1018.70
Rent & Maintenance/Move	650.67	866.17	7827.92
Telephone/Internet	197.17	209.14	1241.13
Postage	89.26	192.56	1141.34
Merchant Fees	100.76	191.85	661.44
Event Expenses	0	0	713.99
Equipment (lease/purchase)	190.15	362.72	3743.44
Misc	28.76	0	41.58
Total Expenses	1467.91	6028.10	29746.50
NET REVENUE	1298.92	-3211.40	-8830.96

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/members**

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

**OUR FUNDING NOW COMES
PRIMARILY FROM:**

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

Unofficial August AIS Council Meeting Summary

by Newsletter Editor Teresa H.

- Chair Anessa N. reminded members that AIS needs more people to volunteer to work in the office. She is also working on new AIS service position descriptions and ways to better distribute the load.
- Treasurer Linda H. explained that her analysis seems to indicate that last month's finances may be the norm going forward. With donations at the current level and literature sales going well, AIS will probably stay in the black. Donations are similar to what they were last year.
- LDC Coordinator Karen L. reported that the Spanish service manuals have not yet arrived. Book orders are consistently being delivered the day after shipment.
- Discussed the low number of phone calls coming into the office and the continuing need for phone volunteers.
- Communications Coordinator Teresa H. explained the Google search results list the description for AIS as "Alcoholism Treatment Program in Seattle." She asked the Council's direction on what to change it to. Decided "Help for friends and family of alcoholics." She also reported that in the future when big events like Serenity on the Sound are canceled, a statement from the organizing group would be requested for posting.
- The concept of anonymity was discussed. AIS is continuing its policy of protecting the anonymity of all Al-Anon members on the internet - even if they give their permission to use their photo and personal contact information. An article about anonymity will be included in a future BITS based on the pamphlet *Why Anonymity in Al-Anon?* (P-33)
- Karen L. suggested that we divide a portion of our supply of *Al-Anon Faces Alcoholism 2018* booklets among the Districts. It was noted that District 14 would not need them since they have ordered their own. Also, discussed other distribution methods.
- Discussion using KBDM about having the office open on Saturdays resulted in deciding to ask the District Representatives to solicit feedback from their Groups about whether they want or need Saturday office hours.
- AIS Open House on August 25th will include food and giveaways. The office is all organized and ready to show off.
- Details were worked out about items needed for the AIS Resentment Bonfire and Cookout on August 26th.

Note from the Literature Distribution Center

We have decided not to order the Al-Anon and Alateen Groups at Work portion of the new Service Manual as a stand alone piece because each Group was mailed a copy from WSO and it is included in the Service Manual. It can also be printed from the WSO website at www.al-anon.org.

Al-Anon and Alateen Events Listing as of September 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)

Sept 1	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.org
Sept 4	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Sept 5	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
Sept 7-8	Weekend	WA Area Speakers Convention	Green River Community College 12401 SE 320th Street, Auburn	waspeakers2018@gmail.com In Student Union Building
Sept 8	Saturday 12:00PM	District 17 Business Meeting	Green River Community College 12401 SE 320th Street, Auburn	district17@seattle-al-anon.org Lunch at Speakers Convention
Sept 8	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	
Sept 8	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Poulsbo First Lutheran Church 18920 4 th Ave NE, Poulsbo	
Sept 10	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Sept 13	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
Sept 13	Thursday 7:30-9:00PM	Lake Hills Thursday Night Book Study – Opening Our Hearts	St. Andrew's Lutheran Church 2650 148 th Ave SE, Bellevue	lakehillsthursdaynite@gmail.com
Sept 15	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
Sept 15	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Sept 16	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
Sept 18	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)
Sept 24	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
Sept 26	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Sept 29	Saturday 11:30-9:00PM	Seattle Fall Conference (AA w/ Al-Anon Participation)	United Evangelical Free Church 1420 NW 80 th St, Seattle	seattlefallconference.com
Oct 5-7	Weekend	WA Area Fall Assembly	Delta Hotel by Marriott 3105 Pine St, Everett	
Oct 21	Sunday 6:00PM	District 18 Spaghetti Dinner & Speaker Meeting	Prince of Peace Lutheran Church 19030 8th Ave S, SeaTac	district18@seattle-al-anon.org
Nov 3	Saturday 12:00-5:00PM	District 20 Workshop Getting Busy & Getting Better	Queen Anne Lutheran 2400 8 th Ave W, Seattle	district20@seattle-al-anon.org
Nov 10	Saturday 6:00PM	Kent All Men's AFG (KAMA) 36th Gratitude Dinner	Holy Spirit Parish Education Bldg 314 3 rd Ave S, Kent	
Nov 22	Thursday	AIS Office Closed		ldc@seattle-al-anon.org

For inclusion in this printable calendar, please submit special event information to
communications@seattle-al-anon.org by the 25th of the month.

Special events with flyers will be posted to the website throughout the month – usually within 48 hours of submission.

Visit our Members page for more information about submitting flyers for the website at
<https://www.seattle-al-anon.org/members.html>

Only the next occurrence of regularly scheduled events is listed.

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of September 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 = Student & Professional observers welcome

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

ALATEEN MEETINGS

MON 7:00PM 60/AA	WEST SEATTLE ALATEEN ***NEW*** Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) STARTS SEPTEMBER 24TH DIST 19
TUES 7:30PM 60/H/AL/AA	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Meets upstairs/Ages 12-21) #30639096 DIST 22
WED 7:30PM 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AA/AL	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/O/H/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

SEATTLE CENTRAL ZONE

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

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

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H/AA	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/H	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	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 (Park in rear/Rear entrance) 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/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 6:00PM 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 th Ave NE, Seattle (Side bldg. north of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 th St, Seattle (Enter from rear parking lot) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace DIST 22

WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 th Ave W, Edmonds (Speaker on 5 th Wed/corner of 196 th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
THURS 7:30PM 90/O/H/AC	LAURELHURST THURSDAY EVE AFG #46355 St Stephen's Episcopal, 4805 NE 45 th St, Seattle (Meets in Parish Hall) DIST 20
THURS 7:30PM 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36 th St, Seattle (Meets in 1 st floor lounge) DIST 20
FRI 7:00AM 60/O/H/AA	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 (Enter from East side Parking Lot) DIST 21
FRI 7:00PM 60/O	WOMEN'S FRIDAY WALLINGFORD AFG #30582130 Wallingford Presbyterian, 1414 N 42 nd St, Seattle (Women's Meeting/Enter back of church) 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 NO MEETING ON SEPT. 7 –SPEAKERS CONV. 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

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

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

