

DECEMBER
2018



BITS Newsletter

Seattle Al-Anon Information Service

Tis the Season...for Newcomers! Is Your Group Ready?

The holiday season can be a challenging time for families and friends of alcoholics, and even more so for those who have not yet found Al-Anon. Putting a plan in place to welcome newcomers throughout the season will help both newcomers and members alike.

Newcomer Packets & Other Literature

The *Newcomer Packets* welcome first-timers with basic introductory Al-Anon pamphlets assembled in a booklet. This season is a good time to check your supply of other literature as well. Some Groups offer a complimentary copy of *How Al-Anon Works* to newcomers. Please email literature orders to LDC@seattle-al-anon.org. An invoice will be emailed back, and Groups can pay online with a credit card or mail a check. Orders ship on the Thursday after payment is received and are usually delivered the next day. The office is also open on Thursdays for order pick-ups.



Explanation of Anonymity

Some new members are still living with an alcoholic and are very concerned about their privacy and may need reassurance their needs will be respected. Often, the new member is not familiar with Al-Anon's commitment to anonymity or may not even know what anonymity means. If your Group does not currently include something about anonymity in its opening, it may want to consider a passage like this one from the Suggested Welcome: *Anonymity is an important principle of the Al-Anon/Alateen program. Everything that is said here, in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon/Alateen.*



Greeters to Welcome the Newcomers

Some Groups have a designated "greeter" to welcome newcomers and make sure they feel welcome and accepted. Other Groups rely on individual members to take the initiative and welcome the newcomers. Before the meeting, members might introduce themselves to anyone they don't recognize. After the meeting as regulars congregate to chat, it is good to greet the newcomers and include them in the chat. Some feel more comfortable sharing in those smaller groups than in the meeting. Plus, it gives them an opportunity to ask questions they may have about Al-Anon.



Meeting-Specific Information

Having a phone list available for newcomers and explaining that these people welcome calls between meetings can be very useful for the newcomer. Some Groups have a printed phone list that they include in the *Newcomer Packet*, and some write their phone numbers on the Newcomer Packet or on the last page of our printed Meeting Directory where space has been left for that purpose. Having a few copies of the current Meeting Directory can be helpful. Some members circle meetings that they would recommend for the newcomer to check out. Some meeting rooms are difficult to find without proper signage, or maybe a bell needs to be rung if one arrives late. Appropriate signage can reduce the stress of attending that first meeting.



Looking for a Meeting on Christmas Eve, Christmas, New Year's Eve, or New Year's Day?

In our December Meeting Directory we have noted the meetings that are NOT meeting on the Holidays.

Note: Some meetings may not have notified us of their cancellation.

IN THIS ISSUE

Feature Articles

Pages 1-2: Newcomers

Page 2: AIS Elections

Page 3: Concept Twelve

Page 4: Al-Anon Faces Alcoholism

Page 4: Writing for the BITS

Page 5: Relationship with HP

Page 6: Recurring Donations

Monthly Features

Page 3: AIS Officers and
Coordinators

Page 5: Where to Send
Donations

Page 5: Featured Events

Page 6: District Reps and
Business Meetings

Page 6: Council Meeting
Summary

Page 7: AIS Financial Report

Page 7: Meeting Updates

Page 8: Events Calendar

Pages 9-12: Meeting Directory/
Schedule

CONTACT AIS

For Up-to-Date Information

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

To Order Literature

email LDC@seattle-al-anon.org or call
206-625-0018 and leave a message.

Order Pick Up Address

509 10th Ave E #100
Seattle, WA 98102

Open Thursdays 9:30 a.m. - 3:30 p.m.

Mailing Address

505 Broadway E #400
Seattle, WA 98102-5023

To Speak with a Member

Call 206-625-0000

AIS 2019 Election Results: Still Some Open Positions

The AIS 2019 Elections were held at the November Council meeting. Eliza D. was elected as Chair, Doug L. was elected Vice Chair, and Linda H. was re-elected as Treasurer. No member volunteered for the Secretary position. Please consider volunteering for this important position.

The Secretary takes minutes at Council meetings on the 2nd Thursday of each month and at quarterly Board meetings. They then post the minutes to our shared One Drive account. They also update the SRPM when the Council votes in changes.

Most Coordinator positions were filled including:

Archivist: Abby H.

Communications: Teresa H.

LDC: Cindy G. and Elizabeth G.

Phone: Karen T. and Susan C.H.

Tech: Tatiana G.



An Alateen Liaison and an Outreach Coordinator are still needed. Please contact chair@seattle-al-anon.org to volunteer or with questions.

Welcoming Newcomers

by BITS Columnist Allen L.

For many people it takes an enormous amount of courage to show up at their first Al-Anon meeting. In listening to others share about their first Al-Anon meeting, I noticed a similarity in their description, stories like: "Everyone was laughing and hugging, joking around. They couldn't have had the same problems with their alcoholic as I was having!"

Many of those same people shared later that after coming to Al-Anon for a while they began to recognize that those laughing members were indeed facing similar or even worse problems. Yet those suffering could still "find contentment, and even happiness, whether the alcoholic is still drinking or not." (Al-Anon/Alateen Service Manual, p. 11)

Some of us come to our first Al-Anon meeting with a friend who is already a member. But what about the loner who is in such distress they come into the room alone? How can we help them see the welcome we have for them? There is an anonymous quote that encourages me to take action: "I must do something" always solves more problems than "Something must be done." So the real question is not how can we but how can I.

If you think back to your first meeting and remember how unsure you felt, it may help you to reach out to that new face and just say "Hello." You may discover a long-time Al-Anon member who is attending your meeting for the first time or you may help a first-timer feel welcome and accepted enough to hear the message and "keep coming back."

Either way the person you greet will feel more a part of that meeting and it is the first and perhaps most important service you can give back to your Group.

How It Works For Me: Concept Twelve Proves Valuable

by BITS Columnist Allen L.

Concept 12: The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

Give me a break!

I no sooner finished working the Twelve Steps when my sponsor began pushing me to start studying the Twelve Traditions. Now my home group has added the Twelve Concepts to our monthly study.

“Because I learned so much studying the Traditions and working them with my sponsor, I decided to just suck it up and do the same with the Concepts.”

I have to admit that working the Traditions did help me create a better relationship with the people around me. Not just my family, but also with my friends and co-workers. Because I learned so much when I accepted studying the Traditions and working them with my sponsor, I decided to just suck it up and do the same with the Concepts.

Imagine how I felt when the first paragraph of Concept 12 introduced me to the Al-Anon General Warranties. It began to feel like a never-ending climb.

General Warranties of the Conference:

In all its proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference member shall be placed in unqualified authority over other members;
3. that all decisions be reached by discussion, vote and whenever possible by unanimity;
4. that no Conference action ever be personally punitive or an incitement to public controversy;
5. that though the Conference serves Al-Anon, it shall never perform any act of government; and that, like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

The one Warranty that I immediately began to apply to my personal life was number 2. While I might be the “man of the house,” the husband and father, I don't have unqualified authority. My family listens to me because they love and respect me. How long will I deserve their love and respect if I try to be the unquestioned ruler? If I try to dictate what they do and worse what they are allowed to think? How many stories have we heard about a spouse who was so controlling that their partner simply left?

A little honest reflection reminded me of the times I made honest, well-intentioned mistakes. I can remember times when someone told me that I was overlooking some important element and I bulled ahead to find they had been right all along.

Concept 12 led me to the General Warranties and those helped me see my true place in my relationships. As with the Steps, Traditions, and the rest of the Concepts I gained tools that keep me honest and teach me to be respectful of my family's and friend's rights to their opinions and to control their own lives.

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 Coordinator

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

OPEN

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.

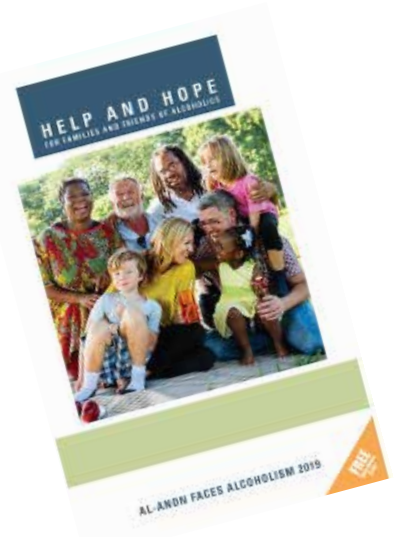
Al-Anon Faces Alcoholism 2019 Offering the Same Comfort We Received as Newcomers

Extending the same comfort that we received as newcomers is as simple as leaving a copy of the new issue of Al-Anon Faces Alcoholism 2019 (AFA) in a public place. Reaching out to families and friends of alcoholics who are still suffering is a sure way to give back in gratitude for the gift of recovery we received.

The latest issue of AFA features new stories by members who share their experience as newcomers, as well as new articles by experienced mental health professionals who explain why they refer their clients and patients to Al-Anon.

Why not make AFA magazines part of your Group's public outreach plans? What if someone can find help in Al-Anon because of something they read in a magazine that you left behind in a doctor's waiting room, a library, or any other public place in your community?

AIS currently has a plentiful supply of AFA 2019. Email orders to LDC@seattle-al-anon.org. Please note that WSO prints two runs of this publication. If you want a large quantity for an outreach project, please order before February.



The Benefits of Writing for the BITS Newsletter by BITS Columnist Allen L.

I learned some surprising lessons from my service work as editor of the paper version of the BITS in 2017, and in the last year from writing a monthly column about the Steps, Traditions, and Concepts.

First and foremost was that reading and thinking about each Step, Tradition, and Concept helped me grow my understanding of them. I began to see how I had been using the Steps and Traditions and how my behavior had changed. Since I really hadn't studied the Concepts before, I began to see how I could use them in my daily life. Without really working at it, the Concepts started creeping into my daily practice and almost unnoticed I was growing and changing.

I also learned that writing for Al-Anon was exactly like sharing in a meeting. The difference was that I was writing the words instead of speaking them. I learned that in writing, editing, and polishing my thoughts I got a clearer picture of what was going on with me. I could see the change in myself and begin to accept my progress in a different way than just living through it.

In Al-Anon we try not to tell other people what to do or how to practice their program. We do share what some particular practice has done for us personally. Others can then decide whether to try it for themselves to see if they also benefit.

I encourage you to write your story, or at least some part of it for the BITS. It will motivate you to study that part of your program – always an opportunity for growth. I believe that it will help you see some area of your program where you truly have made progress – or maybe where you still need to apply some effort. In the process of getting the words exactly right (your opinion not anyone else's), you will gain a clearer picture of your program and how you practice it.

The last thing, and I think the most important thing, is that just like sharing in a meeting someone will hear a part of their own story

in yours and realize they are not alone and that someone else has worked through a similar problem to gain a more comfortable and happy life.

I encourage you to try sharing your story in the BITS. I think you will experience growth and benefits just as I have. I believe that if you share from your heart, someone will hear what they need to hear, and helping the families and friends of alcoholics while also growing our programs is why we all do service.

Editor's Note:

Allen has faithfully submitted an interesting Step, Tradition, or Concept of the month article this year. I know that I have personally benefited from his insights and am very grateful for his service.

Now we need other members to send in their experiences with the Step, Tradition, or Concept of the month. If you have a column or an idea for a column for January, month 1, please email communications@seattle-al-anon.org. - Teresa H.

A Call for Volunteers

AIS needs volunteers for the following positions:

AIS Board Secretary
Alateen Liaison
Outreach Coordinator
Tech Co-Coordinator
BITS Writers
Phone Shift Volunteers
Office / LDC Volunteers



Where to Send Donations

Service Arm and Instructions

NEW

AIS - MAILING ADDRESS

505 Broadway E #400
Seattle, WA 98102-5023

NEW

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 request their address

or

Go online to <https://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 <https://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

PO 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.

My Relationship with My Higher Power

by BITS Columnist Allen L.

All my life I have felt a connection to my Higher Power (HP) but for at least the last 10 months that feeling has been missing.

In trying to find that connection, I went back and redid Steps Two and Three followed by Step Eleven. In discussing the results with my sponsor, I shared that I felt I had learned something in the process but couldn't explain exactly what I had discovered.

My discussion with my sponsor brought to mind the possibility that my connection to my Higher Power was still there and active, but just as I had grown and changed in other ways, my relationship and how I feel the connection with my Higher Power might have changed. What was missing was not my Higher Power but the old and perhaps outmoded way that connection expressed itself in my awareness.

I wondered how the new relationship might look. If I open my thoughts to the possibility of a new and different look and feel, might I discover how that connection is now showing up?

“What was missing was not my Higher Power but the old and perhaps outmoded way that connection expressed itself in my awareness.”

I am posing the following questions to myself:

- What could my new relationship look like?
- What might I see as evidence of that new relationship?
- How can I stop expecting the new relationship to feel exactly like the old one?

I'm not going to put a lot of effort into investigating the answers but rather just pose the questions and let my Higher Power deliver the answers in HP's time and HP's way.

Courage to Change and *One Day At A Time* often end their selections with reminders from inspirational writers. Reading these has taught me that wisdom is where you find it and to keep my eyes open for statements I can use as personal daily reminders. This one from Karen Kaiser Clark struck a cord in reconnecting with my Higher Power: *Life is change. Growth is optional. Choose wisely.*

Upcoming Featured Events

**Renton Thursday Night AFG
Candlelight Dinner Party Potluck
December 6**

**AIS Joint Council and Board Potluck & Meeting
December 13**

**Burien Turning Point AFG Speaker Meeting
December 31**

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

Recurring Electronic Donations to AIS by LDC Volunteers

Would you like to set-up a monthly or quarterly donation to AIS paid by credit card? We can do that!

In the past, AIS received monthly donations via employee payroll or personal bank withdrawals. AIS can now setup a recurring donation that streamlines that process. You will receive an email each month confirming the donation charged to your credit card.

You can donate any amount with just about any frequency parameters. We set it up much like recurring meetings in calendar applications. Setup is easy, just email LDC@seattle-al-anon.org or come visit the AIS office on Thursdays. If you send an email, please include your phone number where we can call to confirm and obtain your credit card info.

A special thank you to the member who asked if AIS could do this and for your patience while we figured out the answer! We appreciate questions and suggestions from our members. Working together we can continue to improve the services offered to our members in Districts 14-22.

Brief Summary of the AIS November Council Meeting

by BITS Editor Teresa H.

- Phone Co-Coordinator Susan C.H. encouraged people interested in volunteering to contact phones@seattle-al-anon.org.
- LDC Coordinator Karen L. reported that our Literature Distribution Center has sold over 200 unique items this year.
- Susan C.H. agreed to fine tune and proofread the revised Standing Rules and Procedures Manual previously approved by the Board and Council.
- Chair Anessa N. reported that the Ricoh printer is gone! We are still waiting for the final invoice.
- AIS 2019 Elections were held with the following results:
Chair: Eliza D.
Vice Chair: Doug L.
Treasurer: Linda H.
Secretary: No candidates. Members are asked to volunteer for that key role.
Coordinator positions filled:
Archivist: Abby H.
Communications: Teresa H.
LDC: Cindy G. and Elizabeth G.
Phone: Karen T. and Susan C.H.
Tech: Tatiana G.
An Alateen Liaison and an Outreach Coordinator are still needed. Teresa H. volunteered for Outreach if someone else can be found to do Communications.
- 2019 AIS Budget was approved. To see the new, greatly reduced budget, select the "2019 AIS Budget" at <https://www.seattle-al-anon.org/members.html>.

**IMPORTANT
INFORMATION**
PLEASE SEND ALL MAIL
INCLUDING CHECKS FOR
LITERATURE ORDERS AND
DONATIONS TO:
505 Broadway E #400, Seattle,
WA 98102-5023

**Note: AIS has had TWO address
changes this year.
Please make sure you have the
current address.**

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
District 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM Grace Lutheran Church 9625 NE 8th St, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Katharine R. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	1st Wednesday at 7:00 PM Contact Grita for Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Denise A. district20@seattle-al-anon.org	2nd Monday at 7:00 PM Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle NO JANUARY MEETING
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

	Oct 2018	Oct 2017	2018 YTD
REVENUE			
Donations	2144.43	2403.29	17589.07
Fundraisers	0	9448.85	3612.00
Literature	3689.38	3023.29	31441.14
Shipping	148.00	0	1307.00
Misc.	0	37.08	38.26
Total Revenue	5981.81	14912.51	53987.47
Cost of Goods Sold	2816.85	1520.91	23182.47
Gross Profit	3164.96	13391.60	30805.00
EXPENDITURES			
Payroll & Related	0	3073.12	11598.24
Office Supplies	0	66.79	510.91
Parking/Bus Fare	11.00	173.00	803.40
Insurance	0	0	347.36
Professional Fees	0	0	243.00
Technology	55.04	0	1130.02
Rent & Maintenance/Move	625.00	958.46	7988.91
Telephone/Internet	75.49	242.57	1646.90
Postage	27.58	113.07	1710.98
Merchant Fees	88.49	194.24	915.82
Event Expenses	3.98	376.34	922.76
Equipment (lease/purchase)	1955.20	363.47	6711.96
Misc	.06	271.26	48.07
Total Expenses	2841.84	5832.32	34578.43
NET REVENUE	323.12	7559.20	-3773.43

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

Meeting Updates

The Decision to Move Saturday Morning Open Breakfast AFG

The 9:30 Saturday Morning Open Breakfast AFG meeting (SMBM) in Auburn has moved to Trotter's Family Restaurant (located at 825 Harvey Road) after more than 20 years at the Rainbow Café.

Change happens, right? Many of us have experienced sudden, traumatic changes in our alcoholic homes. But in Al-Anon, we strive for a more safe and serene response to change.

The change to our Group's location started gradually a few years ago. The Rainbow Café began to grow. Soon we were asked not to meet with sponsees in the main restaurant because they needed room for other guests. That makes perfect sense. Next, during the Veteran's Day Parade last year, they seated other guests in the banquet room where we usually meet. It's understandable. Imagine our surprise when we showed up for our meeting, and other folks had filled the room! Then a couple of months later they needed the room for a different group. So, we got bumped again. They were growing fast, and so was the activity in the kitchen. Our room was adjacent to the kitchen, and the increased noise became a real distraction.

We decided as a Group to form a committee to look at our options. The 6-member committee met weekly for 3 months. They did a searching and fearless inventory of our situation including a sit-down with the Rainbow Café, a test run at Trotter's, and evoking Concept 5 (listening to and protecting the minority voice). The result was the committee recommendation that the Group moves to Trotter's.

After the recommendation, the larger Group took 6 weeks for discussion and to ensure most regular attendees had a chance to weigh in. After this entire process, we approved the move with 13 yeses and 3 abstentions.

The SMBM is a 90-minute open meeting. Occasionally, members bring their kids. Many members have decades of recovery. Attendance ranges from 10 to 30 members. But, typically is 15ish. We include the monthly Step and Tradition in our topics. And, of course, we eat breakfast together!

Our new location has one limitation. We are not ADA accessible. The only access to our meeting room is by a flight of stairs.

We sincerely welcome new and returning faces to our Group. Together we can help families and friends of alcoholics while we strive to offer encouragement and understanding to the alcoholic. And, navigate change with serenity in the process! - Fawn B.

Please send meeting changes to:

group-records@wa-al-anon.org

AND

communications@seattle-al-anon.org

Al-Anon and Alateen Events Listing as of December 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)

Dec 1	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	
Dec 4	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Dec 5	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
Dec 6	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Dec 6	Thursday 6:30PM	Renton Thursday Night AFG Candlelight Dinner Party	St Luke's Episcopal 99 Wells Ave S, Renton	Potluck
Dec 8	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Dec 8	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	
Dec 10	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran 766 John St, Seattle	district20@seattle-al-anon.org
Dec 13	Thursday 7:00-9:00PM	AIS Joint Council and Board Potluck & Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org Note: 7:00 start for potluck
Dec 15	Saturday 8:30AM	Districts 15 & 16 Business Meeting	Grace Lutheran Church 9625 NE 8th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Dec 15	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Dec 16	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
Dec 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)
Dec 26	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Dec 31	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152nd St, Burien	district18@seattle-al-anon.org

LOOKING AHEAD in 2019

Jan 2	Wednesday TBD	District 18 Business Meeting	TBD	district18@seattle-al-anon.org
Jan 3	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Jan 5	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.org
Jan 26	Saturday 6:00PM	Kirkland Mid Week Men's AFG Gratitude Potluck Dinner	Eastside Foursquare Church 14520 100th Ave NE, Kirkland	Main dish and sides provided. Guests bring dessert.
Feb 2	Saturday 9:00-5:00PM	AWSC Meeting	Alderwood Community Church 3403 Alderwood Mall Blvd, Lynnwood	dr22@wa-al-anon.org
March 16	Saturday	Burien Little Assembly	Brooklake Church 629 S 356 th St, Federal Way	
April 12-14	Weekend	ASTAR	TBA	
July 19-21	Weekend	WAAC	TBA	

Normally only the next occurrence of an event is listed.
 Send even information and flyers to communications@seattle-al-anon.org.

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of December 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

HOLIDAY MEETINGS

Groups NOT meeting on the Holiday are noted.
If the Group failed to report, it is shown as UNKNOWN.
NO notation if Group IS meeting as usual.
 To Change or Correct Meeting Information,
 email changes to communications@seattle-al-anon.org

ALATEEN MEETINGS

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN *NEW* #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) NO MEETING 12/31 DIST 19
TUES 7:30PM 60/H/AA/AL	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Ages 12-21) 12/25 & 1/1 UNKNOWN #30639096
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. Andrew's 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) NO MEETING 12/25 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) 12/31 @ Victrola DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle 12/24 & 12/31 ONLY @ 2400 8th Ave W DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel) NO MEETING 12/24 & UNKNOWN 12/31 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) NO MEETING 12/25 DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (Knockif Late) NO MEETING 12/25 & 1/1 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) NO MEETING 12/25 & 1/1 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 DIST 22
MON 7:00PM 90/O/H	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds NO MEETING 12/24 DIST 22
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline 12/24 & 12/31 UNKNOWN DIST 22
MON 7:30PM 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall) NO MEETING 12/24 & 12/31 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) NO MEETING 12/25 & 1/1 DIST 21
TUES 6:30PM 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt) DIST 21
TUES 7:30PM 75/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear) NO MEETING 12/25 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) 12/25 & 1/1 UNKNOWN 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
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 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 NO MEETING 12/24 & 12/31 DIST 14
TUES 7:00PM 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare) 12/25 & 1/1 UNKNOWN DIST 14
WED 7:00PM 90/O/H	GFA HIJOS ADULTOS LIBERTAD Y ESPERANZA *NEW* Edmonds United Methodist, 828 Caspers St Rm 112, Edmonds (Park & Enter in Back of church) DIST 22
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) DIST 17
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 th Pl, Bellevue DIST 16

Please support AIS by ordering Literature from AIS.
•Email your order to LDC@seattle-al-anon.org

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
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 th St SE, Auburn (Enter main church on 17 th St SE) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien 12/24 & 12/31 UNKNOWN DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines 12/24 & 12/31 UNKNOWN DIST 14
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way 12/24 & 12/31 UNKNOWN DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien NO MEETING ON 12/24 - SPEAKER ON 12/31 DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton 12/24 & 12/31 UNKNOWN DIST 17
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot) NO MEETING ON 12/25 & 1/1 DIST 17
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) 12/25 & 1/1 UNKNOWN DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton NO MEETING 12/25 & 1/1 DIST 17
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines NO MEETING 12/25 DIST 18
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent Focused) NO MEETING 12/25 DIST 14
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 th St, Federal Way (Free Childcare) DIST 14
WED 1:30PM 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 st Ave S, Burien (Use side entrance/basement) DIST 18
WED 7:00PM 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 th Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17

WED 7:00PM 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 th Wed) DIST 19
WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 th Ave S, Des Moines (Side door at north of church) DIST 18
THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn NEW LOCATION DIST 14
SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17

ONCE A MONTH SPEAKER MEETINGS

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

EAST ZONE

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

SUN 12:00PM 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran, 10207 NE 183 rd St, Bothell DIST 15
MON 12:00PM 60/O/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
MON 12:30PM 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104 th Ave NE, Bothell 12/24 & 12/31 UNKNOWN DIST 15
MON 7:00PM 90/O/H	LIVING IN THE SOLUTION AFG #49784 Holy Spirit Lutheran, 10021 NE 124 th St, Kirkland (Lower meet hall) 12/24 & 12/31 UNKNOWN DIST 15
MON 7:30PM 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40 th St, Mercer Island (Parent's meeting/speaker 5 th Monday) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 Coal Creek Pwy SE, Bellevue NO MEETING 12/24 12/31 UNKNOWN DIST 16
TUES 12:30PM 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland 12/25 & 1/1 UNKNOWN DIST 15
TUES 7:00PM 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie 12/25 & 1/1 UNKNOWN DIST 16
TUES 7:15PM 90/O/CH/H/AA	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100 th Ave NE, Bothell (Free childcare) 12/25 & 1/1 UNKNOWN DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 th St, Redmond 12/25 & 1/1 UNKNOWN DIST 15
WED 7:00PM 90/CH	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O/H/B	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90/H	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
THURS 10:00AM 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
THURS 10:00AM 90/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 th Ave NE, Kirkland DIST 15
THURS 7:00PM 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15

THURS 7:30PM 90/O/H/AT/AA	BELLEVUE LAKE HILLS AFG #14118 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
THURS 7:30PM 90/O	EASTSIDE PARENT'S AFG #30522678 Faith United Methodist, 3924 Issaquah-Pine Lk Rd SE, Issaquah (Parent's meeting) DIST 16
FRI 12:00PM 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
FRI 7:30PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166 th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
SAT 8:30AM 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
SAT 10:30AM 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

NORTH	SNOHOMISH COUNTY www.dist23.org 425-348-7828
SOUTH	PIERCE COUNTY www.al-anon-pierce-wa.org 800-726-8094
WEST	KITSAP AND NORTH MASON COUNTY www.kitsap-al-anon.org

PHONE NUMBERS

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

**AIS Office and Literature Distribution Center
509 10th Ave E, Seattle WA 98102
NEW MAILING ADDRESS:
505 Broadway E #400, Seattle WA 98102
Open Thursdays from 9:30 – 3:30**