

DECEMBER
2019



BITS Newsletter

Seattle Al-Anon Information Service

Is Your Group Prepared for Newcomers?

by BITS Editor Teresa H.

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. The Thanksgiving, Christmas, and New Year holidays have been called the Bermuda Triangle of holidays. Putting a plan in place to welcome newcomers throughout the season will help both newcomers and members alike. Here are some ideas for what your Group might do to prepare for newcomers.

Newcomer Packets & Other Literature

The *Al-Anon Newcomer Packet* (K-10) welcomes first-timers with basic introductory Al-Anon pamphlets assembled in a booklet. This season is an excellent time to check your supply of other literature as well. Some Groups offer a complimentary copy of *How Al-Anon Works* to newcomers. Please e-mail literature orders to LDC@seattle-al-anon.org. An invoice will be e-mailed back, and Groups can pay online with a credit card or mail a check. Orders ship on the Thursday after payment is received, and they are usually delivered the next day. The office is also open on Thursdays from 9:30 a.m. – 3:30 p.m. for order pick-ups.

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. Either way, before the meeting, members might consider introducing themselves to anyone they don't recognize. You might add a line to your script stating something like “Will all who are willing to talk with newcomers after the meeting, please raise your hand?” Especially in larger meetings, this gives the newcomer an idea of who is willing to answer any questions that they may have about the meeting. Following 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 and asking questions in those smaller groups than during the meeting.

(Continued on page 2)



New Alateen Group

by AIS Alateen Coordinator Kathy B.

In March 2019, we began a project to encourage and grow the number of Alateen groups in our area. Since that time, we recognized that communicating with our AMIAS (Al-Anon Members Involved in Alateen Service) would be a good beginning. We now have 55 trained and certified AMIAS in our AIS, and these adults are all interested in supporting recovery in Alateen.

We will be welcoming a new Alateen meeting to Seattle, starting on Saturday, January 4, at 10:30-11:30 a.m. at Queen Anne Lutheran Church. We have two AMIAS as adult sponsors and one back-up AMIAS to make sure there are always enough adults to have the Alateen meeting. This group was initiated and supported by the How Important Is It Women AFG on Saturday morning.

If your Al-Anon group is interested in starting an Alateen group, please contact me at alateen@seattle-al-anon.org for more information.

There has been a great deal of interest in supporting teens as they recover from the family disease of alcoholism in our schools. We have a meeting scheduled in December with counselors from several middle schools to discuss what is needed and how we might start serving teens in Alateen groups. More information will be available soon.

Christmas and New Year's Meeting Cancellations

Please visit our home page
for the latest information.

www.seattle-al-anon.org

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

The December Printable Meeting Directory
lists meeting cancellations
that were reported to us as of
November 30th.

If your Group meets on a Tuesday or Wednesday,
please let us know ASAP if you will NOT be meeting on

December 24, 25, 31, or January 1.

Does Al-Anon Have “Promises”?

by WSO Associate Director Tom C.

Al-Anon does not list anything in our literature as “The Promises” or “The Gifts” because the World Service Conference, Al-Anon’s largest representative group conscience, has not designated anything as such.

From as early as 1977, the Literature Committee turned down suggestions to adopt material from A.A. or develop a set of “Promises” for Al-Anon, because in Al-Anon we offer newcomers our experience, strength, and hope. The Committee determined that we don’t make promises because each individual’s needs and situations are different. In discussions through the years, the Conference upheld those recommendations.

Since 1994, when *From Survival to Recovery* (B-21) was introduced, some individual members began to title and number or bullet a passage in this book without permission as “The Al-Anon Promises” or “The Al-Anon Gifts” in handouts that violated our copyright. This action on their part gave some members the mistaken impression that our fellowship as a whole has elevated this excerpt to a higher level of importance than other passages from Conference Approved Literature.

In 1995, after being denied by the Literature Committee, a request was submitted for the Policy Committee to consider the passage in *From Survival to Recovery* as the “Al-Anon Promises.” After much thought and thorough discussion, it was the consensus of the Policy Committee that Al-Anon has no “promises.” They determined that the passage in question was not any more or less valid than any other sources of hope in our literature, and that it should not be promoted as “promises” or “gifts.”

From Survival to Recovery is Conference Approved Literature, and as such can be read in any Al-Anon or Alateen meeting. However, it was approved as CAL as it appears in the book, and therefore any passage needs to be read as it is written. Altering literature to our individual tastes and preferences goes against the whole purpose of CAL, which is to provide a unified view of Al-Anon/Alateen to members, professionals, and others.

More details of the history of this topic can be found in *Many Voices, One Journey* (B-31), by looking under “Promises” in the index.

Editor’s Note: This article was first published in The Forum, April 2014 issue.

Welcoming Newcomers

(Continued from page 1)

Explanation of Anonymity

New members may be very concerned about their privacy and may need reassurance their need for confidentiality 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 your opening, you 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.” Another tool is the optional reading for when newcomers or visitors are present which is included in the *Al-Anon/Alateen Service Manual 2018-2021*, p. 21. Using these readings ensures that the newcomer knows to respect the anonymity of all members.

Meeting-Specific Information

Having a phone list available for newcomers and explaining that members on the list welcome calls between meetings can be very useful for the newcomer. Some Groups have a printed phone list that they include in *Al-Anon Newcomer Packets*, and some write their phone numbers in the *Al-Anon 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. When speaking with the newcomer after the meeting, members might want to circle meetings that they would suggest the newcomer check out. Some meeting rooms are challenging 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. To make sure that newcomers can find your meeting, please check your listing in both our printed meeting directory and the electronic meeting finder to ensure it is correct.

New WSO Welcoming Checklist

WSO has developed a new checklist tool to help Groups prepare for newcomers. You can find it at <https://al-anon.org/pdf/welcoming-checklist.pdf>.



CONTACT AIS

For Up-to-Date Information

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

To Order Literature

e-mail LDC@seattle-al-anon.org

or call 206-625-0018 and leave a message.

Office/Literature Pick Up Location

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



Out of the Toolbox

by BITS Columnist Callie D.

Not Accepting Unacceptable Behavior

In my experience, there can be a measure of unpredictability and potential emotional wounding when engaging with a person under the influence. Especially for those of us who ended up with an extra dose of empathy (and guilt), it can be challenging to recognize where our vulnerabilities lie. At times, I walk right into a whirlwind of chaos, where I end up feeling disoriented and bewildered.

“First things first” reminds me to take a step back and analyze what is actually taking place. Was I accepting “unacceptable” behavior? Did I display “unacceptable” behavior by allowing myself to get roped into an unproductive conversation? At times, I have experienced immediate criticism and the twisting of my words hurling back at me due to the insidious dysfunction that tends to churn in the wake of alcoholism.

It can become a crapshoot, Russian roulette, as I try to scale the steep precipice of relating to people who are operating out of active addiction or disordered

“It can become a crapshoot, Russian roulette, as I try to scale the steep precipice of relating to people who are operating out of active addiction or disordered thinking.”

thinking. Sometimes I just don’t know what I’m going to get when I enter into an interaction. If I invest in wishful thinking that my loved one is consistently sober and rational, it can make me susceptible to believing distortions and resorting to codependent behaviors. This is where denial can seep in and steal my peace and my ability to focus on my own life.

It is important to live in the reality of what actually exists in the now. It is up to me to determine my boundaries as I reflect on my experiences and what I want for my life. It is important to recognize potential abusive or negligent behavior and to keep myself emotionally safe. Sometimes my best action is to drop my end of the rope in a senseless tug of war and walk away. This can be difficult when one is being baited.

“We admitted we were powerless over alcohol—that our lives had become unmanageable.” Step One reminds me that I am not responsible for the alcoholic’s behavior or their drinking. However, I am responsible for my behavior and decisions. I want to lean into my recovery and live my best life. Applying Al-Anon principles and spending time with my Higher Power has been essential to my growth.

Sometimes I find myself in a fog regarding what is loving and what is enabling or caretaking. I want the people I care about to have a good life, but I don’t want to be trapped in a cycle of obsession. Another way to look at “detaching with love” is “disengaging with clarity.” Being mindful of what actions make for better outcomes!

AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Doug L.

vicechair@seattle-al-anon.org

Secretary

Roxanne T.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Alateen Coordinator

Kathy B.

alateen@seattle-al-anon.org

Archivist Coordinator

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Literature Dist. Center Co-Coordination

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Co-Coordination

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteer Coordinator

Karen T.

phones@seattle-al-anon.org

Tech Co-Coordination

Jeffrey M. and Tatiana G.

tech@seattle-al-anon.org

AIS BOARD

The AIS Board is made up of a representative, usually the DR or Alt-DR, from each of our 9 Districts plus the Officers and Coordinators listed above.

AIS COUNCIL

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

Expecting More from Myself

by BITS Columnist Allen L.

“I need to treat myself with the same care and respect that I would an Al-Anon member sharing pain, confusion, and turmoil at a meeting. Only in this way can I become whole and at peace” (*Courage to Change*, p. 83). This admonition is one of the hardest for me to apply.

I was raised in a time when the focus was always on my failures and not on my successes. When I got a B on my report card the focus was on the questions I got wrong—the ones that kept me from getting an A. In the Army, being the last one to finish a physical challenge or getting the lowest test score was to be the loser and to be deemed somehow unworthy.

This led to a lifetime of unrealistic expectations and a history of snatching defeat from the jaws of victory. If not real defeat, then the emotional defeat of not being good enough—of never measuring

up to the outside objective standard of good enough that became a self-imposed standard of perfection. It was always easier for me to accept that the people around me were “just human” and that their performance was good enough while being disappointed in myself when I met precisely the same standard.

The May 30 entry in *Courage to Change* includes: “Being human is not a character defect! Today I will be gentle with my humanness.”

My sponsor has a saying that I hate and that he repeats whenever I complain that I have once again fallen short of my expectation for myself: “Welcome to the human race.” It drives me nuts because it forces me to accept that I reverted to my old behavior—the behavior of unthinkingly expecting more from myself than I would ever expect from anyone else.

Practicing the Principles in All My Affairs Isn't Easy

by BITS Columnist Fawn B.

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

My spiritual awakening has come in waves. Those first months and years in Al-Anon were like giant breakers, hurling me out of denial and self-righteousness. They came with tears, humility, and a heartfelt desire to change the only thing I could—me.

Subsequent waves were less dramatic but just as impactful. Slowly and steadily, my suffering was washed away, replaced by a radical change in perception. Gradually, I no longer indulged in the fantasy that I could, or should, fix others. Instead, I worked at keeping the focus on myself. Eventually, “Instead of obsession or constant crisis, [I found] more inner peace” (*Paths to Recovery*, p. 119). Indeed.

Only at this point in my recovery was I truly ready to carry the message to others. Oh, how I carried a different message before Al-Anon! Before working a program of meetings, step study, and service, my misguided love looked like nagging, manipulating, and finger-pointing. “We cannot carry a message we have not learned for ourselves” (*How Al-Anon Works*, p. 64).

Today I try to carry the message by example, by listening, and by simply being available. What a relief to be in relationships without

“Before working a program of meetings, step study, and service, my misguided love looked like nagging, manipulating, and finger-pointing.”

feeling the need to fix, change, or carry the burden of others. Of course, it takes ongoing practice to maintain this perspective after decades of feeling responsible for the actions and outcomes

of others. That's why Step 12 says we continue to practice these principles in all our affairs. I was reminded of this recently.

During a pleasant lunch with a non-Al-Anon friend, they disclosed to me that they could not fathom why people still endured Al-Anon after their loved ones got sober. My mind immediately compiled an assortment of worthy explanations, clever retorts, and lengthy



dissertations about the benefits of a spiritual program. Then I took a breath. I simply told them that, for me, I still find it helpful.

Practicing the principles of this program in all my affairs isn't easy, especially with those closest to me. But it's practice, not perfection, after all. I'm ever grateful for the example of all those members who have practiced these principles before me. To all those who have shared at meetings, opened their living rooms, talked over several cups of bad coffee, answered the phone at odd hours, or cast a much-needed smile—I wouldn't be here without you.

“The net result of such full participation will be a better way of life for me” (*One Day at a Time in Al-Anon*, p. 195).

Where to Send Donations

Service Arms and Instructions

AIS MAILING ADDRESS

505 Broadway E #400
Seattle, WA 98102-5023

or

Pay online by e-mailing 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 to enter the credit card information.

WASHINGTON AREA

Send e-mail 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 23454-5617

or

Go online to <https://al-anon.org/contributions/>

District 14

Send e-mail to district14@seattle-al-anon.org to request their address

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

Send e-mail to district17@seattle-al-anon.org to request their address

District 18

Send e-mail to district18@seattle-al-anon.org to request their address

District 19

Send e-mail 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

Send e-mail to district22@seattle-al-anon.org to request their address

Please make checks payable to the service arm listed above.

Groups Needed to Host MESH Speaker Meetings

by District 21 Representative Gary H.

MESH (My Experience, Strength, and Hope) is a monthly speaker meeting held at 7:30-9:00 pm on the second Saturday of each month at St. David Emmanuel Episcopal Church in Shoreline. MESH is hosted by a different group each month. This is a fun and easy way to perform a group service activity. The hosting group obtains an AA speaker and an Al-Anon speaker, opens the doors a half-hour early, sets up the meeting room, provides snacks, makes coffee, runs the meeting using the script (including giving out birthday coins!), cleans up, and closes the meeting. Most of all, hosts help generate excitement for this very special and often well-attended meeting. The MESH coordinator provides several documents and guidelines for groups and is available to help explain the groups' responsibilities. We have found that 4-5 volunteers are sufficient to run the meeting smoothly. It may be possible for small groups to combine with another group to find enough volunteers.

If your group is interested in hosting a MESH meeting in 2020, please e-mail the MESH Coordinator, Mike J. (mesh.coordinator@gmail.com).

Gratitude for Phone Volunteer Coordinator Position

by Phone Volunteer Coordinator Karen T.

As the outgoing Phone Volunteer Coordinator, I need to express lots of gratitude for the support I always received in this service position. Even support when I just needed to figure it out gave me much needed confidence in myself.

I didn't know what being a coordinator was when I started. This is true of most service positions. Learn on the job and then pass on experience, strength, and hope to the next person in the position. I have found that I typically get way more back than I give when doing service.

The Phone Volunteer Coordinator position has been through many changes over the past years and is now mainly a communication position with current and new volunteers. The monthly calendar is produced by another Al-Anon member who is part of our Phone Volunteer Committee.

I am forever grateful for having had this opportunity to serve and give back. I will continue to cover phone shifts each month. Getting to speak to someone is so important to those still suffering. The goal is to encourage them to get to meetings and to listen.



2020 AIS Officers and Coordinators

by BITS Editor Teresa H.

The AIS elections for 2020 Officers were held at the November Council Meeting. Here are the results:

Chair: Eliza D.

Vice Chair: Kimberly O.

Secretary: Roxanne T.

Treasurer: Linda H.

The 2020 Coordinators will be:

Alateen Coordinator: Kathy B.

Communications Coordinator: Thea C.

LDC Co-Coordinators: Doug L. and Julie R.

Tech Coordinator: Jeffrey M.

The coordinator positions for Archivist, Outreach, and Phone Volunteers are open. Chair Eliza D. asked that everyone share with their Groups that we need members to fill those coordinator positions. The Chair appoints the Coordinators. For questions about the positions, please see the AIS Standing Rules and Procedures Manual (SRPM) at the Members page on our Web site (<https://www.seattle-al-anon.org>). The Chair can be contacted at chair@seattle-al-anon.org. The outgoing coordinators are available to assist and train the new coordinators. No experience is required.

Treasurer Linda H. is looking for someone who would like to train for the 2021 Treasurer's position.

Most Coordinators are looking for members to serve on their committees. If you have an interest in a particular area, please contact the coordinators at the e-mail addresses listed on page 3. The LDC and Phone Volunteer committees are most in need of volunteers.

Meeting Updates

Friends AFG: Friends AFG is looking for support. They meet on Wednesdays at 6:00 p.m. at North Seattle Friends Church, 7736 24th Ave. N.E., Seattle. The Group is planning an inventory, and the participation of new members would be much appreciated.

Tuesday Unity AFG: Tuesday Unity AFG has moved. Their new location is Lutheran Church of the Good Shepherd, 2116 E. Union St., Seattle. This is just down the street from their former location at Unity of Union Books.

Opening Our Hearts AFG: Opening Our Hearts AFG has moved. Their new location is St. Therese Parish House, 926 35th Ave., Seattle.

Keeping It Simple 2 AFG: Keeping It Simple 2 AFG, which previously met on Tuesdays at North Seattle Friends Church, has disbanded. Their remaining funds and literature have been disbursed to various Al-Anon service arms. If you have any questions, please contact district21@seattle-al-anon.org.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 B.Z. W. 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 St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Massy A. 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	Contact Grita P. for Information
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda H. for Location
District 20 Elizabeth G. district20@seattle-al-anon.org	2nd Monday from 6:00 – 7:30 PM Denny Park Lutheran Church 766 John St, Seattle <i>December - 2019 Celebration</i>
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 Jackie T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline

Celebrating Lois's Birthday

A Tribute to Lois & Fellowship

Speakers:

Al-Anon, Alateen, and AA

Potluck:

- Main Dish Provided
Meat, Vegetarian, & Gluten-Free Options
- Please Bring a Side Dish
- Birthday Cake Provided

Spanish and ASL translation provided with RSVP prior to February 10.

event@seattle-al-anon.org



An AIS-Sponsored Event

Saturday, February 29, 5:00 pm

St. Andrew's Lutheran Church
2650 148th Avenue SE, Bellevue



Greater Seattle AIS Financial Activity Comparison

	Oct 2019	Oct 2018	2019 YTD
REVENUE			
Donations	2,098.41	2,009.43	12,259.98
Fundraisers	0.00	0.00	0.00
Literature	2,981.24	3,837.38	30,361.96
Misc.	0.08	0.09	0.83
Total Revenue	5,079.73	5,846.90	42,622.77
Cost of Goods Sold	2,618.46	2,834.50	21,625.54
Gross Profit	2,461.27	3,012.40	20,997.23
EXPENDITURES			
Conferences	0.00	0.00	418.92
Merchant Fees	117.763	88.49	935.46
Event Expenses	140.05	3.98	690.88
Insurance and Licenses	41.66	41.66	426.68
Equipment	0.00	39.49	71.00
Office Supplies	0.00	0.00	257.98
Outreach	78.45	0.00	282.52
Taxes	0.00	0.00	1,000.51
Rent & Maintenance	675.00	625.00	6,332.84
Professional Fees	0.00	0.00	1,777.50
Technology	254.65	2,047.24	2,283.80
Volunteer Bus/Parking	38.50	27.50	410.75
Misc	0.00	0.00	0.00
Total Expenses	1,115.12	2,872.36	14,889.84
NET REVENUE	-388.48	139.98	6,107.39

The above chart is an unofficial simplified version of the AIS Treasurer's Report. For more detailed 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 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

November AIS Council Meeting Summary

by BITS Editor Teresa H.

Treasurer's Report: Treasurer Linda H. reported that we had a good month for donations and literature sales. She will facilitate the purchase of the \$10,000 CD approved by the Board and Council during the coming week. She also provided the highlights of the proposed 2020 AIS budget. The budget is based on a conservative estimate of literature sales and donations for the year. The budget was approved unanimously.

Vice Chair's Report: Vice Chair Doug L. continues to investigate liability insurance for the AIS Board.

Chair's Report: Chair Eliza D. said that the Ample Reserve Committee had not met yet. Treasurer Linda H. will contact the members who have volunteered to serve on the committee. The committee will utilize KBDM on recommendations for any excess funds by e-mail before the first meeting. Eliza D. also reported that Laurel W. will attend the January Council meeting to share info about her Al-Anon work with the deaf and hearing impaired community. The December Council meeting will be a joint Board and Council meeting with a potluck starting at 7 p.m.

AIS Elections: (Editor's Note: Please see page 6 for 2020 election results and for Coordinator information.)

Old Business: The Lois Birthday Celebration will be February 29 at St. Andrew's Lutheran Church in Bellevue. A request for volunteers will go out in December. Doug L. reported that the new office equipment has been ordered and installation will begin in about a week.

LDC Co-Coordinators' Report: Co-Coordinator Cindy G. reported there is one new volunteer for the office and one new online volunteer. More volunteers are needed. There are significant revisions to the Al-Anon Service Manual. The new manual will be available online on November 22 in both English and Spanish. The new print version will be available for shipping on January 31. Doug L. commented he had ordered a book from WSO and was charged \$10 for shipping, but sales tax was not charged. A discussion followed as to whether WSO is required to collect sales tax. Co-Coordinators Cindy G. and Elizabeth G. organized a volunteer appreciation brunch for the LDC volunteers. It was a great event that provided an opportunity for volunteers who don't work on the same day or in the same place to meet one another.

Alateen Coordinator's Report: Coordinator Kathy B. held an AMIAS training session, and 8 new AMIAS were awaiting their final paperwork. There will be more training coming via webinar and also future in-person training. There is one new Alateen group starting in January at Queen Anne Lutheran Church on Saturdays. Kathy B. will be scheduling another AMIAS meeting in January, where there will be an opportunity for a Q & A session for AMIAS. The Alateen Interest Group is also planning outreach to a counselors' association and Al-Anon Groups. Jennifer S. will take the lead on this work.

Outreach Coordinator's Report: Coordinator Ellen M. continues to hand out *Al-Anon Faces Alcoholism 2019* magazines.

December Events Listing (Updated 12-01-2019)

(Note: Includes Al-Anon, Alateen, and AA Events and Conferences with Al-Anon Participation)

Dec 3	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Dec 4	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR	district18@seattle-al-anon.org
Dec 5	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Dec 7	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
Dec 9	Monday 6:00-7:30PM	District 20 Celebrates 2019	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Dec 12	Thursday 7:00-9:00PM	Joint AIS Board & Council Meeting and Potluck	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Dec 12	Thursday 7:30-9:00PM	Lake Hills Thursday Night AFG Book Study	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	<i>Opening Our Hearts, Transforming Our Losses</i>
Dec 14	Saturday 8:30AM	Changing Attitudes AFG Miracle Gratitude Potluck	Wayside United Church 2000 SW Dash Point Rd, Federal Way	
Dec 14	Saturday 5:30-8:30PM	District 26 Holiday Potluck & Voices of Hope Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Dec 14	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
Dec 15	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Dec 17	Tuesday 6:30-8:00PM	District 22 Business Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
Dec 18	Wednesday 6:30-8:30AM	Hope for Today AFG Winter Celebration & Potluck	St. Paul's United Church of Christ 6512 12th Ave NW, Seattle	
Dec 19	Thursday 6:30PM	Renton Thursday Night AFG Candlelight Dinner	St. Luke's Episcopal Church 99 Wells Ave S, Renton	
Dec 21	Saturday 8:30AM	Districts 15 & 16 Business Meeting	St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Dec 21	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Dec 23	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Dec 30	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152nd St, Burien	district18@seattle-al-anon.org
Dec 30	Monday 7:00-8:30PM	Meadowdale AFG Special Event and Potluck	St. Hilda & St. Patrick Episcopal 15224 52nd Ave W, Edmonds	
Dec 30	Monday 7:30PM	Parents for Serenity AFG Speaker Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	

Looking Ahead to January 2020

Jan 16	Thursday 6:00PM	Terrace View AFG Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	6:00PM Potluck 7:00PM Speaker
Jan 22	Wednesday 6:30PM	Seattle Area Alateen Interest Group	Queen Anne Lutheran Church 2400 8th Ave W, Seattle	alateen@seattle-al-anon.org
Jan 22	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Jan 30	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	

Please submit event flyers to communications@seattle-al-anon.org

For formatting and other information, please refer to the FYI section of our AIS web site: <https://www.seattle-al-anon.org/members.html>

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of December 1, 2019

For the most up-to-date information including Holiday cancellations, go to seattle-al-anon.org
 Speak with an Al-Anon member at 206-625-0000.

Directory Guide

AA = AA at Same Time & Place
 AC = Adult Children of Alcoholics Same Time & Place
 AL = Al-Anon at Same Time & Place
 ASL = American Sign Language
 AT = Alateen at Same Time & Place 45 = 45-Minute Duration
 B = Beginners Intro/Meeting 60 = 60-Minute Duration
 CH = Childcare Offered 75 = 75-Minute Duration
 FF = Fragrance Free 90 = 90-Minute Duration
 H = Handicap Accessible 135 = 135-Minute Duration
 O = Open to Friends & Family of Alcoholics and Observers

**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 email. Need help? communications@seattle-al-anon.org

ALATEEN MEETINGS

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

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) Pizza 2nd Monday each month DIST 19
TUES 7:30PM 90/AL	EDMONDS ALATEEN SERENITY FOR YOUTH Edmonds United Methodist, 828 Caspers St, #113, NO MEETING 12/24 #30639096 DIST 22
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/AL/AA	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 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/2 nd floor conference room) DIST 20
MON 12:00PM 60/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) (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 St Therese Parish House, 926 35th Ave, Seattle (Central District) NEW LOCATION DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (Edgewood Services office/Knock if Late) DIST 20
TUES 7:00PM 75/O	TUESDAY UNITY AFG NEW LOCATION #30592290 Church of the Good Shepherd, 2116 E Union St, Seattle (Late: signal at downstairs window) 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 Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting) 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 Social Work, 4101 15th Ave NE #301, Seattle (ASL available 12/1, 12/15, 12/29) 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, Lake Forest Park 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 2 nd 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 7:30PM 75/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear) NO MEETING 12/24 DIST 21
TUES 7:30PM 90	NORTH END MEN'S AFG #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT	EDMONDS AFG DIST 22 #500668 Edmonds United Methodist, 828 Caspers St Edmonds NO MEETING 12/24 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 at rear) NO MEETING 12/25 & 1/1 DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace NO MEETING 12/25 DIST 22
WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 th Ave W, Edmonds (Corner of 196 th) NO MEETING 12/25 & 1/1 DIST 22

THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
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 #30712924 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) DIST 14
WED 7:00PM 90/O	LIBERTAD Y ESPERANZA HIJOS ADULTOS GFA Ed. United Meth, 828 Caspers St Rm 302, Edmonds NO MEETING 12/25 & 1/1 #30713224 DIST 22
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) NO MEETING 12/25 & 1/1 DIST 17
THURS 10:00AM 90/O	GFA UN REGALO PARA MI NEW #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
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

IS YOUR MEETING CANCELED ON A HOLIDAY? PLEASE LET US KNOW. communications@seattle-al-anon.org

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

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 DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, (Meets in Church Office) Des Moines DIST 14
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Monday) DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot and entrance) DIST 17
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton NO MEETING 12/24 & 12/31 DIST 17
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent-Focused Meeting) DIST 14
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 th St, Federal Way (Childcare) NO MEETING 12/25 DIST 14
WED 1:30PM 60/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) NO MEETING 12/25 DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton NO MEETING 12/25 & 1/1 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/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY MORNING 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 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 St John's Episc, 3050 California Ave, Parish Hall, Seattle (Childcare/Enter 42nd/Park W Sea Hi) 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 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 (Downstairs/Follow Signs) 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 rd 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

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

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 of Bothell, 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 DIST 15
MON 7:00PM 90/O/H	LIVING IN THE SOLUTION AFG #49784 Holy Spirit Lutheran, 10021 NE 124 th St, Kirkland (No. end ramp/lower fellowship hall) 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 on 5 th Mondays) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 Coal Creek Pwy SE, Bellevue (1 st floor in main church building) DIST 16
TUES 12:30PM 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland DIST 15
TUES 7:00PM 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie 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) DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 th St, Redmond DIST 15
WED 7:00PM 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O/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/B	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**

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