

FEBRUARY
2019



BITS Newsletter

Seattle Al-Anon Information Service

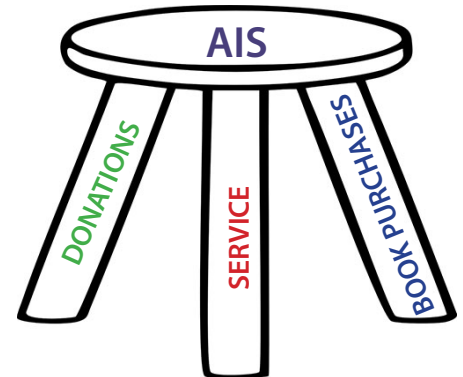
Al-Anon Members Keep AIS Running

Seattle Al-Anon Information Service (AIS) serves all of the Groups in Districts 14-22, covering all of King County and a small portion of Snohomish County. It is the entity that produces our printable meeting directory, the BITS, and maintains the Seattle AIS website. In addition, it operates our local 24/7 phone line for those reaching out for help and our local Literature Distribution Center which sells Conference-Approved Literature.

AIS is like a three-legged stool. It is supported by our members in three ways: with financial donations, with literature purchases, and with their service. All three legs need to be sturdy for the organization to be able to support our local Groups. Currently, we have two sturdy legs: donations and book purchases. The third leg is a bit shaky. We have a very real need for members to volunteer in some key positions, namely answering the 24/7 phone line and working in the AIS office/literature distribution center.

Writing from her personal experience, Kathie M. wrote, "Service in Al-Anon is really a form of self-care, as we keep our Groups and our organizations healthy and functional, and ourselves occupied in healthy endeavors."

Many members have a fear of not doing the job right or not being able to do it at all. Once in service, however, many of us find the loving, understanding support of other Al-Anon members actually helps us gain confidence and self-esteem.



AIS Support Structure

"I don't know how helping someone else helps me. I only know that it does."

from *Opening Our Hearts, Transforming Our Losses*, p. 154

Please Consider Service as an Office or Phone Volunteer

OFFICE

WHEN

One Thursday per month from 9:30 a.m. - 3:30 p.m.

WHERE

The AIS office just off Broadway on Capitol Hill in Seattle (Note: Parking & Bus Fare will be reimbursed.)

TASKS

- Pick up WSO literature deliveries from our receiving provider, unpack, check them in and shelve
- Fill, pack and mail book orders
- Answer phones for book orders and meeting information
- Greet customers who come into the office to purchase books
- Enter sales receipts and donations into QuickBooks

GOOD TO KNOW

- You will be teamed with an experienced office volunteer who will help teach you about our procedures.

HOW

Contact Cindy G. and Elizabeth G. at LDC@seattle-al-anon.org

"Enjoy a friendly, helpful environment surrounded by CAL."

"Great for anyone who ever wanted to work in a bookstore!"

PHONES

WHEN

24/7 - Sign up for one or more 3-hour shifts per month

WHERE

Anywhere

TASKS

- Answer basic questions about what Al-Anon is, meeting locations, and listen for a few minutes to someone who is reaching out for the first time.
- Transfer phones online using Comcast Business.
- A calendar for the upcoming month will be emailed to you so you can do self-sign up if you wish.

GOOD TO KNOW

- You will be emailed detailed instructions on transferring the phones and guidance for taking calls.
- The number of shifts you take is totally up to you.

HOW

Contact Karen T. at phones@seattle-al-anon.org

"Even if we get just one call in a shift and it helps someone, it is worth it."

"When we take phone calls, we often hear something we need to hear."

IN THIS ISSUE

Feature Articles

- Page 1: Al-Anon Members Keep AIS Running
 Pages 1: Office & Phone Volunteers
 Page 2: Renton Mini-Assembly
 Page 3: Skewed Thinking & My HP
 Page 4: Myths and Barriers to Service
 Page 4: Twelve and Twelve
 Page 5: Experienced Members - Valuable Group Resources
 Page 6: Yeah, But...
 Page 6: Revised SRPM
 Page 7: Al-Anon Faces Alcoholism

Monthly Features

- Page 2: Meeting Updates
 Page 3: AIS Officers and Coordinators
 Page 3: Featured Events
 Page 5: Where to Send Donations
 Page 6: District Reps and Business Meetings
 Page 7: AIS Financial Report
 Page 7: Council Meeting Summary
 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

We Aren't Perfect! Mini-Assembly

Submitted by Massy A.

Renton Thursday Night AFG is hosting their third Al-Anon mini-assembly, *We Aren't Perfect!*, on Saturday March 9 at the Community of Christ Church in Renton. *We Aren't Perfect* is intended to inspire a spiritual journey of recovery for ourselves, and to facilitate the honest sharing of challenges we have met throughout our time in the Al-Anon fellowship, no matter how short or long.

The mini-assembly workshops are planned as a way for newcomers and longtime Al-Anon members to share their experience, strength, and hope in finding fellowship with others who circled through the 12 Steps, 12 Traditions, and 12 Concepts. Each workshop will begin with a chairperson sharing their story on the topic followed by participation from all who dare to share.

There will be four 50-minute workshops: *Forgiven Not Forgotten; No Gossip or Criticism; Letting Understanding, Love, and Peace Grow in You; and Step 10: Continued to Take Personal Inventory and When We Were Wrong Promptly Admitted It.*

Following the workshops, a variety of dinner casseroles will be provided by the Renton Thursday Night AFG. Attendees are asked to please bring a dessert or snack to share. The event will end with an Al-Anon speaker and an AA speaker.

The Renton Thursday Night AFG mini-assembly is the Group's collaboration of love for the Al-Anon fellowship.

Meeting Updates

MESH Speaker Meeting Needs Members to Fill Service Positions

The MESH 2nd Saturday Speaker meeting is in desperate need of support! Not the usual need for increased attendance, but it needs to fill service positions to keep it going.

MESH stands for My Experience, Strength, and Hope. It is a once-a-month speaker meeting which meets in Shoreline. It hosts an Al-Anon and an AA speaker and conducts a "coining" to celebrate Al-Anon members' anniversaries.

The Group is in urgent need of key holders and coordinators to find speakers for the meeting. There are other service opportunities as well, but these are the most pressing needs.

This meeting has been around for many years and has brought comfort and an opportunity for fellowship to a significant number of members. We would like to see it continue. Please consider serving in this Group.

If you have questions or would like to be of service, please contact: district22@seattle-al-anon.org.

The February MESH meeting has been canceled.

Libertad Y Esperanza Is Our Newest Registered Group

Libertad y Esperanza Hijos Adultos GFA is a new Spanish group serving the area of Edmonds, Lynnwood, Mountlake Terrace, Bothell, and Shoreline. After meeting for six months it is now registered with WSO. The meeting is at 7:00 p.m. on Wednesdays at Edmonds United Methodist, 828 Caspers St in room 302 and lasts for 90 minutes. On the first week of each month, we study a Step; on the second week, a Tradition; on the third week, a Concept; and the fourth week is open topic.

Skewed Thinking and My HP

by an Anonymous BITS Contributor

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

At the conclusion of a recent speakers meeting, as we circled to say the Serenity Prayer, the chairperson reminded us that the ritual of joining hands symbolizes that we can do together what we can't do alone. For me, this simple ritual reflects the Higher Power (HP) that I have come to believe can restore me to sanity.

I believe it was at my first Al-Anon meeting 3 years ago, where I came to realize that my very thinking had been affected by the family disease of alcoholism. Alcoholism was present in my family of origin generations before I was even born. I came to see that the interpretation I held of myself, the world, and any Higher Power was skewed by the fear, chaos, uncertainty, distortions, and deceptions that accompany alcoholism. My skewed thinking kept me isolated and in fear of being myself with others.

The practice of attending meetings; listening; sharing my experience, strength, and hope; being of service; and working the Steps with my sponsor helps me recognize and shed that skewed thinking. I am recovering a more authentic sense of myself, the world, and my Higher Power.

I am grateful that I don't have to define my Higher Power. I am thankful that I don't have to look outside of myself to understand my Higher Power. I just know that I keep coming back to Al-Anon because it is through connecting with others who open their hearts that I develop the trust to open my heart to a new way to be within myself and in the world. When we open our hearts to each other, this is where I find my authentic self, and this is precisely where my Higher Power shows up. Having come to believe in a power greater than myself changes everything, and for that, I am so very hopeful and grateful.

Upcoming Featured Events

February 16
LIVE AMIAS TRAINING

February 25
MAGNOLIA MONDAY NIGHT FIRESIDE AFG
POTLUCK DINNER/SPEAKER MEETING

March 9
RENTON THURSDAY NIGHT'S
3RD MINI-ASSEMBLY

March 16
BURIEN LITTLE ASSEMBLY

March 30
A DAY IN AL-ANON AND ALATEEN

March 31
BALLARD SUNDAY NITE AFG
POTLUCK & SPEAKER MEETING

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

AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Doug L.

vicechair@seattle-al-anon.org

Secretary

Jeanne D.

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

Literature Dist. Center Co-Coordination

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Coordinator

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteers Co-Coordination

Karen T. and Susan C.H.

phones@seattle-al-anon.org

Tech Coordinator

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.

Myths and Barriers to Service

by Joyce A.

In Al-Anon we do service by showing up. When we are asked to do something and we have a strong reaction, it may mean DO IT!

The first time I was asked to do service, I followed my regular pattern to never say “no.” When I was asked to be the GR for my home group, I read the Service Manual and realized I had a choice and I could say “no.” Growing up “no” had not been a choice.

My experience of service in Al-Anon helped and supported me on my path to recovery and with challenges in my life. When my father passed, I went to be with my family. My experience with service helped me not isolate and hide from the things that had to be done. During this difficult time I made a choice to show up in service to my family. I had learned that service catapults my recovery and that silence can be self-centered and also controlling. It was not about me.

Service is part of our recovery but there are many fears that can keep us from choosing to serve.

- **Fear of Responsibility**
- **Fear of Making a Mistake**
- **Fear of Commitment**
- **Fear of Failure**
- **Fear of Success**
- **Fear of Not Being Good Enough**
- **Fear of Not Being Perfect**

Each one of these fears can keep us from doing what we may want to do. But choosing to serve in Al-Anon also gives us the opportunity

to try something new. Life is about showing up.

In Al-Anon we send ourselves many messages to keep us from doing service in support of our recovery. Here are a few that members shared in a recent meeting.

- **I have to do everything.**
- **My character defects will be exposed.**
- **It is an overwhelming responsibility/anxiety.**
- **Being out in front, exposure is painful.**
- **I could fail.**
- **I will hurt or cause harm to the Group.**
- **I can't be trusted.**
- **I haven't been in the program long enough.**
- **I have not recovered enough.**
- **I can't show up for me. How can I show up for others.**
- **I'm not capable.**
- **I am tired.**
- **You have to be popular.**
- **I'm going to have to ask for help.**
- **Gender dominance.**
- **External validation.**
- **I will disappear.**
- **It is out of my comfort zone.**

Again, you can see these reasons are mostly based in fear. Fear of something that is missing in us. But in reality, service provides an opportunity to learn something new. We never have to be alone and we can always ask others for help.

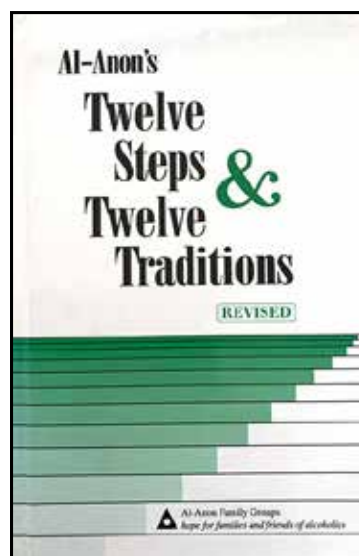
Al-Anon's Twelve & Twelve Adds Another Perspective

by BITS Editor Teresa H.

An Al-Anon book that I don't hear much about is *Al-Anon's Twelve Steps & Twelve Traditions* which is often referred to as the “Twelve & Twelve.” The reason I don't see it used and referred to as much as other books may be because the Steps and Traditions are presented so well in *How Al-Anon Works*. Or perhaps it was partially eclipsed when *Paths to Recovery* was published, containing Al-Anon's third Legacy, the Twelve Concepts of Service, along with a list of questions to ponder at the end of each chapter. I have no idea, but I consider the “Twelve & Twelve” a valuable volume in my Al-Anon library.

First published in 1981, *Al-Anon's Twelve Steps & Twelve Traditions* was revised in 2005. It presents an explanation of each Step and Tradition followed by two short sections: “Thinking It Over” and a story relating to that Step or Tradition. The writing is concise and to the point.

Each of our books takes a slightly different approach to explain the Steps and Traditions. As an experiment, I read the explanations



of the same Step and Tradition from the “Twelve & Twelve,” *How Al-Anon Works*, and *Paths to Recovery*. They each contained “gems” not found in the others. For example, concerning Step Seven, *How Al-Anon Works* states, “We have little choice but to accept ourselves as we are, with all our limitations” (p. 56). That phrase “little choice,” seems very powerful to me. *Paths to Recovery* contains the valuable line, “We will always fall short of perfection, that's part of being human” (p. 71). The “Twelve & Twelve” says, “Renewed by surrendering our shortcomings, we were ready to move forward with our recovery and to meet life each day without the weight of yesterday's defeats” (p. 46). “Yesterday's defeats” speaks to me.

Each of the unique contributions from those three books is helpful to me. By reading from all of them, I have gotten and continue to receive a fuller understanding of Al-Anon's Steps and Traditions.

Where to Send Donations

Service Arms and Instructions

AIS - MAILING ADDRESS

505 Broadway E #400
Seattle, WA 98102-5023
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.

Experienced Members Are a Valuable Group Resource by an Anonymous BITS Contributor

I used to constantly worry about the size of my home Group. We're a small meeting, averaging ten people or less. Only three or four members have been consistently attending since I joined six years ago. Two of our service positions are filled, but we haven't had a Group Rep in several years. These facts fed my worry along with comments from Al-Anon members at other meetings who would say, "Oh, that meeting is still going? I thought for sure that meeting had closed by now."

I felt angry and discouraged by such comments. Discouraged because I was trying so hard to help make the meeting become healthier, and angry because members saw a meeting struggling but seemed to do nothing to support it.

Fortunately, there have also been members and lessons that made a positive difference for me. One person who continues to inspire me is a long-time member who came to the meeting at least once a month until health concerns required a change in her schedule. I think of that member as kind of an informal "Group Sponsor." She helped us learn how to take a Group conscience. She modeled respectfully speaking up when newer members

"I'm forever grateful to the more experienced members who have taken the time to be there for our Group. They've been key to my growth in this program."

shared so long they were dominating the meeting. When we had questions about how to handle different group challenges, she shared her experience, strength, and hope on how she's seen other groups address similar situations. On top of all that, she guided us through our first Group inventory. It took us several months to complete; her patience was phenomenal!

Other long-time members also attend once in a while, as they are able. I feel encouraged every time they show up. Their friendly smiles, open and honest shares, and support for the meeting are a message from my Higher Power: "Yes, keep coming back!"

Among the many lessons I've learned is the principle that size doesn't matter. It's what happens in a meeting that counts. Our little meeting may not be growing in number, but I know in my heart and soul we are growing

"Because of them, I don't worry about the future of the meeting as much anymore."

spiritually. We study the Steps, Traditions, and Concepts regularly. We hold business meetings regularly. We've even had some difficult discussions to work through conflict. We've practiced "talk to each other and reason things out" with positive results! As one of our members recently shared, we have a certain intimacy with each other, making this meeting a safe place where we find help.

I'm forever grateful to the more experienced members who have taken the time to be there for our Group. They've been key to my growth in this program. Because of them, I don't worry about the future of the meeting as much anymore. They inspire me to keep showing up, one day at a time. These members are the ones I look at and think, "I want to be like them." So I'll do what they do: I'll keep coming back!

Yeah, But...

by BITS Columnist Allen L.

I find it fascinating that I never bothered to journal before attending Al-Anon since I was a professional technical writer. The only program writing I did was answering the questions in Paths to Recovery when I was doing my Step work. At about 15 years in the program, a personal problem brought me to a bottom, and I began journaling to help me gather my thoughts and to vent my emotions.

Courage to Change for January 3rd begins with "I am writing my life story with every single *today*. Am I moving in a positive direction?" The reading continues with "I believe that my life is built upon layers of little everyday accomplishments. When I think this way, setting goals and taking small risks becomes nothing more than a daily striving to make my life better."

Since I must have read that passage at least once a year for all these years, I was shocked to read that passage as if for the first time. I had never thought of my journaling as "writing my life story" before!

When I simply mull over the thoughts inside my head, the "committee" can have a "yeah, but" hidden in there.

"For me that "yeah, but" is a way to hold on to my past behavior and avoid changing myself to better practice my program."

If I journal honestly, I may in fact write that "yeah, but." But then seeing it on paper alerts me to my holding back from accepting my true attitude about the situation. In much the same way as sharing with my sponsor or at a meeting, journaling helps me confront the "yeah, but."

For me that "yeah, but" is a way to hold on to my past behavior and avoid changing myself to better practice my program.

If you haven't tried journaling, I suggest you give it a try. It felt awkward to me at first. Then I realized it was just a part of my 10th Step: "Continued to take personal inventory and when we were wrong promptly admitted it."

It got much easier for me to journal when I thought of it as just sharing the results of my continuing personal inventory with my Higher Power through that written page.

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

Note: AIS has had TWO mailing address changes in the past year. Please make sure you have the latest address.

Revised AIS SRPM on Website

After months of work by a dedicated group of our members, the revised AIS Standing Rules and Procedures Manual (SRPM) has been approved by the Council and is now available on the members page of our website: <https://www.seattle-al-anon.org/members.html>

The revisions streamlined the number of Coordinators and Board members. It also updates the responsibilities of each standing committee. By better explaining the role of each committee, we are striving to follow Al-Anon's Traditions and Concepts of Service.

If you have any questions regarding the revised SRPM, please contact: chair@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 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 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	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 Elizabeth G. district20@seattle-al-anon.org	2nd Monday at 7:00 PM February - 6:00 PM Budget Meeting before Regular Meeting Pizza & Salad Ordered In Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Jackie 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

	Dec 2018	Dec 2017	2018 YTD
REVENUE			
Donations	2772.09	4472.04	22097.42
Fundraisers	0	300.00	3612.00
Literature	3022.10	2716.43	35962.75
Shipping	138.00	0	1535.00
Misc.	0	64.31	-13.26
Total Revenue	5932.19	7552.78	63193.91
Cost of Goods Sold	2193.86	-119.68	26254.74
Gross Profit	3738.33	7672.46	36939.17
EXPENDITURES			
Payroll & Related	0	3108.21	11608.24
Office Supplies	8.90	-271.37	542.03
Parking/Bus Fare	48.41	140.00	906.81
Insurance	41.66	0	472.34
Professional Fees	0	0	243.00
Technology	121.04	241.89	1371.90
Rent/Maintenance/Move	625.00	195.83	9238.91
Telephone/Internet	129.73	213.53	1908.79
Postage	75.67	94.70	1911.98
Merchant Fees	100.79	-1898.06	1118.91
Event Expenses	49.52	-20.00	972.28
Equipment	0	363.47	6897.11
Misc	975.32	182.42	1078.52
Total Expenses	2176.04	2350.62	38270.82
NET REVENUE	1562.29	5321.84	-1331.65

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 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 FROM MEMBERS,
GROUPS, & DISTRICTS
- LITERATURE SALES

AIS January Council Meeting Summary by BITS Editor Teresa H.

- Jeanne D. was elected AIS Secretary.
- Treasurer Linda H. reported on the progress of our property tax exemption appeal.
- The Standing Rules and Procedures Manual as updated by the Board and Council will be uploaded to the website.
- The Literature Distribution Center 2018 physical end-of-year inventory was a success. Adjustments have been made where needed.
- The LDC Coordinators reported that full-day Thursday office volunteers are needed. We need 2 people in the office each Thursday with office skills and ability to be trained in QuickBooks. Council discussion on how to increase volunteerism followed.
- Communications Coordinator Teresa H. reported that she is excited to be working with Brian P., the new WA Area Group Records Coordinator. Some changes he is making will result in a more efficient process to update records and keep them in synch.
- A member who will be attending an upcoming counseling conference in Bellevue has contacted AIS about possibly having a lunchtime Al-Anon meeting with conference attendees. The Outreach and Communications Coordinators are working with them.
- A discussion regarding ways to fill phone volunteer calendar vacancies was held.
- Council discussed future AIS events that are for fellowship, not to raise money. Council agreed it's too late to plan Lois' Birthday event for this year.
- Council discussed possible *Al-Anon Faces Alcoholism* mailing to professionals and will leave it up to the Outreach Committee to determine how to best distribute them.
- The Council has canceled its February 14th meeting. Pressing business will be handled via email.

Al-Anon Faces Alcoholism

Al-Anon Faces Alcoholism (AFA) magazine makes public outreach simple and easy. Stock up for your spring projects!

1. Introduces the Al-Anon recovery program to families and friends of alcoholics.
2. AFA readers learn from members' stories that "no situation is hopeless."
3. Professionals welcome having AFA magazines for their clients.
4. Any member can order and distribute Al-Anon's outreach magazine.

Members can carry our message of hope to others with the *Al-Anon Faces Alcoholism* magazine. The AIS Office/LDC has some in stock. If you are planning a large outreach project, please place your order before the deadline for the final printing. This magazine will not be reprinted. If you need smaller quantities, please email: LDC@seattle-al-anon.org

The second printing can be ordered until 5 p.m. ET, Wednesday, February 6, 2019. Magazines will be shipped before April 1.

2019 Al-Anon and Alateen Events Listing as of February 1, 2019

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)

Feb 2	Saturday 9:00-5:00PM	AWSC Meeting	Alderwood Community Church 3403 Alderwood Mall Blvd, Lynnwood	dr22@wa-al-anon.org
Feb 2	Saturday 11:30AM	How Important Is It AFG Sponsorship Meeting	Queen Anne Lutheran 2400 8th Ave W, Seattle	Women's Group
Feb 2	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.org Ice Cream & Pie Social at 6:00PM
Feb 5	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Feb 6	Wednesday 7:00PM	District 18 Business Meeting	TBD	district18@seattle-al-anon.org
Feb 7	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Feb 9	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Feb 9	CANCELED	MESH Speakers Meeting CANCELED	CANCELED	district22@seattle-al-anon.org
Feb 11	Monday 6:00PM	District 20 Budget & Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org Budget Meeting at 6:00PM
Feb 14	CANCELED	AIS Council Meeting CANCELED	CANCELED	chair@seattle-al-anon.org
Feb 16	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
Feb 16	Saturday 10:30-4:00PM	Live AMIAS Training	Grace Lutheran Church 9625 NE 8th St, Bellevue	district16@seattle-al-anon.org
Feb 16	Saturday 11:00-3:00PM	Dist 23 Mid-Winter Workshop: A Spiritual Awakening	North Creek Presbyterian Church 621 164th St SE, Mill Creek,	activitiescoordinator@dist23.org
Feb 16	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Feb 17	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Feb 19	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)
Feb 23	Saturday 9:00-12:00PM	AMIAS Certificate Training	Webinar	alateen@wa-al-anon.org
Feb 25	Monday 6:00PM	Magnolia Monday Night AFG Potluck & Speaker Meeting	Magnolia United Church of Christ 3555 W McGraw St, Seattle	6:00 Potluck 7:00 Speaker
Feb 25	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Feb 27	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
March 9	Saturday 12:00-8:00PM	Renton Thursday Night's 3rd Mini-Assembly	Community of Christ Church 701 Monroe Ave NE, Renton	district17@seattle-al-anon.org
March 16	Saturday	Burien Little Assembly (AA w/Al-Anon Participation)	Brooklake Church 629 S 356th St, Federal Way	http://www.burienlittleassembly.org
March 30	Saturday 10:00-3:30PM	A Day in Al-Anon Practicing Self-Love	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
March 31	Sunday 7:00PM	Ballard Sunday Nite AFG Potluck & Speaker Meeting	St. Paul's United Church of Christ 6512 12th Ave NW, Seattle	
April 6-7	Weekend	WA Area Pre-Conference 2019	TBA	

Only the next occurrence of an event is listed. A full listing of scheduled events for the rest of the year can be found on our Member page at <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 February 1, 2019

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

Change or Correct Meeting Information at <https://al-anon.org/formembers/group-resources/group-records/changes-existing-al-anon-group/group-records-change-form/>
 Then email confirmation from WSO to communications@seattle-al-anon.org and group-records@wa-al-anon.org

ALATEEN MEETINGS

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) DIST 19
TUES 7:30PM 60/H/AL/AA	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Ages 12-21/Meeting Upstairs #30639096 DIST 22
WED 7:30PM 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AA/AL	LAKE HILLS ALATEEN #14119 St. 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 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North entry/Signs to Glen room) 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 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (Edgewood Services office/Knock if Late) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, 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 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/Rear entrance) 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/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) DIST 22
WED 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 6:00PM 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 th Ave NE, Seattle (Side bldg. north of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 th St, Seattle (Enter from rear parking lot) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace DIST 22

WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 th Ave W, Edmonds (Speaker on 5 th Wed/corner of 196 th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST
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 #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 NEW Ed. United Meth, 828 Caspers St Rm 302, Edmonds (Park & Enter in Back of church) #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) 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

NO AIS COUNCIL MEETING IN FEBRUARY

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 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 (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 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare) 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 (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 NO MEETING ON 2/9 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

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

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/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**

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