

JANUARY
2019



BITS Newsletter

Seattle Al-Anon Information Service

Stepping into a new year, one day at a time!

* * * 2019 * * *

New GR? Time to Update Your Group Records

by BITS Editor Teresa H.

With many trusted servants rotating out of service, January is an excellent time for Groups to update their information with WSO. The most common changes are new Group Representatives and new Group mailing addresses. WSO has made the process very easy for members. After going online to update their Group records, outgoing GR Kathy H. described the process as “Easy-Peasy!”

Merely go to <https://al-anon.org/for-members/group-resources/group-records/changes-existing-al-anon-group/group-records-change-form/> and make the changes online. Note: The first question is what is your WSO I.D. Number. You can find your Group Number next to your Registered Group Name in our AIS Meeting Directory. The AIS Meeting Directory is on our AIS home page at <https://www.seattle-al-anon.org/>

After making the changes, you will receive a confirmation email. Please forward that email to communications@seattle-al-anon.org AND group-records@wa-al-anon.org so that both AIS and WA

UPDATE ONLINE

Area will also receive your change. This step is critical to ensure that the AIS Meeting Directory and the WA Area Online Meeting Finder correctly lists your meeting. The AIS online meeting finder links directly to the meeting finder on the WA Area site.

Several meetings in the Greater Seattle AIS area have fallen off the online meeting finder over the past year due to not having a current mailing address. If a Group's mailing address is not valid, it is WA Area policy not to list the meeting on their website. Please check to make sure your mailing address is current.

New Group Reps are encouraged to go to our AIS home page at <https://www.seattle-al-anon.org/> and sign up to receive our email communications. There is also a link to the WSO newsletter on our Member page at <https://www.seattle-al-anon.org/members.html>.

If you need assistance in updating your Group records, we are available to help at communications@seattle-al-anon.org.

AIS 2018 Year in Review

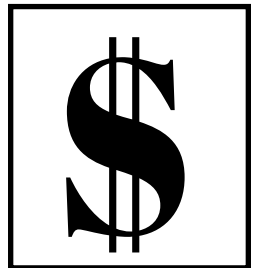
by Karen L. and Teresa H.

2018 was a year of change for the Greater Seattle Al-Anon Information Service (AIS). In the Fall of 2017, the Council and Board did a rigorous, honest review of its performance and received feedback from our members, the Seattle area Al-Anon Family Groups. We realized we needed to realign our practices and procedures to more closely follow our Al-Anon Traditions and Concepts, update our tools, and restructure our financial model to be self-supporting. Some of the changes were painful, but the year-end results were gratifying. Our transitions and accomplishments for the year were:



Financial

- AIS is now able to be solvent each month with regular Group and member donations and literature sales.
- We made a successful transition from an organization with a 30-hour per week paid special worker to a 100% volunteer organization.
- Office rent was lowered, and operational costs were cut by 30% while increasing fellowship services.
- For financial support, we needed neither a Fall Auction nor a fundraising appeal, and none are planned for 2019. As originally intended, AIS is now fully funded by Group and member donations and literature sales.



Office

- The AIS office moved from a cramped, 8th floor downtown office to a large, cheery office space at All Pilgrims Church in Capitol Hill that allows all literature (English, Spanish, and Alateen) to be on display.
- We held a Saturday Open House in September that turned into a great fellowship event. The thought is to have more of these in 2019.



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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

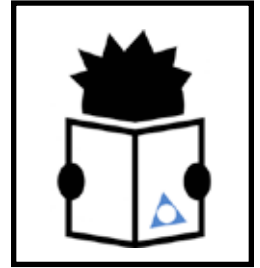
505 Broadway E #400
 Seattle, WA 98102-5023

To Speak with a Member

call 206-625-0000

(Continued from Page 1)

- Literature orders can now be placed 24/7 via email and then paid online at the purchaser's convenience. Forty percent of all orders have been placed and paid using this new method.
- Members can make donations in the same way Groups order literature with online payment or through the Donate button on the new website.
- 2018 literature sales will achieve the budget goal of \$35,000, which is slightly higher than in 2017, aided by sales of the new *Intimacy in Alcoholic Relationships* book.
- Four volunteers create invoices 6 days a week, and then 7 volunteers work on rotating Thursdays (the one day in the week the office is open) for sales, pickups, and browsing.
- Meanwhile, the phone volunteers monitor and answer the public helpline, 206-625-0000, 24/7.
- Phone upgrades allow volunteers to immediately receive voice messages that can be returned and to track call volume.
- We implemented Microsoft Office 365. It is used for all email functions and forwarding to members performing AIS service. AIS uses cloud services to allow Council and Board members to share and edit documents as well as make them accessible to all for transparency. Budgets, financial reports, and planning documents are located in the shared files and on our website.



Communications

- The new AIS website is smartphone compatible, has a modern look and feel, and has valuable updated information.
- The BITS monthly newsletter is now sent directly to members' inboxes on the first day of each month. Over 400 members have signed up on our home page to receive the BITS, and the number grows each month. The BITS can also still be printed from our website in black and white or color for those who prefer a paper version.
- The printable meeting directory is right at the top of our home page and is updated as needed throughout the month rather than just once a month.
- Now all flyers are available for printing from our Events page, and only a click takes you to Google maps, so you have directions to the event.
- A complete literature list for English, Spanish, and Alateen are available on the Literature page for convenient ordering.
- Ten volunteers keep the website and BITS growing and improving monthly.
- Members can provide immediate feedback by clicking on the feedback section of the website.
- Members can now obtain answers to the most common questions 24/7 on the Member page of the new website.
- The BITS now has much more information than in the past.
- The website now has a Spanish section to better serve our Spanish-speaking members.



Gratitude

*For all the members who are rotating
 out of Al-Anon/Alateen service at the
 WA Area, AIS, District, and Group levels.*

Message from the AIS Chair:

Grateful for the Gift of Healthy Communication

by AIS Chair Eliza D.

"Really listening meant being open to others, being free of my own attitudes..." - *Having Had a Spiritual Awakening*, p. 21

Al-Anon has many gifts to offer: Steps, Traditions, Slogans, and Service, to name a few. I am most grateful for the gift of healthy communication. I have grown in my ability to listen, really listen, by being in Al-Anon meetings. It is such a beautiful gift, listening without my attitudes, and taking the opportunity to share my experience, strength, and hope. This is our Gift: We Communicate!

It has been amazing to witness the level of healthy communication that our AIS servant leadership has provided to bring AIS to where we are today. With a well-designed AIS website, an excellent BITS newsletter, a new office, and a streamlined organization, we are ready to grow in service. We thank those rotating out of service, and we welcome those trusted servants who are staying on and those who are new to AIS service.

Many lessons have been learned, with many more to come. I hope that the Greater Seattle fellowship knows why AIS is here: to serve and support the growth of the Al-Anon Groups. You are essential for outreach into the Greater Seattle area, welcoming the newcomers to this wonderful Al-Anon program of recovery. Thank you for your service.

I look forward to our partnership in the days ahead.

Starting a New Year by BITS Columnist Allen L.

"Every moment is a fresh beginning." - T. S. Eliot

The start of a new year is often referred to as "a new beginning" since I have 365 untouched days open to any possibility I care to choose. "But," my negative thinking exclaims, "I have this problem to fix, this obstacle to overcome, this person who is creating chaos in my life. How can I pick a better outcome with that happening?"

I don't have to live all 365 days all at once. I only have to live one day at a time, one hour of today at this time, this one more minute that is actually happening right now. When the future seems to be the bleakest I fall back on my Al-Anon practices and the simplest ones always seems to be the best for me. With all the available conference approved literature out there, the little *Just For Today* bookmark is my go-to for quick support.

When I can't see the path from where I am today to the outcome I imagine, I quiet my mind and heart with this: "JUST FOR TODAY I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime."

After years of practice, I generally remember in the moment that it's not the trouble I can foresee that is making me unhappy but rather all the effort to force a particular outcome. Again, I turn to the *Just For Today* bookmark and embrace another concept: "JUST FOR TODAY I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my 'luck' as it comes, and fit myself to it."

What will you choose to do with your 365 days?

AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Doug L.

vicechair@seattle-al-anon.org

Secretary

OPEN

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-Coordiators

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Coordinator

Elizabeth B.

outreach@seattle-al-anon.org

Phone Volunteers Co-Coordiators

Karen T. and Susan C.H.

phones@seattle-al-anon.org

Tech Coordinator

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

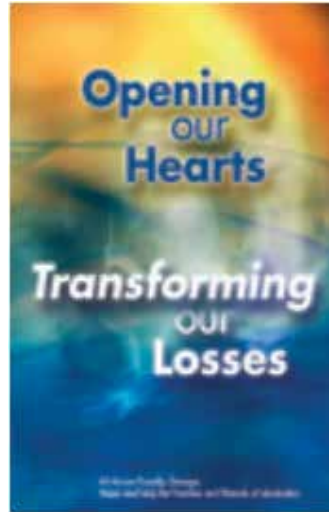
The AIS Council is made up of a representative from each Group in Districts 14-22 plus the Officers and Coordinators listed above.

Opening Our Hearts, Transforming Our Losses Addresses Many Kinds of Losses Including Those Faced at Holidays

By BITS Editor Teresa H.

Two other members and I recently decided to get together for a book study. I am so grateful that the book we selected was *Opening Our Hearts, Transforming Our Losses*. It was a true gift for me. Just in time for the holidays!

The Christmas holiday was harder for me this year than I had expected. So many losses. There was the memory of loved ones who are no longer here to share in my Christmas. There is the loss of the traditions that my family of origin excluded in our holiday celebrations. There was the loss of my youth. The loss even of some of my favorite foods that I did not take the time to make because I was the only one who cared about them. Many little losses. And I heard these kinds of losses expressed during meetings over the past month. So I know that I am not alone.



Opening Our Hearts, Transforming Our Losses addresses all kinds of losses, even the types that I experienced over the last month. A couple of chapter titles that hit home for me were *Loss of the Dream*, *Grieving for Our Childhood*, and *Death of a Loved One*. Those three subjects pretty much summarized my losses. Other chapter titles then address the transformation of those losses as we open our hearts including *Dealing with Our Feelings*, *Taking Care of Ourselves*, and *Spiritual Growth from Grieving*.

I underlined and learned something on almost every page. Gems like: “unlearning our old beliefs is not easy, but it can be done,” and “When I finally accepted responsibility for myself, I could then see that I was a victim only of myself.” I gained so much from this book.

A Call for Phone Volunteers from a Long-Time Volunteer

by Bert M.

Folks, I have been in Al-Anon for about 18 years and have received all the help I needed as I work my program to recover from the effects of alcoholism in a close family member. I found Al-Anon when it was suggested to me by a mental health professional. He sure knew what would help me. And I found a sponsor at my meeting who has been enormously helpful.

I wrote this article because many years ago I started serving on the AIS phones to get others the help that I enjoyed. I have become one of a few volunteers who answer our AIS phone line for multiple shifts. These shifts are mostly 3 hours long starting at 7am, 10am, 1pm, 4pm, and 7pm, and then the overnight shift from 10:30pm to 7am. We sometimes receive one or two calls per shift lasting only a few minutes. Sometimes there may be no calls.

Those who call urgently need an answer, and we do not have enough volunteers to answer many of the 3-hour shifts. You can serve on as

many shifts as you want - even as little as a single shift in a month. Of the approximately 180 shifts this past month, almost half the shifts were empty. I took 24 of them thanks to being retired. We urgently need volunteers. You will be given guidance by our Phone Coordinators on how to interact with callers.

If you can even take one shift, please volunteer to get our help to others who need it. For more information, please call 206-625-0000 or email phones@seattle-al-anon.org.

A Call for Volunteers

AIS needs volunteers for the following positions:

Alateen Liaison
 Outreach Co-Coordinator
 Tech Co-Coordinator
 BITS Writers
 Phone Shift Volunteers
 Office / LDC Volunteers
 Webmaster Backup
 BITS Backup Editor



Please contact us at:

ais@seattle-al-anon.org or call 206-625-0018.



Where to Send Donations

Service Arms and Instructions

NEW

AIS - MAILING ADDRESS

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

NEW

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.

How It Works For Me: Finding Unity and a Desire for the Greater Good in Al-Anon

by BITS Contributor Fawn B.

Tradition One:

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Before I came to Al-Anon, I hadn't experienced much unity. The disease of alcoholism had eroded mutual trust. Each member of my family felt misunderstood and unloved. The result was everyone was out for themselves. Mutual blame, suspicion, and self-pity became the norm.

I carried this mistrust and resentment with me into my first few Al-Anon meetings. Mostly, I carried a certitude that I was suffering like no other. I was convinced I was unique and special in the hardship I had endured. I told myself no one had been as abandoned or abused as I had been.

Then, I listened to other members share their experience, strength, and hope. I heard stories very similar to mine. I heard stories very different and tragic. Some stories made me laugh or brought me to tears. Slowly, little by little,

"...I stepped out of my head and into community."

my own story softened and began to change. I no longer felt a sorrowful uniqueness. Instead, I felt connected to a trustworthy, safe, and reliable fellowship.

I experienced a profound shift from self-absorption to a desire for the greater good. No longer the center of a tragic universe, I stepped out of my head and into the community. I felt a new desire for our common welfare. Through this changed attitude, I viewed the Al-Anon fellowship, and surprisingly, the alcoholics in my life as beloved and worthy of my highest regard.

I gained personal recovery because of the great number of those who recovered before me. They received recovery from those who came before them and on and on. Just like Tradition One says, personal progress for the greatest number depends on each member embracing, supporting, and encouraging the unity of our fellowship.

WA Area Coordinators Chosen

Julie P., the new WA Area Chair, has selected the Panel 59 Coordinators who will serve our Area for the next 3 years. Julie wrote, "I had 14 TSPs (Trusted Servant Profiles) for 8 Coordinator positions! I would have loved to be able to give every one of the folks that applied a position, but I only had 8 available. Every person that applied was amazing and it made the decisions very difficult."

Alateen: Joe P.

Alateen Safety: Carrie W.

Archives: Dale S.

Group Records: Brian P.

Literature: Denise A.

Newsletter: Katharine R.

Public Outreach: Patrice C.

Web: Celeste M.

Mourning Life's Little Losses

by BITS Columnist Allen L.

Mourning life's little losses can be very confusing. Many times those things I mourn are such ordinary and simple things, I think I shouldn't be all that upset by their loss.

Webster's defines mourning as "the expression of deep sorrow for someone who has died, typically involving following certain conventions such as wearing black clothes." One synonym for mourning is grief, and once again I tend to think of grieving as reserved for significant events. The truth is that I can feel grief for the loss of many everyday situations.

Elisabeth Kubler-Ross first described the 5 stages of grief as generally happening in sequence beginning with Denial and progressing through Anger, Bargaining,

"Mourning life's little losses can be confusing."

Depression, and Acceptance. Some losses may confront me with all 5 stages of Grief spelled with capital letters while other losses may take me through some of the stages with lowercase letters. It's probably not very healthy to try and skip any of the stages, but Al-Anon has taught me that the easier path through any problem begins with Acceptance.

Step One: "We admitted we were powerless over alcohol—that our lives had become unmanageable." The Serenity Prayer begins with "God grant me the serenity to accept the things I cannot change." Since I seem to be

"I accept what is happening as what is happening, so I don't try and deny its reality."

advocating beginning where the stages of grief end, you might ask "How's that working for you?"

Pretty well, actually.

I accept what is happening as what is happening, so I don't try and deny its reality. I also make a conscious effort to avoid isolation by attending my regular Al-Anon meetings and sharing what has happened and my feelings about it.

Relying on my Higher Power to restore me to sanity helps me keep my natural anger and disappointment in check. Turning my will and my life over to my Higher Power helps me avoid bargaining for "my outcome" and the worst of depression.

No matter how severe or minor the event, my first reaction is to ask my Higher Power to grant me the serenity to accept the things I cannot change.

Meeting Updates

Paths to Recovery AFG in West Seattle Suspends Meeting

Paths to Recovery AFG that met at St. John's Church in West Seattle on Saturday mornings has been suspended. The Group's membership had been dwindling, and the cost of their space was increasing. They hope to get up and running again and would like to be considered "on hiatus."

Women's Friday Wallingford AFG Is Our Newest Registered Group

After meeting for more than a year, Women's Friday Wallingford AFG is now our newest registered Group. Along the way, the Group decided to become a women's Group. It is a one-hour meeting at 7:00 p.m. on Friday nights at Wallingford Presbyterian, 1414 N. 42nd Street, Seattle.

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 Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle NO JANUARY MEETING
District 22 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

	Nov 2018	Nov 2017	2018 YTD
REVENUE			
Donations	1871.26	4636.05	19385.33
Fundraisers	0	782.69	3612.00
Literature	1756.77	2650.63	33197.91
Shipping	102.00	0	1409.00
Misc.	12.98	8.09	51.33
Total Revenue	3743.01	8077.46	57655.57
Cost of Goods Sold	1177.62	1845.37	24325.64
Gross Profit	2565.39	6232.09	33329.93
EXPENDITURES			
Payroll & Related	10.00	3047.41	11608.24
Office Supplies	22.22	81.42	533.13
Parking/Bus Fare	38.50	175.00	858.40
Insurance	41.66	0	430.68
Professional Fees	0	0	243.00
Technology	55.04	0	1185.16
Rent & Maintenance/Move	625.00	980.95	8613.91
Telephone/Internet	197.86	193.55	1844.76
Postage	87.33	113.56	1822.83
Merchant Fees	72.30	74.42	988.12
Event Expenses	0	0	922.76
Equipment (lease/purchase)	185.15	363.47	6897.11
Misc	65.13	0	113.20
Total Expenses	1400.19	5029.78	36061.30
NET REVENUE	1165.20	1202.31	-2731.37

The above chart is an unofficial simplified version of the AIS Treasurer's Report. Note: Categories have changed since our conversion to QuickBooks Online. For more AIS Financial information, visit our Member's page at: www.seattle-al-anon.org/members

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

**OUR FUNDING NOW COMES
PRIMARILY FROM:**

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

AIS December Joint Board/ Council Meeting Summary by BITS Editor Teresa H.

- Outgoing Chair Anessa N. expressed her gratitude and appreciation for the opportunity to serve the past 3 years. She feels that AIS is in a really good place.
- Treasurer Linda H. reported that November was another month in the black. She submitted our 990 tax return and rolled a maturing CD into a 15-month CD with a higher interest rate. She is also exploring insurance for the Board.
- The Council voted to hire an attorney to help with our WA State Property Tax Exception appeal.
- Phone Co-Coordinator Susan C.H. reported plentiful vacancies in our phone volunteer calendar and encouraged members to volunteer by contacting phones@seattle-al-anon.org.
- LDC Coordinator Karen L. reported that we will meet our 2018 budgeted amount for literature sales. Spanish literature sales doubled this year.
- Communications Coordinator Teresa H. passed along a request from members organizing a Deaf Recovery Camp. Group consensus was that AIS could not provide financial support.
- BITS subscriptions reached a new high of over 400 subscriptions.
- Tech Coordinator Tatiana G. is looking for someone to Co-Coordinate with her.
- Elizabeth B. was appointed as Outreach Coordinator. We still need someone to Co-Coordinate with her.
- Some work still needs to be finished on the revised Standing Rules and Procedures Manual. It is tabled for the next Council meeting.
- The Ricoh printer is gone. We are still waiting for a final invoice for the service lease.
- Teresa H. suggested doing an Outreach mailing while we still have our bulk mailing permit and before the postal rates increase in late January.
- Members agreed to a January 12 meeting for our new Board to get to know one another and learn our jobs.

**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.**

Al-Anon and Alateen Events Listing as of January 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)

Jan 2	Wednesday 7:00PM	District 18 Business Meeting	TBD	district18@seattle-al-anon.org
Jan 3	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Jan 5	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	
Jan 7	Monday 7:30PM	Parents for Serenity AFG Speakers Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	
Jan 10	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Jan 12	Saturday 9:00-12:00PM	AMIAS Training	Contact alateen@wa-al-anon.org	
Jan 12	Saturday 10:00-2:00PM	AIS Board Meeting & Orientation	All Pilgrims Christian Church 509 10th Ave E, Seattle	chair@seattle-al-anon.org
Jan 12	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Jan 12	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	
Jan 14	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Jan 15	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)
Jan 17	Thursday 6:00PM	Terrace View AFG Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	6:00 Potluck 7:00 Speaker
Jan 19	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
Jan 19	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Jan 20	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Jan 23	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Jan 26	Saturday 6:00PM	Kirkland Mid Week Men's AFG Gratitude Potluck Dinner	Eastside Foursquare Church 14520 100th Ave NE, Bothell	Main dish and sides provided. Guests bring dessert.
Jan 28	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Jan 30	Wednesday 7:00PM	Alderwood AFG Speaker Meeting	Maplewood Presbyterian Church 19523 84th Ave W, Edmonds	
Jan 31	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
Feb 2	Saturday 9:00-5:00PM	AWSC Meeting	Alderwood Community Church 3403 Alderwood Mall Blvd, Lynnwood	dr22@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	
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

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 January 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/2nd fl conf/Holidays@Victrola) DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (park in rear/North entry/Signs to Glen Rm) DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel) (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) NO MEETING 1/1 DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No Meeting on legal holidays) DIST 22
MON 7:00PM 90/O/H	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 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) 1/1 UNKNOWN IF MEETING 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) UNKNOWN ON 1/1 DIST 14
WED 7:00PM 90/O/H	GFA HIJOS ADULTOS LIBERTAD Y ESPERANZA *NEW* Edmonds United Methodist, 828 Caspers St Rm 112, Edmonds (Park & Enter in Back of church) DIST 22
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) DIST 17
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 th Pl, Bellevue DIST 16

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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, 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 1/1 DIST 17
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines 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/ Basement entry) DIST 19
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn NEW LOCATION DIST 14
SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17

ONCE A MONTH SPEAKER MEETINGS

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

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EAST ZONE

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

SUN 12:00PM 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran, 10207 NE 183 rd St, Bothell DIST 15
MON 12:00PM 60/O/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
MON 12:30PM 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104 th Ave NE, Bothell 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/ <i>Speakers January 7th</i>) 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) UNKNOWN ON 1/1 DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 th St, Redmond UNKNOWN ON 1/1 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
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