

JANUARY
2020



BITS Newsletter

Seattle Al-Anon Information Service

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

* * * 2020 * * *

New GR? CMA Correct? Time to Update Records

by BITS Editor Teresa H.

January is an excellent time for Groups to update their information with WA Area. In the past, you may have updated the Group information with WSO, but because of updated procedures, you are now directed to make all meeting changes at the WA Area website. Go to wa-al-anon.org. Log in or create a log in. Then go to RESOURCES > FOR MEMBERS > MAKE MEETING CHANGES. If you need assistance, you can find an instructional link on our AIS Members page, or you can contact your District Representative (DR). All changes made on the WA Area site will be sent to both WSO and AIS. So WA Area is now the one-stop-shop for all changes.

The two most common changes at the beginning of the year are the Group Representative (GR) information and the Current Mailing Address (CMA) changes. The GR information allows the DR to communicate with your Group.

The CMA is the address where WSO sends mail to your Group. If USPS mail is returned to WSO, your Group listing will be removed from the WA Area electronic meeting finder.

That is the site that our Seattle AIS website links to and where many, if not most, new members find our meetings. Even if you are not changing your CMA, it is prudent to check whether your Group is listed on the WA Area site using their meeting finder. While there, you can check to see if the other details for your Group are listed and request that any outdated information be removed.

While you are updating your meeting information, please take the time to check the information in our printable AIS Meeting Directory, which is at the back of this newsletter. Check the time, address, and any special instructions and also the little codes below the day and time. Is the length of the meeting correct? Is your meeting open to observers? Is it handicapped accessible? Is it fragrance-free? Does it have a beginner's meeting? Does it offer ASL interpretation? Is there an Alateen, AA, or Adult Children of Alcoholics meeting at the same time and place? Do you provide childcare? All of this information is especially helpful to newcomers. The meeting length is beneficial so that attendees can plan their schedules accordingly.

Celebrate Lois's Birthday at Our AIS Fellowship Event

by Event Co-Chairs Karen L. and Teresa H.

We have received feedback from our members that while putting together auction baskets and all the work associated with our AIS auctions were not your favorites, you miss the fellowship at AIS events. To fill that desire for fellowship, please celebrate Lois's Birthday on Saturday, February 29, at St. Andrew's Lutheran Church in Bellevue. The party will include good food, inspirational speakers, a little bit about Lois's life, and time to catch up with Al-Anon friends.

The potluck begins at 5:00 p.m. AIS will provide a choice of main dishes, including lasagna, eggplant parmesan, and gluten-free pasta. Please bring a salad or other side dish
(Continued on page 2)

Celebrating Lois's Birthday A Tribute to Lois & Fellowship

Speakers:
Al-Anon, Alateen, and AA

- Potluck:**
- Main Dish Provided
 - Meat, Vegetarian & Gluten-Free Options
 - Birthday Cake Provided
 - Coffee, Tea, & Water Provided
 - Please Bring a Side Dish

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

event@seattle-al-anon.org



An AIS Sponsored Event

Saturday, February 29, 5:00 pm

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



Ending One Year and Welcoming the New Year

by AIS Chair Eliza D.

I am very grateful for the volunteers who have contributed so much to the efficiency of the Al-Anon Information Service (AIS) and have now stepped down from those AIS positions. I am equally grateful for those who have stepped up to service positions with the Seattle AIS, in service to the Greater Seattle Area Groups.

We often report to the Group Reps (GRs), District Reps (DRs), Alt-GRs, and Alt-DRs that we are serving them better by making the AIS office a volunteer-run office. We have reduced our budget. We have eliminated the need for the biannual fundraising auctions. We have successfully moved to a less expensive location, and we reduced the number of days that the office is open to 1 day a week, filling more literature orders than when the office was open 5 days a week.

The AIS has been very transparent about AIS finances as well as rising to challenges that have come up in the last few years. We have a significant amount of money in AMPLE Reserve and some extra funds in the checking account. We had our first meeting to discuss a policy for handling finances above and beyond the annual budget. A formal report is expected in the coming months.

We have been working with our current all-volunteer model for almost 2 years, and it has worked well so far. Those who have led us to this all-volunteer model have expressed

concerns about the sustainability of the all-volunteer model with so many professional skills required for certain positions. I am expecting further conversation on this question going into the new year.

We do need the Groups in the Greater Seattle Area to contribute regularly to help AIS meet our monthly expenses. I do invite more representation by Groups and Districts at the AIS Board and Council meetings. Members can also participate by writing articles for the BITS newsletter, taking a phone shift, and offering to fill an office volunteer position. Together we can make 2020 the best year for Al-Anon Information Service here in the Seattle Area.

Respectfully submitted,
Eliza D.
2020 AIS Chair

Celebrate Lois's Birthday

(Continued from page 1)

to share. And, of course, there will be birthday cake provided by AIS!

Around 6:00 p.m., we will hear from Alateen, Al-Anon, and AA speakers as they share their personal stories of recovery. To make this event as inclusive as possible, we are offering ASL and Spanish interpreters if those needing the interpretation RSVP to event@seattle-al-anon.org by February 10. (For the Spanish interpretation, we will be borrowing WA Area's translation equipment.)

We need volunteers to help in the kitchen and with the cleanup. Please let us know if you are willing to help: event@seattle-al-anon.org



CONTACT AIS

For Up-to-Date Information

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

To Order Literature

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

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

Office/Literature Pick Up Location

509 10th Ave E #100

Seattle, WA 98102

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

Mailing Address

505 Broadway E #400

Seattle, WA 98102-5023

To Speak with a Member

call 206-625-0000

AIS Needs YOU!

Current Service Opportunities:

Phone Volunteer Coordinator

Archivist Coordinator

Tech Co-Coordinator

Treasurer-in-Training

Office Volunteers

Phone Volunteers



If you are interested in a particular area of service, please contact the appropriate Coordinator to see how you might serve on their Committee.



Out of the Toolbox

by BITS Columnist Callie D.

The Wisdom to Know the Difference...

Lately, I seem to struggle a lot with familiar patterns that are anchored in long-standing familial dysfunction. I often feel like I have to “stay the course” of an earlier decision, even when circumstances change around me. It’s like I’m trying to contort my life to fit into a box of someone else’s making.

This is when I experience sleeplessness, excessive worry, and an enveloping sense of failure and discouragement. I become susceptible to the old pattern of “Doing the same thing over and over again... expecting different results.” This is known as the definition of “crazy.” Step One tells me it is okay and even healthy to recognize that “my life has become unmanageable” and “I am powerless over alcohol.” I might add that I am also powerless over outside circumstances, including the behavior and decisions of others.

My self-employment gig is expiring at the end of December. Recently a path seemed to open up for a day job in my new field, along with night school to develop advanced skills. I was excited and so ready to be gainfully employed and to have a steady schedule! But then life came along with the inevitable curveball, and circumstances shifted within the household where I live, which affected my ability to execute the plan. In addition, the hiring decision was delayed due to another unexpected event in the life of the potential employer.

It currently feels like everyone else knows where the bus stop is, and I’m still standing alone, and have apparently missed the bus! But wait a minute! The “bus” is not the only mode of travel! The God of my understanding has a unique path for me and often just reveals it one step at a time. I have heard that if reality is a river and I spend excessive amounts of energy trying to paddle upstream, I’m not going to get anywhere except exhausted!

I am exhausted! God grant me the serenity to accept the things I cannot change. I cannot change the shift in circumstances around me. I can let go and let God restore me to sanity! I can turn my kayak around and go with the flow of reality, instead of fighting the rapids. I can look for the courage to change the things I can. I can search for opportunities that are along the edges of the river, as I go with the flow of serenity, and conserve my energy for the next adventure! I can acquire the “wisdom to know the difference” between the insanity of clinging to familiar futile patterns and the serenity of the new ways I am learning in recovery.

One day at a time!

AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Kimberly O.

vicechair@seattle-al-anon.org

Secretary

Roxanne T.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Alateen Coordinator

Kathy B.

alateen@seattle-al-anon.org

Archivist Coordinator

OPEN

archives@seattle-al-anon.org

Communications Coordinator

Luca S.

communications@seattle-al-anon.org

Literature Dist. Center Co-Coordination

Doug L. and Julie R.

LDC@seattle-al-anon.org

Outreach Coordinator

Jennifer S.

outreach@seattle-al-anon.org

Phone Volunteer Coordinator

OPEN

phones@seattle-al-anon.org

Tech Coordinator

Jeffrey M.

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.

The Magic of Twenty-Twenty

by BITS Columnist Allen L.

Twenty-Twenty!

Some numbers just fire the imagination. They seem to possess magic and importance that other numbers don't have.

Twenty-twenty has that magic for me for several reasons. First, it's 20 years into the 21st century. For an avid reader of science fiction, I have been visiting those fictional futures for as long as I can remember. The stories fascinate me with the endless possibilities of the authors' imaginations. Now here I am living in that time they imagined!

My birthday is in early January, so I have always associated my birthday with the fresh start that a brand new year brings. Twenty-twenty is also the start of a milestone year for me.

This year I turn 75.

Three-quarters of a century!

For some reason (probably my Al-Anon program practice), I don't see this birthday as approaching the end or winding



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down. I am much more excited to see what the next years will bring.

Last year I had open-heart surgery. A triple bypass that far from making me fear my mortality, gave me a new sense of freedom. I have a renewed desire to be more active: to do as much as I can for as long as I can. Beyond the physical ability to do things I couldn't do before the surgery, my mental attitude has changed.

Somehow there is a sense of freedom to try all the things that my old self-image wouldn't allow me to do in the past. To give myself full permission to practice Step Three: "Made a decision to turn our will and our lives over to the care of God *as we understood Him.*" To accept taking the next indicated step without a plan or self-imposed direction.

I am trusting in my Higher Power to lead me in the right direction—even when I can't see the path or the end of the journey.

Step One Can Offer a New Beginning

by BITS Columnist Fawn B.

Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable.

It's 2020. A new year, a new decade, and an opportunity for new goals. I'm not talking about New Year's resolutions. The top 3 resolutions for 2019 were to eat healthier, exercise more, and lose weight. While those are worthy endeavors, our program offers deep, lasting growth. Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable. This is more than a fleeting fad. When practiced in earnest, it is a formula for lifelong change.

I'm not new to the Steps. I've practiced them for many years. But, with a fresh decade, I'm embracing Step One anew. I am truly powerless over anything but my own life. In the new year, I want to fully embrace the wisdom that says I have no control over loved ones, the past, other people, or alcoholism. "No one can control the insidious effect of alcohol or its power to destroy the graces and decencies of life" (*One Day at a Time in Al-Anon*, p. 86). No one can. No one. Luckily, we have Step One to help us.

I've been thinking about a fresh way to practice Step One. When I find myself judging another's behavior and believing I have the answers, I'll try to remember this phrase: "They

have a good reason for doing it that way." From simple acts like sweeping the floor to profound ideas like a belief in God, people have come to their own choices through their own life experiences. The consequences of those choices are between them and their Higher Power. When I don't accept that fact, my life becomes unmanageable. I obsess, begrudge, or spin out of control. I want serenity in 2020, not obsession.

Another take on the same idea is this: "I love this person just the way they are." I want peace in my relationships. It begins with me not infusing my discontentment onto them or expecting them to change so I can be happy. When I remember to practice this radical acceptance, whether the alcoholic is still drinking or not, I feel open and content. I create a space for my Higher Power to work through us.

Practicing Step One is a lifelong process. The change that takes place when I truly realized I am powerless is deep and lasting—not a resolution forgotten months later. Once I see the futility of my controlling behavior, I can never fully go back to my old ways. I am forever changed by Step One. There's freedom in this powerlessness. I can turn my thoughts toward my highest good instead of someone else's perceived shortcomings. I have time to pursue self-care instead of illusions. I can love myself and others just the way we are. It's an excellent way to begin a new decade.

Where to Send Donations

Service Arms and Instructions

AIS MAILING ADDRESS

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

Pay online by e-mailing your Group name and number along with the amount you wish to donate to LDC@seattle-al-anon.org. You will then receive a QuickBooks payment request to enter the credit card information.

WASHINGTON AREA

Send e-mail to treasurer@wa-al-anon.org to request their address

or

Go online to <https://wa-al-anon.org/7th-tradition/> Choose the donate button and you will be taken to a PayPal page to pay.

AFG INC. (WSO)

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454-5617
or

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

Send e-mail to district19@seattle-al-anon.org to request their address

District 20

PO Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

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

Please make checks payable to the service arm as listed above and remember to include your Group name and number.

Alateen Update

by AIS Alateen Coordinator Kathy B.

A new Alateen meeting will begin on Saturday, January 4, 2020, from 10:30-11:30 a.m. at Queen Anne Lutheran Church, 2400 8th Ave. W. in Seattle. The AMIAS have been selected, along with a backup, in case an adult sponsor is not available. A special “thank you” to the How Important Is It? Al-Anon Family Group (AFG) for supporting this new Alateen Group.

An AMIAS greeter will be at the McGraw St entrance of the church to welcome Alateens and direct them to our meeting room.

In December 2019, Kathy B., AIS Alateen Coordinator, and Jennifer S., District 20 Outreach Coordinator, met with the Drug and Alcohol Counselors and Team Leader for Seattle Schools. This was an exploratory meeting to discuss the needs in the middle schools and how Alateen groups might be started. There was interest and enthusiasm for looking into this further. We are in the process of developing a Memorandum of Understanding with some of the middle schools. The counselors are reviewing what Alateen has to offer and how they might partner with Al-Anon to begin Alateen in the schools. Since the needs of the schools differ, each schedule will be different.

We now have 55 trained AMIAS in our Seattle AIS area. Once we know the schedules the schools need, we will be sending out a “Help Wanted” to our AMIAS. We hope to have confirmed plans by February.

We are also continuing to communicate with our Seattle AIS area AMIAS and will be planning another AMIAS event for January to bring this critical group together. Training sessions are also being scheduled for any Al-Anon members who are interested in working with the Alateen Groups. Look for more information at seattle-al-anon.org.

Just a reminder: Alateen meetings are closed. Only Alateens and AMIAS may attend the meetings unless the Alateens choose to hold an open meeting to inform the community.



Phone Volunteer Coordinator Needed for 2020

by Outgoing Phone Volunteer Coordinator Karen T.

The Volunteer Phone Coordinator position is open. I am willing to meet with anyone considering the service position. It is less than an hour a week commitment as the calendar is sent out separately. The duties consist mainly of communicating with current and new volunteers and the member who produces the calendar each month.



Meeting Updates

New Lynnwood Meeting

A new open meeting has begun in Lynnwood on Tuesdays at 11:30 a.m. It is called the Lynnwood Almost Noon AFG and meets at the Lynnwood Alano Club at 4001 198th St. S.W. in Room B. The Alano Club is located in the strip mall next to Goodwill. For now, the Group meets for one hour. It is expected to be extended to 90 minutes when the attendance size grows. Our emphasis is solution-based, where we focus on the Step and Tradition for each month on the 1st and 3rd Tuesdays, respectively, and topics on the other Tuesdays. The entrance and parking are in the back. Hope to see you there! —Marcy B.

Friends AFG Has a New Time

The members of Friends AFG have a new meeting time. Effective January 1, our new meeting time is 7:00-8:00 p.m. The meeting is on Wednesdays at North Seattle Friends Church, 7736 24th Ave. N.E. We welcome newcomers and seasoned members to our meeting. —Annie T.

Morning Serenity AFG

Morning Serenity AFG, previously meeting on Tuesday mornings, has disbanded.

So what do you do?

- Write a short email message each month to accompany the calendar link for signup.
- Communicate with those interested in doing phone service. This is done mostly by email.
- Communicate with new and current volunteers. Mostly by email.
- Communicate with the person producing the calendar by sending new volunteer information to them. Mostly by email.
- Answer voice messages left on the mainline when there is no volunteer coverage. Email messages for the Coordinator can be forwarded to you. There are not many messages to answer—usually newcomers asking basic Al-Anon questions or requesting meeting information.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 B.Z. W. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church 505 17th St SE, Auburn
District 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See Above
District 17 Massy A. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	Contact Grita P. for Information
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda H. for Location
District 20 Elizabeth G. district20@seattle-al-anon.org	2nd Monday from 6:00 – 7:30 PM Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Jackie T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline

Greater Seattle AIS Financial Activity Comparison

	Nov 2019	Nov 2018	2019 YTD
REVENUE			
Donations	1,358.37	1,871.26	13,618.35
Fundraisers	0.00	0.00	0.00
Literature	2,976.30	1,871.67	33,340.02
Misc.	0.09	0.08	0.92
Total Revenue	4,334.76	3,743.01	46,959.29
Cost of Goods Sold	2,093.20	1,280.95	23,722.25
Gross Profit	2,241.56	2,462.06	23,237.04
EXPENDITURES			
Alateen	80.07	0.00	220.12
Conferences	0.00	0.00	418.92
Merchant Fees	68.42	72.30	1,003.88
Event Expenses	108.76	0.00	660.59
Insurance and Licenses	0.00	55.00	10.00
Equipment	0.00	20.00	71.00
Office Supplies	0.00	22.22	257.98
Outreach	7.75	10.13	290.27
Taxes	0.00	0.00	1,000.51
Rent & Maintenance	625.00	625.00	6,957.84
Professional Fees	0.00	0.00	1,777.50
Technology	221.68	418.05	2,505.48
Volunteer Bus/Parking	38.50	38.50	449.25
Misc	61.50	30.00	61.50
Total Expenses	1,253.34	1,332.86	16,143.18
NET REVENUE	988.22	1,129.20	7,093.86

The above chart is an unofficial simplified version of the AIS Treasurer's Report. For more detailed AIS Financial information, visit our Member's page at: www.seattle-al-anon.org/members



**Thank you for your donations and
for your support of AIS!**

Our funding now comes primarily from:

- Donations by Members, Groups, and Districts
- Literature sales

PLEASE SEND ALL AIS MAIL INCLUDING CHECKS FOR
LITERATURE ORDERS AND DONATIONS TO:

505 Broadway E #400
Seattle, WA 98102-5023

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

Chair's Report: Eliza D. began the meeting with a group discussion about AIS and who we are and what our identity is. Eliza D. shared the newcomer checklist. It is available on the WSO website and is a useful resource.

Treasurer's Report: Treasurer Linda H. shared financial reports and noted that donations are down a bit, but literature sales are doing well. We are in the black for the year. The Financial Policy Task Force is working on a plan to determine the appropriate amount for our ample reserve. They will also develop a plan for any funds above that amount. Linda H. requested we spread the word that she would like a Treasurer-In-Training in preparation for taking over the Treasurer position for 2021.

Vice Chair's Report: Vice-Chair Doug L. sent an inquiry on AFG Connects and received responses from several Al-Anon service arms around the country. Doug L. welcomes help looking into Board insurance.

Alateen Coordinator's Report: Kathy B. reported we have 55 AMIAS now, and there is a new Alateen group starting in January at Queen Anne Lutheran Church. Also, they met with schools in the Seattle School District, and 4 middle schools are interested in starting Groups. There will be another Alateen Interest Group meeting on January 22 to discuss more ideas for expanding our Alateen program.

Communications Coordinator's Report: Teresa H. reported that holiday meeting cancellations are on the website. Any changes in GRs should be changed on the Washington Area website. Instructions can be found on our website's Member page. Teresa H. introduced Luca S., the incoming Communications Coordinator for 2020.

Outreach Coordinator's Report: Ellen M. reported that it had been a quiet month other than a request for a speaker for a meeting in California in February.

LDC Coordinator's Report: Elizabeth G. reported that she is delighted to have 9 volunteers for the office. Karen L. discussed changes to the Service Manual. The new Manuals with extensive changes are online now. Hard copies will be available at the end of January. A suggestion by Karen L. to offer a replacement copy to those who recently bought service manuals from the LDC was tabled.

Tech Coordinator's Report: Jeff M. reported that he could use a Co-Coordinator to work with him on Tech issues. **Old Business:** Teresa H. asked attendees to share our need for a Phone Volunteer Coordinator and an Archivist Coordinator. The Lois's Birthday Celebration on February 29 in Bellevue is a potluck with the main dish and birthday cake supplied by AIS. Volunteers are needed to help in the kitchen and baking lasagna.

Monthly Al-Anon & Alateen Events Listing (as of January 1, 2020)

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

Jan 2	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Jan 4	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
Jan 7	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Jan 9	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Jan 9	Thursday 7:30-9:00PM	Lake Hills Thursday Night AFG Book Study	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	<i>Opening Our Hearts, Transforming Our Losses</i>
Jan 11	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Jan 11	Saturday 7:30PM	M.E.S.H. Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
Jan 13	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Jan 16	Thursday 6:00PM	Terrace View AFG Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	6:00PM Potluck 7:00PM Speaker
Jan 18	Saturday 8:30AM	Districts 15 & 16 Business Meeting	St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Jan 18	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Jan 19	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Jan 21	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 22	Wednesday 6:30PM	Seattle Area Alateen Interest Group	Queen Anne Lutheran Church 2400 8th Ave W, Seattle	alateen@seattle-al-anon.org
Jan 25	Saturday 6:00PM	Kirkland Midweek Men's AFG Gratitude Potluck Dinner	Eastside Foursquare Church 14520 100th Ave NE, Bothell	
Jan 27	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Jan 30	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
Jan 31	Friday 7:30PM	Seattle Men's AFG Quarterly Speaker Meeting	Northminster Presbyterian Church 7706 25th Ave NW, Seattle	
Feb 1	Saturday 9:00AM	WA Area February AWSC	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	kitsapalanon@gmail.com
Feb 29	Saturday 5:00PM	Celebrating Lois's Birthday A Tribute to Lois & Fellowship	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	event@seattle-al-anon.org
Mar 14	Saturday TBD	Burien Little Assembly	Brooklake Church 629 S 356th St, Federal Way	www.burienlittleassembly.org
Mar 30	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152nd St, Burien	district18@seattle-al-anon.org
Mar 30	Monday 7:00PM	Meadowdale AFG Special Event	St. Hilda & St. Patrick Episcopal 15224 52nd Ave W, Edmonds	
Mar 30	Monday 7:30PM	Parents for Serenity AFG Speaker Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	
Apr 3-4	Weekend	WA Area Pre-Con Assembly	Campbell's Resort 104 W Woodin Ave, Chelan	chair@wa-al-anon.org

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

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

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of January 1, 2020

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

Directory Guide

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

To change meeting information: <http://wa-al-anon.org/>
Log in. Then Resources>For Members>Make Meeting Changes. Enter changes.

Note: The form will expand after you click the box for permanent or temporary change. Please do NOT submit changes to WSO or via mail or email. Need help? communications@seattle-al-anon.org

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 2nd Ave S, Kent (Free Childcare) DIST 14
WED 7:00PM 90/O	LIBERTAD Y ESPERANZA HIJOS ADULTOS GFA Ed. United Meth, 828 Caspers St Rm 302, Edmonds (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 4th St, Renton (Downstairs) DIST 17
THURS 10:00AM 90/O	GFA UN REGALO PARA MI NEW #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13th Pl, Bellevue DIST 16

**For the most up-to-date meeting changes,
go to: seattle-al-anon.org**

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 floor conference room) DIST 20
MON 12:00PM 60/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North Entry/Signs to Glen Rm) DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4th Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch) DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG #30614923 St Therese Parish House, 926 35th Ave, Seattle (Central District) NEW LOCATION DIST 20
TUES 7:00PM 75/O	Unity on Union AFG NEW LOCATION #30592290 Church of the Good Shepherd, 2116 E Union St, Seattle (Late: signal at downstairs window) DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 75/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

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

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW Social Work, 4101 15th Ave NE #301, Seattle (ASL available 1/5, 1/26, 2/2, 2/16) 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 11:30AM 60/O/H	LYNNWOOD ALMOST NOON #30729969 Lynnwood Alano Club, 4001 198th SW Room B, Lynnwood NEW MEETING DIST 22
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	EDMONDS AFG #500668 Edmonds United Methodist, 828 Caspers St Edmonds 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 7:00PM 60/O/H/B	FRIENDS AFG NEW TIME #30611010 North Seattle Friends, 7736 24th Ave NE, Seattle (Side bldg. N of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78th St, Seattle (Enter at rear) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56th Ave W, Mountlake Terrace DIST 22

WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
THURS 7:30PM 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36th St, Seattle (Meets in 1st 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 196th) DIST 22
SAT 7:30PM 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70th St, Seattle (Enter on NE corner) DIST 21

ONCE A MONTH SPEAKER MEETINGS

2nd SAT 7:30PM 90/O/H	M.E.S.H. 2nd SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2nd 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 3rd Saturday) DIST 14

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

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

**AIS Office and Literature Distribution Center
509 10th Ave E, Seattle WA 98102**

**MAILING ADDRESS:
505 Broadway E #400, Seattle WA 98102
Open Thursdays from 9:30AM - 3:30PM**

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 436th Way, Enumclaw DIST 14
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17th St SE, Auburn (Enter main church on 17th St SE) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17th 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 1st Ave S, Burien DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14th 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 356th 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 5th 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 4th 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 9th 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 344th St, Federal Way Free (Childcare) DIST 14
WED 1:30PM 60/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1st 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 216th Ave SE, Covington (Behind church) 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 4th Wed) DIST
WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24th Ave S, Des Moines (Side door at north of church) DIST 18
THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY MORNING AFG #23848 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 St John's Episc, 3050 California Ave, Parish Hall, Seattle (Childcare/Enter 42nd/Park W Sea Hi) DIST 19
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn DIST
SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Downstairs/Follow Signs) DIST 17

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

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 8th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran of Bothell, 10207 NE 183rd St, Bothell DIST 15
MON 12:00PM 60/O/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
MON 12:30PM 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104th Ave NE, Bothell DIST 15
MON 7:00PM 90/O/H	LIVING IN THE SOLUTION AFG #49784 Holy Spirit Lutheran, 10021 NE 124th 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 40th St, Mercer Island (Parent's meeting/Speaker on 5th Mondays) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 SE Coal Creek Pkwy, Bellevue (1st floor in main church building) DIST 16
TUES 12:30PM 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5th 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 100th Ave NE, Bothell (Free childcare) DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80th St, Redmond DIST 15
WED 7:00PM 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5th 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 80th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90/H	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
THURS 10:00AM 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
THURS 10:00AM 90/H/B	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108th 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 148th 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 148th Ave SE, Bellevue DIST 16
FRI 7:30PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166th 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 8th St, Bellevue DIST 15

ALATEEN MEETINGS

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

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41st Ave SW, Seattle (Ages 13-18) Pizza 2nd Mondays DIST 19
TUES 7:30PM 90/AL	EDMONDS ALATEEN SERENITY FOR YOUTH Edmonds United Methodist, 828 Caspers St, #113, Edmonds (Ages 12-19) #30639096 DIST 22
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AL/AA	LAKE HILLS ALATEEN #14119 St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16
SAT 10:30AM 60/H/AL	RECOVERY IS FOR EVERYBODY ALATEEN #30728705 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-18) DIST 20

PHONE NUMBERS

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