

JULY
2019



BITS Newsletter

Seattle Al-Anon Information Service

Why It Is Important for All Groups to Have a Group Rep by Karen L.

Thankfully my home group has had great Group Representatives (GRs), so I understood the value and importance. As I watched my predecessors during our group meetings, I saw that they were a vital communication link. They kept us informed of upcoming events nearby (speaker meetings, gratitude dinners, workshops) that gave us more opportunities to hear and exchange experience,

“The groups are the foundation of Al-Anon and have the final say in the fellowship, but a group can have no say unless it participates and sends a voice through an elected group representative.”
-Paths to Recovery (p. 194)

strength, and hope. They passed on items learned at District and Area meetings. I will always remember one instance where the GR informed the group that at an Area event, they discovered that a word we innocently used occasionally had treatment center, not Al-Anon, origins. After hearing this from our GR, the group very effectively self-corrected. This is one small example where the GR helped us stay truer to practice Al-Anon in accordance to the 12 Traditions and Concepts.

At this year's Summer Seminar Assembly, I experienced the value of using the Knowledge-Based Decision Making (KBDM) tool recommended in Al-Anon. I learned that it doesn't have to be complicated or take a lot of time. Our group found that using the KBDM questions gave us a structure to be more thoughtful and thorough in a short timeframe to present a meeting relocation proposal at a business meeting. We are also using KBDM to address issues from our group inventory. We actually created committees for several areas. The committees will be using KBDM to come up with recommendations for our business meeting. I am grateful the Area keeps reinforcing and educating me on the tools that I can bring back to support my group.

As a GR now and Alternative (Alt) GR prior, I have learned other reasons for groups to have GRs.

1. I wondered where and how our 7th Tradition donations to the District, Area, and Greater Seattle AIS are utilized. At Area assemblies and District and AIS meetings, budgets and expenses are reviewed. I can ask any question. I have learned about services and Area representation that I had taken for granted.
2. Ever have an idea on how funds should be spent? The District and AIS meetings encourage Group input. Each Group has a vote in deciding how the funds are spent.
3. Ever wonder why a decision was made that you didn't agree with? At the April WA Area Pre-Conference Assembly, there



was a vote regarding gender-neutral language. This motion has been under discussion for years. In April, the motion to take the Gender Neutral proposal to the World Service Conference did not pass. I have been asked why it didn't pass. One answer is there weren't enough votes in support of it. Out of the 346 Al-Anon Family Groups in Washington Area, there were only 132 Groups represented at the assembly. This means only 38% of all Groups were present to vote yes or no! Of the 132 votes, 72 were "yes." That is 55% approval which did not meet the substantial unanimity level. If the 215 groups not present had voted, would the results have been different? Hopefully, the next time we vote on a motion, participation will represent a majority and not a minority of our fellowship.

As stated in *Paths to Recovery* (p. 194), "The groups are the foundation of Al-Anon and have the final say in the fellowship, but a group can have no say unless it participates and sends a voice through an elected group representative."

July 4th Cancellations

Please visit our website for the latest information about meeting cancellations on July 4th.
www.seattle-al-anon.org

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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.

Office/Lit 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

Phone Volunteers Needed for 24/7 Al-Anon Help Line

by BITS Editor Teresa H.

Volunteers are needed to meet the 24/7 information line coverage. Without coverage, those affected by someone else's drinking will get a recorded message instead of the reassuring, comforting voice of an Al-Anon member. Sometimes existing volunteers will take multiple shifts to make up for the shortage, but often they have no additional time to volunteer.

To get a clear picture of the need, Phone Coordinator Karen T. presented the AIS Council with the following numbers for June (as of June 13th):

- June had 30 days with 6 phone shifts per day for a total of 180 shifts.
- The LDC/AIS office volunteers cover the shifts during office hours on Thursdays. So they will cover 8 of those 180 shifts.
- That leaves a total of 172 shifts for phone volunteers to cover for the month.
- Regular phone volunteers signed up to cover 76 shifts.
- That left a total of 96 shifts uncovered. More than half the shifts!

Please contact phones@seattle-al-anon.org to sign up for one or more 3-hour shifts.



THE 22ND ANNUAL AL-ANON/ALATEEN WEEKEND

SERENITY ON THE SOUND

SEABECK, WA

SEPTEMBER 20-22, 2019

Amazing Reasons to Join Us:

Program:

- Be inspired to work *your* program for you
- Gratefully enjoy fellowship with new friends and the love of known friends
- Meetings and group activities are encouraged and *entirely optional* with planned free time
- Practice gentleness and acceptance of yourself as you are right now

Place:

- A beautiful setting harboring a feeling of being well-grounded on Hood Canal
- 2 Nights Stay with comfortable beds, linens, and 5 generous family-style meals included (Friday dinner thru Sunday breakfast)
- Local beauty and activities on site and nearby

[See the AIS Website Events Page](#) for Registration Information

To view the SOS Location Online visit

Seabeck Conference Center www.seabeck.org

Feel Serenity in the Transforming Power of an "Attitude of Gratitude" as you enjoy Al-Anon & Alateen Program & Fellowship

Meetings & Events

Speaker Meetings
Topic Workshops
Al-Anon/Alateen Panel
Evening Bonfire
Candlelight Meeting

Fun and Relaxation

Craft and Games
Guided Local Hikes
Rowboats
Paddleboats
Meditation
Movies and Popcorn

**Registration Closes
August 15, 2019**



Out of the Toolbox

by BITS Columnist Callie D.

Progress Not Perfection

I believe we were originally designed to live in a world without abuse, addiction, or disease. However, the generational aftermath of these powerful maladaptations has left wounds and scars on countless families. The insidious path of alcoholism may seemingly skip over a household of teetotalers, yet the earmarks of dysfunction silently rage throughout the home. Defense mechanisms create a complex atmosphere of survival roles that often follow us into adulthood where we unconsciously choose the familiar over the healthy.

Perfectionism, an elusive high bar embedded in the stratosphere, tends to be an impossible standard within the family systems ravaged by addiction/alcoholism. Children are, at times, savagely criticized for normal behaviors that are a natural part of the learning process. Black and white thinking emerges to try to make sense of the convoluted chaos in which we live. We are either winners or losers, the very top of the class or we have failed; even if we achieved an A, we stay stuck within those daunting voices of criticism and may refuse to take the risk of trying a new way.

In the rooms of Al-Anon, we have the opportunity to unravel that ball of barbed wire rolled up with strands of silk. We often begin our journey when the pain of our circumstances finally eclipses the pain and fear involved in change. We have developed resourceful ways of living that often include thick, murky layers of denial painted over with a deceptive tropical sunset. In the rooms of recovery, we have the opportunity to compassionately peer under the seasoned façade to the reality of our life.

When I began my recovery journey, it felt like I was betraying my family to explore my roots and challenge the functionality of my current circumstances. These were challenging yet necessary steps to unearth the seeds and nurturance of my dysfunctional patterns. Codependency was my first epiphany, as I was mired in the lives of those around me and actually felt

I simply could not feel at peace if those I cared about were experiencing any negative emotions and I could not stand it if anyone was mad at me!

guilty when they did something destructive. I simply could not feel at peace if those I cared about were experiencing any negative emotions, and I could not stand it if anyone was mad at me! I thought it was my responsibility to keep them happy, and ironically they thought so too!

There were a lot of tears involved with me developing boundaries, as I had to disappoint others' expectations and risk abandonment by not complying. It felt like I wasn't being loving, when in fact, letting others be responsible for their own choices and resulting consequences was the most loving thing I could do. The path of recovery and healthy change is full of switchbacks, storms, mountaintop experiences, and deep melancholy valleys: Progress not perfection.

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 Co-Coordiators
Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteers Coordinator
Karen T.

phones@seattle-al-anon.org

Tech Co-Coordiators
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 also has an Alateen Liaison, Kathy B., who is a non-voting member. You can contact her at alateen@seattle-al-anon.org.

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 Hero's Journey

by BITS Columnist Allen L.

Most of the books I read or the movies I watch are about the “Hero’s Journey.” The Hero’s Journey is the writer’s technical term for a type of story, but it includes the Heroine’s Journey as well.

Think Alice, bored and lonely following the White Rabbit down the rabbit hole. Think Neo (the Matrix movies) dissatisfied with his life, picking the Blue Pill. Alice and Neo are just representatives for all the other characters in our favorite stories, but in every case, the same story is taking place.

The main character is changing, moving from their old “ordinary world” to a new “extraordinary world.” In that transition, they discover a new self, fitted to the new extraordinary world leaving the old world and self behind.

We do exactly the same thing when sick and tired of being sick and tired, we start down the path of Al-Anon’s 12 Steps.

We walk into a meeting room, and everyone in that room sees us differently from the face we show the ordinary world. We see ourselves differently. That’s why we feel nervous and afraid. I am showing my true self and finally confronting the chasm between my “ordinary” world and the “extraordinary” world I want.

Self-Will vs. Let Go and Let God

by BITS Columnist Fawn B.

Step 7: *Humbly asked Him to remove our shortcomings.*

For me, Step Seven was the hardest step. Yet it was the one from which I reaped the most rewards.

I lived my entire pre-Al-Anon life with the attitude that I could do anything if I put my mind to it. I viewed myself as a can-do, type A, problem-solver kind of gal. In fact, unlike many who came into the program with hopes of finding some magic tool to get their alcoholic to stop drinking, I just wanted to feel powerful again; as I did before the effects of the disease brought me to the breaking point. I wanted that old (albeit false) feeling of control.

Instead, I was asked to look at my character defects. “Okay,” I thought. I can do this. I did an honest, thorough 4th Step and shared it with my sponsor in Step Five. But, when it came time for Steps Six and Seven, I sped through them, applying my can-do thinking instead. My self-will worked for the minor flaws. But the systemic, sneaky, served-me-for-years defects didn’t budge.

No matter how hard I tried or how much I wanted myself to be different, I couldn’t do it. At that point, I remember feeling defeated and thinking that I was stuck with a brain that was permanently flawed and incapable of change. That was when I stopped trying. In my defeat and humility, I began to let go and let God.

I started my Hero’s (or Heroine’s if you prefer) Journey with the First Step, “We admitted we were powerless over alcohol—that our lives had become unmanageable.” Through the practice and study of the 12 Steps, I began to see myself with different eyes, and the rest of the world started to see me differently, too.

That’s the whole point of Al-Anon for me, a personal journey from a self that isn’t working to a self that works. To a self that “Having

That’s the whole point of Al-Anon for me, a personal journey from a self that isn’t working to a self that works.

had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs” (Step 12). Unlike my favorite stories, my Hero’s Journey doesn’t have a clean, neat ending.

As I continue to go to meetings and study the 12 Steps, I grow and change, and I become better suited to this new and extraordinary world that is my life.

The program tells us that we cannot cure the alcoholic. Nor can we cure ourselves of the character defects that are a result of the disease. We are not capable of effectively eliminating aspects of our personalities that have made our lives unmanageable. It reminds us that our Higher Power can and will do for us what we cannot do for ourselves. All we have to do is humbly ask God directly for help.

A few years before I realized I could not remove my defects by myself, my sponsor asked me to write my own 7th Step prayer. I was obedient and wrote a heartfelt prayer. However, back then, I didn’t use it much. I was still overly confident in my fortitude. But by this time, I knew I needed it. So, I dusted it off and used it earnestly and humbly. I said it often. Not because I didn’t trust my HP to help me. But, because I needed to keep reminding myself that I needed help.

I didn’t experience a radical change or instantaneous personality transformation. Instead, my life slowly began to go smoother. My major defects became softer and less frequent. I found myself making better choices. I had more serendipity. I felt better more often.

The Al-Anon program works in mysterious and miraculous ways if we work it. Part of the work is humbly asking God to remove all our defects of character. It was difficult for me to let go of my pride and admit I needed help. But, completely worth it. One way to ask is to write a personal 7th Step prayer. What might yours be?

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 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 23454-5617
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

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

Please make checks payable to the service arm listed above.

Ensuring a Safe Place for Alateens

by AIS Alateen Coordinator Kathy B.

Each Al-Anon Area in the World Service Conference Structure has Area Alateen Safety and Behavioral Requirements in place to ensure that all Alateen groups are safe places for our teens in recovery. This means that Al-Anon members who are involved in Alateen service (AMIAS) must participate in training and do paperwork required for certification to become qualified to work as an adult sponsor for Alateens. Our Washington Area's Alateen process details the steps that must be taken in order to meet safety requirements.

An AMIAS is an adult member of Al-Anon who attends Al-Anon meetings regularly, is currently certified as an Al-Anon member involved in Alateen service through their Area's process, and has made a commitment to be of service to an Alateen meeting on a regular basis. If the role of adult sponsor is not available, an AMIAS can be part of an "on call" group available to step in if a regular adult sponsor is not available, or can be a support in other ways for a group when needed.

Alateen meetings are closed and include only Alateen members, prospective members, and Area-certified Group Sponsors affiliated with the group. However, designated Area trusted servants may occasionally attend the meeting as a resource to the group. An Alateen group may hold a public outreach open meeting for the purpose of introducing Alateen to Al-Anon members, A.A., professionals, teachers, and other community members.

There is no Alateen without Al-Anon and the role of an AMIAS is an important one. It requires a strong focus on recovery, patience to encourage the Alateen members to run their own meetings, and a strong belief that it takes time and effort to work on our own recovery.

- 3 members volunteered to work together to create a welcome process for new AMIAS that will include information on what roles are available for AMIAS if sponsoring an Alateen Group is not available: e.g., "On Call" sponsor when needed, driver for Alateens. This process will include opportunities for new AMIAS to observe an Alateen group, work with a buddy AMIAS (service sponsor), participate in an orientation, and attend quarterly "In Basket" meetings to raise and discuss issues that arise.
- We will continue to submit articles to the BITS and the AIS website and continue to encourage Groups to include an Alateen service position and encourage the use of the Al-Anon Declaration in meetings so that members are reminded that Alateen is part of Al-Anon.
- Create a Google Group so anyone who is interested can keep updated.

There was strong support to start our work by focusing on communication with AMIAS and, as a result, we could then more effectively do the outreach work we had discussed.



Meeting Updates

Laurelhurst Thursday Evening AFG Is Seeking Support

Laurelhurst Thursday Evening AFG is looking for more attendees. The meeting is from 7:30-9:00 PM Thursday evenings at St. Stephen's Episcopal Church at 4805 N.E. 45th Street in Seattle. It is held in the church's Parish Hall. In recent months, moves, retirement, and travel have reduced attendance below sustainability. Julie C. reports that they currently have funds to cover two month's rent, and possibly a third into September. The meeting traditionally has increased attendance in October as students from UW, particularly the School of Pharmacy attend as observers to learn about Al-Anon. Please consider attending this meeting. No meeting July 4th.

Thinking Ahead: 2020 Communications and LDC Volunteers Needed

by BITS Editor Teresa H.

Next year seems a long way off when we are enjoying the beautiful sunshine of the Seattle area in the summer. However, now is an excellent time to consider volunteering for a couple of the more technical AIS Coordinator positions: Communications and LDC.

The Communications Coordinator position involves coordinating the production of the BITS newsletter, editing the website, updating the annual events calendar, and updating the printable meeting directory. One person does not need to do all of that; they need to oversee a committee that performs those tasks. Because of the technical features, please consider volunteering for the Coordinator position or as a committee member for a task. By making a decision sooner rather than later, you have the opportunity to work with the current Coordinator to learn how the job is done in advance. Of course, each new volunteer is free to make design and other changes, but it would be advantageous for the next volunteer to know something about the process and the little quirks before their official service begins. Contact: communications@seattle-al-anon.org

The LDC (Literature Distribution Center) Coordinator position also requires some training. If you are interested in coordinating our AIS Office/Literature Distribution Center, please contact our current Co-coordinators about volunteering ahead of time to learn the software and procedures involved. Service at the LDC is a great way to meet more Al-Anon members and spend time in a room full of our Conference Approved Literature. Contact: LDC@seattle-al-anon.org



Available at the AIS Office:
"Whom you see here..."
anonymity tent card reminds members of confidentiality and our Twelfth Tradition.

AIS needs volunteers!

Phone Shift Volunteers Office / LDC Volunteers
AIS Secretary BITS Backup Editor
Please contact : ais@seattle-al-anon.org

AIS Literature Distribution Center / AIS Office
will be closed on July 4th.

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	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 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

	May 2019	May 2018	2019 YTD
REVENUE			
Donations	1275.88	2035.95	6087.77
Fundraisers	0	3412.00	0
Literature	4438.20	4707.15	16127.98
Misc.	.08	.09	.41
Total Revenue	5714.16	10155.09	22988.16
Cost of Goods Sold	3228.07	3798.39	11702.20
Gross Profit	2486.09	6356.80	11285.96
EXPENDITURES			
Merchant Fees	121.18	128.98	517.79
Event Expenses	27.33	613.97	254.48
Insurance	41.66	41.66	208.38
Equipment	0	0	71.00
Office Supplies	0	186.27	195.94
Outreach	92.08	0	140.97
Payroll and Payroll Taxes	-42.00	30.17	0
Rent & Maintenance	625.00	998.51	3157.84
Professional Fees	0	243.00	1777.50
Technology	199.03	554.31	1132.77
Volunteer Bus/Parking	69.00	63.25	204.00
Misc	0	81.82	0
Total Expenses	1132.88	2482.50	7660.67
NET REVENUE	1352.81	3874.30	3625.39

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, 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

AIS OFFICE / LDC WILL BE CLOSED ON JULY 4TH.
PLEASE PLAN AHEAD.

June 13th AIS Council Meeting Summary

by BITS Editor Teresa H.

Treasurer's Report: Prudent Reserve = \$17,837; Checking = \$25,000; Literature Inventory = \$20,000. Three CDs came up for renewal at 2.6%. Two items need to be addressed by the Board: new month-to-month lease at All Pilgrims Christian Church at \$600 per month and the quote for liability insurance for Officers is \$872.00 per year. Treasurer Linda H. asked if anyone is knowledgeable in handling/completing insurance paperwork who would be willing to help. Question: Is AIS in communication with any other AIS organizations? Chair Eliza D. replied, "no." She is aware of only two other AIS organizations in the state. Information is provided as available. There is a section in the service manual regarding insurance.

Vice Chair's Report: At the beginning of the year Vice Chair Doug L. and Chair Eliza D. thought it would be good to meet jointly with Districts to get feedback on AIS. They attended the June District 20 meeting. From that meeting, they realized there is confusion about what AIS is and what it does. Doug L. put together an information sheet about our Seattle AIS. He distributed copies for feedback.

Phones Coordinator's Report: Karen T. reported volunteers are needed to meet the 24/7 information line coverage. There were 96 open shifts in June. When new volunteers sign up, often they take a shift or 2 in one month, and that's it. She provides her contact info if they need assistance and does a follow-up call or email. Most volunteers don't respond to the follow-up.

LDC Coordinators' Report: Elizabeth G. reported that LDC currently has four remote email volunteers. Two pamphlets were discontinued: *Al-Anon Family Groups Welcome Gays and Lesbians (S-70)* and *If Your Parents Drink Too Much (P-22)*. Both LDC Coordinators plan to step down from their responsibilities at the end of this year. Please pass the word that we need a new coordinator or coordinators.

Outreach Coordinators' Report: Ellen M. reported 10 copies of the *Help and Hope* pamphlet were delivered to the Auburn library, Issaquah library, and a Counselor's office in Issaquah.

Alateen Liaison's Report: Kathy B. reported the Alateen Support Group had met three times to develop ideas for how to support and grow Alateen in our area. Communication is key! A decision was made to start with communicating more regularly with AMIAS in our AIS area.

Tech Coordinators' Report: Jeff M. explained that Sunday AM Fresh Start AFG decided to allocate funds toward an interpreter for the hearing impaired. After a conversation with a deaf group member, the question came up about whether it was possible to provide advance notice when an interpreter would be at the meeting. Could the notice be provided on the AIS website using one of the five available email spots? After discussion, the matter was tabled until next month.

Old Business: Chris G. reported that he had secured a reservation at Lincoln Park picnic shelter #2 for the AIS Resentment Bonfire; however, he will need to change the date. He will try to secure either 9/15 or 9/22.

New Business: Discussion was begun regarding changing the Alateen Liaison position to Alateen Coordinator.

Upcoming Al-Anon and Alateen Events Listing - July 1, 2019

To print or view flyers for events and a full listing of events for the rest of the year,

go to: <https://www.seattle-al-anon.org/events.html>

(Note: Includes AA Events and Conferences with Al-Anon Participation. Only the next occurrence of an event is listed.)

July 2	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
July 4	Thursday	AIS Office / LDC CLOSED	Other July 4th meeting cancellations: www.seattle-al-anon.org	ldc@seattle-al-anon.org
July 6	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
July 7	Sunday 12:00-3:00PM	District 18 9th Annual Potluck Picnic and Speaker Meeting	Seahurst Park – Seastar Shelter 1600 Seahurst Park Rd, Burien	district18@seattle-al-anon.org
July 8	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
July 11	Thursday 6:00-7:30PM	AIS Board Meeting *Tentative	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
July 11	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
July 12	Friday 7:00-8:30PM	GFA Vive: Descubramos Nuevas Opciones	Jubilee REACH Center 14200 SE 13th Pl, Bellevue	
July 13	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
July 13	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
July 16	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)
July 19-21	Weekend	WAAC WA Area Alateen Convention	Lazy F Camp and Retreat Center 16170 Manastash Rd, Ellensburg	alateen@wa-al-anon.org
July 20	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
July 20	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
July 21	Sunday TBD	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
July 22	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
July 24	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
July 29	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152nd St, Burien	district18@seattle-al-anon.org
July 29	Monday 7:00PM	Meadowdale AFG Soda Fountain Speaker Meeting	St Hilda St Patrick Episcopal 15224 52nd Ave W, Edmonds	
July 29	Monday 7:30PM	Parents for Serenity AFG Speaker Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	
Aug 1	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Aug 3	Saturday 9:00-5:00 PM	AWSC Meeting	Son Bridge Community Center 1200 SE 12th St, College Place	http://wa-al-anon.org/event/awsc-aug-2019/
Aug 11	Sunday TBD	AIS Annual Bilingual Resentment Bonfire	Lincoln Park – Picnic Shelter #2 8011 Fauntleroy Way SW, Seattle	chair@seattle-al-anon.org
Aug 14	Wednesday 7:00-8:00PM	Alateen Support Group For AIS Districts 14-22	Queen Anne Lutheran Church 2400 8 th Ave W, Seattle	alateen@seattle-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 website: <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 June 28, 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

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

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

ALATEEN MEETINGS

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

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) 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

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 fl 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 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) 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 7:00PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG DIST 20 #43260 UW Social Work, 4101 15th Ave NE #301, Seattle (ASL available on 6/30, 7/7, 7/21) 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	EDMONDS AFG DIST 22 #500668 Edmonds United Methodist, 828 Caspers St 7/16 ONLY 7:00 PM City Park 600 3 rd Ave S / Snacks
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 22
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) NO MEETING 7/4 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 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

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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, (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 Meet) NO MEETING 7/4 DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton NO MEETING 7/4 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 St John's Episc, 3050 California Ave, Parish Hall, Seattle (Childcare/Enter 42nd/Park W Sea Hi) DIST 19
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn DIST 14
SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (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 rd Saturday) DIST 22
3rd SAT 7:30PM 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 rd Saturday) DIST 14

**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) NO MEETING 7/4 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
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