

JUNE
2018



BITS Newsletter

Seattle Al-Anon Information Service

AIS is on the Move!

Our First Day of Business at our New Location Will Be June 28th!

After many years at the Vance Building in downtown Seattle, the Al-Anon Information Service (AIS) office/literature distribution center is relocating to All Pilgrims Christian Church on Capitol Hill this month. Our new address will be 509 10th Ave E, #100, Seattle, 98102.

“This move is a win-win for AIS. We will have more space for a lower price. And that’s just the beginning of the advantages of All Pilgrims. For members opting to pick up literature, there is a free 30 minute load zone right outside the rear entrance door. For our volunteers, public transportation is abundant and for those who

opt to drive, there is some free neighborhood parking and the paid parking options are more affordable than downtown,” explains AIS Chair Anessa N. Elizabeth G. from the AIS Relocation Committee was the first to check out the All Pilgrims site. She said that despite being filled with tons of random stuff including two giant refrigerators, “the space had a good feel to it. Part of what makes it nice are clerestory windows on two walls so daylight streams in.”

An Open House celebration will be held on a Saturday once we are settled in. It will be a great opportunity for members to check out *Continued on Page 2*



The AIS office will be on 10th Ave E. at the back of the church and through the blue door. Notice the 30 minute load zone sign right outside the door to facilitate easy pick up of literature orders and the bright light above the door for dark winter days.



All Pilgrims Christian Church is located on Capitol Hill in Seattle at the corner of Broadway E and E Republican. The AIS office address is around back of the church at 509 10th Ave East, #100, Seattle, WA 98102.

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CONTACT AIS

For Up to Date Information
www.seattle-al-anon.org

To Order Literature

Email to LDC@seattle-al-anon.org or call 206-625-0018 and leave a message.

Mail/Order Pick Up Address

Office will move from address below on June 23

1401 3rd Ave #803
 Seattle, WA 98101-2118
 Open Thursdays 9:30 - 3:30

To Speak with a Member

Call 206-625-0000
 24/7

Continued from Page 1

the new space. When visiting the new office, ring us on the security button outside the door on 10th Ave, we will buzz you in. Walk down the 6 stairs to the first door. The AIS phone numbers will not change. For Literature call 206-625-0018 and to speak to another member about meetings, call 206-625-0000.

AIS volunteers have been busy clearing files and cabinets of unnecessary items in advance of the move. Volunteers are also putting a fresh coat of paint on the ceiling and walls, doors and trim. Elizabeth G. enthusiastically adds, "All Pilgrims is helping prep the walls and having the carpet professionally cleaned for us. In addition, they are

"It's so wonderful that we found a place so welcoming to move into that will be really pleasant to browse, buy literature, and visit in."

welcoming us by allowing us time to get the space ready for our move then giving us our first month of business rent free!"

Additional AIS volunteers have stepped up to perform the actual physical move. The move will take place on the weekend of June 23-24 so the last day of business in the Vance Building is June 21.

One reason All Pilgrims was selected is that it allows us to be open on Saturdays. AIS Literature Distribution Coordinator Karen L. is looking for Groups and/or volunteers who are willing to manage the Literature Distribution Center on Saturdays. As soon as Saturday volunteers are trained, we will be open on Saturdays to further serve the fellowship. Please contact her at LDC@seattle-al-anon.org if you are interested in volunteering one or more Saturdays per month.

The Vance Building office has 390 square feet at a total cost of \$873 per month. The new All Pilgrims office has 480 square feet at a total cost of \$600 per month so the savings are significant. Plus the lease at the Vance Building expires in October and rents are expected to go up dramatically. Fortunately, another current Vance tenant wanted to sub-lease our space for the duration of our lease.

When you visit the office, Elizabeth G. summarizes the new location by saying, "It's so wonderful that we found a place so welcoming to move into that will be really pleasant to browse, buy literature, and visit in."



Spring into Action

Al-Anon Information Service
 Spring Fundraiser & Speaker Event

A big thank you to the dozens of Groups and members who donated baskets, funds, food and desserts; to the inspiring speakers; to the many volunteers who helped; and to all of the attendees who made this event an enjoyable, relaxed night of fellowship and shared recovery. With your support the event netted \$2803 after expenses to support Al-Anon Information Service in the Greater Seattle area.

Thank You!



Slogans: Let It Begin with Me

by Newsletter Columnist Allen L.

Many times one of my favorite meetings ends with the *Al-Anon Declaration*.

*"Let it Begin with Me.
When anyone, anywhere reaches out for help,
Let the hand of Al-Anon and Alateen always be there, and
Let It Begin With Me."*

In the daily reading from *Courage to Change* for September 23rd I found a new way to look at the declaration. The story is about a person who always responded to unkindness from others with a like unkindness. They watched an Al-Anon friend respond to a rude clerk with unflagging kindness and questioned them.

"Doesn't Al-Anon tell us that we don't have to accept unacceptable behavior?" she asked. The friend replied, "She doesn't have to permit them to goad her into lowering her own standards for herself."

I suddenly realized that the slogan "let it begin with me" included my responses to other people's behavior. If I am to grow and change into the person I desire to become, then I have to learn to practice the loving-kindness that the Al-Anon program recommends.

Tradition 11 teaches me that *"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all*

"I suddenly realized that 'let it begin with me' included my responses to other people's behavior."

AA members." In order for me to truly embrace this step I have to conduct myself in such a way that my actions attract people to Al-Anon.

We've all thought, "I want what they have", be it a clear understanding of the program, serenity in the face of chaos, or simply a kind and loving attitude. My first step in getting what "they" have is simply deciding to let it begin with me.

WEDNESDAY MEETING?

July 4th falls on Wednesday this year. Please send an email to communications@seattle-al-anon.org and let us know if your Wednesday Group will **NOT** be meeting on July 4th. We will make a note in the July meeting directory, in the July BITS newsletter, and on the home page of our website on July 1st.

In addition, if you are **NOT** meeting, please fill out the form at <http://wa-al-anon.org/meeting-changes/> so that it is also noted on the meeting finder on the WA AREA website that we link to.

AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

chair@seattle-al-anon.org

Vice Chair

OPEN

Secretary

Cindy G.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Archivist

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Fundraising Coordinator

Jennifer P.

fundraising@seattle-al-anon.org

Literature Dist. Center Coordinator

Karen L.

LDC@seattle-al-anon.org

Outreach Coordinator

OPEN

Parliamentarian

Chris G.

parliamentarian@seattle-al-anon.org

Phone Volunteers Coordinators

Susan CH. and Karen T.

phones@seattle-al-anon.org

Policy Coordinator

OPEN

Tech Coordinator

OPEN

The AIS Board is made up of a representative from each of our 9 Districts plus the Officers and Coordinators listed above.

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

New Pamphlet from Al-Anon: Hope & Understanding for Parents & Grandparents

Parents and grandparents of alcoholics now have a new resource! This new 24-page pamphlet, *Hope & Understanding for Parents & Grandparents* (P-94), contains over a dozen personal stories from member parents and grandparents of problem drinkers sharing some of the challenges they have faced and how Al-Anon has helped.

“Having raised our children from infancy, with loving memories of their early helplessness, we formed hopes, dreams and expectations for them as they grew, even if some of us had ambivalent feelings about our children’s growing independence. For many of us, discovering that our child or grandchild is an alcoholic radically transforms our vision of our family.”
—from the introduction to *Hope & Understanding for Parents & Grandparents*



IN STOCK NOW AT AIS

How It Works for Me: Tradition 6 by Newsletter Columnist Allen L.

Tradition 6: *“Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.”*

Tradition Five clearly states that “Each Al-Anon group has but one purpose: to help the families of alcoholics.” When we bring outside issues such as politics into the meeting we divert ourselves from that stated purpose. Tradition Six teaches us how to avoid those distractions from helping the families of alcoholics - including helping ourselves and our families.

My program has taught me not to focus on the alcoholic or their actions but rather to pay attention to myself and my reactions to the world around me. I have also learned that every time I put

“How many times have we gotten into an argument with family or friends over subjects not central to our family or friendship?”

my attention on something outside of myself I become distracted masking my real problem. It is not the events in my life but how I choose to think about them and how I act as a result of my thinking that causes all my discomfort.

A friend shared that he came to a meeting wearing a pin supporting a particular political candidate. A very new member asked him if the pin was appropriate to wear to a meeting. As a long time member my friend’s first thought was “who the heck is this newcomer to question my actions?”. After a few minutes reflection my friend took the pin off recognizing that his political opinion was an “outside issue”, that wearing the pin could lead to controversy or be a distraction from the real reason he was at the meeting in the first place.

In the larger sense, we all belong to many groups. Our co-workers, our social friends, our families each represent a different group. Each group focused on a different aspect of our lives.

How many times have we gotten into an argument with family or friends over subjects not central to our family or friendship? How many times have we allowed the outside issue of politics or simply whether a joke was funny or not to interfere with our loving family or with a worthwhile friendship?

I was always bothered by the statement “would you rather be right or would you rather be happy”? I didn’t see them as mutually exclusive. For me the better question becomes would I rather be happy or win an argument about something outside my current group’s primary aim?

In almost every case the subject of controversy has nothing to do with work or my family, it’s almost always about some outside issue. Letting go of my need to win or be “right” makes my life happier and doesn’t affect my relationship within that particular group.

Where to Send Donations

Service Arm and Instructions

AIS

1402 Third Avenue #803
Seattle, WA 98101-2118

or

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

WASHINGTON AREA

Send email to treasurer@wa-al-anon.org to get their address

or

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

WSO

1600 Corporate Landing Pky
Virginia Beach, VA 23454

or

Go online to www.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

P.O. 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.

WA Area Delegate Shares Her Experiences

by Newsletter Columnist Allen L.

Julie P. has been our WA Area delegate for 3 years and has discovered some interesting things through attending the World Service Conference. At her first World Service Conference, Julie was surprised to feel like “a brand-new Group Representative attending my first Assembly”.

The World Service Conference encompasses the World Service Office’s (WSO) service structure which includes the United States, Canada, Bermuda, and Puerto Rico. The purpose of the World Service Conference is to conduct business on behalf of the Al-Anon fellowship. In contrast, the International Convention coming up in July is recovery-oriented and will be attended by members from all around the world.

Julie remarked that her understanding of some of Al-Anon’s challenges was broadened beyond the Area to the larger continental view. One particular area was the translating of Conference Approved Literature (CAL) into Spanish and French. Julie admits, “I hadn’t thought about the delays that occur in translating materials for non-English speakers. I now have a much clearer understanding of how important those books, pamphlets, and other materials are.”

During the translation of the new *Al-Anon/Alateen Service Manual 2018-2021* some variations between the printed copy and the online versions were noted. The translation effort was stopped until WSO could ensure the translators had the most accurate revision to work from. Those variations will be addressed in the English language version by corrected pages being made available on the website for downloading and pasting into printed manuals.

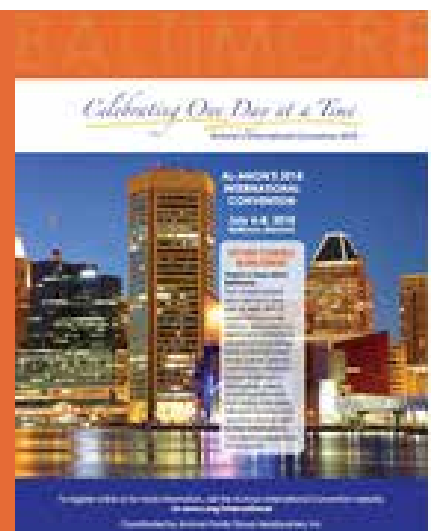
“One of the most valuable personal experiences has been the fellowship I experienced and the connections I have made” Julie commented. “Because of the meetings and the meetings-after-the-meetings, I have program friends from all over North America and I am looking forward to making new friends at the International Convention.”

Julie left me with this reminder of something she heard at this last World Service Conference::

*Don’t build your program around your life.
Build your life around your program.*

Al-Anon International Convention
July 6-8 in Baltimore

All Al-Anon members are encouraged to attend!
Registration info at:
<https://al-anon.org/al-anon-international-conventions/>

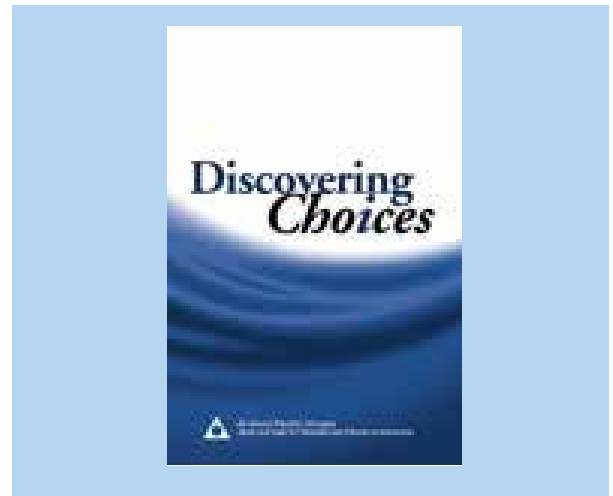


Conference Approved Literature:

Discovering More About Me in “Discovering Choices” by Newsletter Editor Teresa H.

In *Discovering Choices* I read, “Conference Approved Literature is a great source of knowledge about me. Thanks to the thousands of other members who continue to write parts of my story for our literature.” (Page 297) Yes, as I read the hundreds of stories in this book, I discovered more about me that I had not yet found while working my program. Each of those discoveries brought to light an aspect of my disease and its history to further explore in my journey of recovery.

The book is a collection of short shares by members. The longest share is three pages long, many were just short paragraphs. As we read “about the relationships in their lives – healthy and unhealthy – we come to understand that everyone in Al-Anon is on a similar path.” (Page 25) Because of the sheer number of shares, and some short stories of the member’s experience, strength and hope, I believe that every member will find knowledge about themselves and their story in this book.



DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 Eliza D. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
Districts 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM 9625 NE 8th St, Bellevue
Districts 16 Barbara P district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Katharine R. 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 Contact Grita for Time and Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Denise A. district20@seattle-al-anon.org	2nd Monday at 7:00 PM Denny Park Lutheran Church, 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly, 6801 Roosevelt Way NE, Seattle
District 22 Lynn T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal, 18842 Meridian Ave N, Shoreline

A few chapters spend time talking about the relationship between sponsors and sponsees. As I prepare to start working with my first sponsee, the shares gave me some very helpful guidance. They also made me even more grateful for my dedicated, trusted sponsor.

I’ve read lots of explanations about how the Traditions and Concepts are applicable to my daily life, but I thought the explanations in *Discovering Choices* were especially good as they were backed up by members sharing their own experiences putting the Traditions and Concepts to work in their lives.

I read *Discovering Choices* in just a few days while on vacation. But I think it would work well as an addition to daily Al-Anon readings since each share is so short. I plan on using the introductions of its chapters when chairing meetings.

As our Al-Anon Suggested Closing says, “Whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to see that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.” (Page 302) I think you will find something about bettering and lessening your situations in *Discovering Choices*.

To order literature for your Group or for yourself, please send an email to LDC@seattle-al-anon.org. If you choose to pay online, you will receive an invoice back. Then follow the instructions to give your credit card information. Your order will ship the Thursday following payment and will take 1-2 days to get to you.

Greater Seattle AIS Financial Activity Comparison

	April 2018	April 2017	2018 YTD
REVENUE			
Donations	1192.46	3026.80	5928.82
Fundraisers	0	150.00	0
Literature	1949.51	1631.68	10710.74
Shipping	101.00	0	372.00
Misc.	1.58	.09	33.10
Total Revenue	3244.55	4816.57	17049.40
Cost of Goods Sold	1594.86	941.00	7727.04
Gross Profit	1649.69	3875.57	9322.36
EXPENDITURES			
Payroll & Related	30.17	3529.83	11598.24
Office Supplies	227.71	357.38	444.43
Parking/Bus Fare	60.25	121.50	458.25
Insurance	48.66	48.66	187.72
Professional Fees	0	0	243.00
Technology	-72.66	0	636.39
Rent & Maintenance	898.51	866.17	4567.55
Telephone/Internet	-65.05	241.40	744.40
Postage	62.41	90.39	730.92
Merchant Fees	75.95	46.46	323.31
Event Expenses	0	210.81	0
Equipment (lease/purchase)	349.10	361.82	1637.83
Misc	0	22.93	11.00
Total Expenses	1615.05	5897.35	21583.04
NET REVENUE	34.64	-2021.78	-12260.68

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

THANK YOU FOR YOUR DONATIONS!

The good news is that we were a little in the black for April! That is our first month in the black without the help of a fundraiser in years.

However, our Spring Fundraiser didn't meet budget. Your help filling that deficit would be greatly appreciated and will help support office moving expenses and keep our AIS sustainable.

Unofficial May AIS Council Meeting Summary

by Newsletter Editor Teresa H.

- Revenues and donations continue to be right on budget with April being in positive territory.
- Spring Fundraiser on May 12th still needs volunteers. Members are encouraged to bring cash for the raffle.
- Voted unanimously to move ahead with relocation to All Pilgrims Christian Church after reviewing its advantages and other options. The first day in the new location is tentatively June 28 with the move on the weekend of June 23-24.
- Discussed some details about the relocation including whether the \$1000 move budget is adequate.
- Additional money will be saved by switching phone and internet carriers.
- Voted to cancel the copier contract ASAP. It has been a real burden to our finances and is no longer needed.
- Literature sales are going well with more Groups using online ordering.
- New *Hope & Understand for Parents & Grandparents* pamphlet is in stock now.
- Agreed to send out email reminder about Spring Fundraiser.
- Teresa H. will be gone for most of June and July. Please make sure to send all communication to communications@seattle-al-anon.org so her back up, Jeanne D, will get the emails.
- Announcement that the WA Area Speakers meeting is looking for Spanish translators.

Outreach is Gearing Up!

Our AIS Outreach Committee's aim is to do an outreach panel or individual talk every week at a recovery center or school.

If you are interested in participating in this awesome outreach program, please contact us at outreach@seattle-al-anon.org.

Al-Anon and Alateen Events Listing as of June 1, 2018

For up-to-date information and to print flyers, go to the Events page at www.seattle-al-anon.org

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

June 2	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakersmeeting.org
June 5	Tuesday 6:00-8:30PM	North End Men's Anniversary Potluck & Speaker meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	
June 5	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
June 6	Wednesday TBD	District 18 Business Meeting	TBD	district18@seattle-al-anon.org
June 7	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
June 8	Weekend	Kent All Men's Al-Anon Fort Worden Weekend	Fort Worden 200 Battery Way, Port Townsend	
June 9	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	
June 9	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Poulsbo First Lutheran Church 18920 4 th Ave NE, Poulsbo	
June 11	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
June 14	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
June 14	Thursday 7:30-9:00PM	Lake Hills Thursday Night Book Study – Opening Our Hearts	St. Andrew's Lutheran Church 2650 148 th Ave SE, Bellevue	Lakehillsafgthursdaynight@gmail.com
June 16	Saturday 8:30AM	District 15 & 16 Business Meeting	Grace Lutheran Church 9625 NE 8 th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
June 16	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 James St, Kent	hear@seattle-al-anon.org
June 17	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
June 19	Tuesday 6:30-8:00PM	District 22 Business Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
June 21	Thursday 6:30	Renton Thursday Night 67th Birthday Speaker Meeting	Pritchard Hall 99 Wells Ave S, Renton	
June 25	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
June 27	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
June 29	Friday 7:30PM	Seattle Men's AFG Speaker Meeting	Northminster Presbyterian Church 7706 25 th Ave NW, Seattle	
July 6-8	Weekend	Al-Anon International Convention 2018	Baltimore Convention Center Baltimore, MD	https://al-anon.org/al-anon-international-conventions/
July 15	Sunday 12:00-3:00PM	District 18 Annual Picnic	Seahurst Park 1600 Seahurst Park Rd, Burien	district18@seattle-al-anon.org
July 20-22	Weekend	WAAC - Washington Area Alateen Conference	Lazy F Camp & Retreat Center 16170 Manastash Rd, Ellensburg	waalateen@gmail.com
Aug 4	Saturday	AWSC Meeting	TBD	
Sept 7-8	Weekend	WA Area Speakers Conference	Green River Community College 12401 SE 320th Street, Auburn	waspeakers2018@gmail.com
Sept 14-16	Weekend	Serenity on the Sound	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	

Only the next occurrence of an event is listed.

Send event information and flyers to communications@seattle-al-anon.org

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of June 1, 2018

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 = Open to Observers

To Change or Correct Meeting Information,
 email changes to group-records@wa-al-anon.org
 AND
communications@seattle-al-anon.org

ALATEEN MEETINGS

MON 7:30PM 60/AL	LAKE CITY MONDAY NIGHT ALATEEN #30678031 Lake City Presbyterian, 3841 NE 123 rd St, Seattle (Age Range 12-19) DIST 21
TUES 7:30PM 60/H/AL/AA	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Meets upstairs/Ages 12-21) #30639096 DIST 22
WED 7:30PM 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AA	LAKE HILLS ALATEEN #14119 St. Andrews 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/FF	VASHON ISLAND WOMEN'S AFG #502955 Episcopal of the Holy Spirit, 15420 Vashon Hwy SW, Vashon (Women's Meeting) DIST 19
SAT 10:00AM 90/O/B	SATURDAY IN THE BELFRY AFG #30556459 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs in Belfry - Pull Cow Bell) DIST 19

SEATTLE CENTRAL ZONE

**Madison Park • Capitol Hill • Downtown
 Belltown • Queen Anne • Magnolia**

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd fl conf/Holidays@Victrola)DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North entry/Signs to Glen Rm) DIST 20
MON 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 (In Edgewood Services Office) DIST 20
TUES 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 Vance Building, 1402 3rd Ave #630, Seattle (Feel free to bring lunch) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 60/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1st & 3rd Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No meeting on legal holidays) DIST 22
MON 7:00PM 90/O	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 2nd 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/AT	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 entry-back/lot off 25th) DIST 21
TUES 7:30PM 90/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle DIST 21
TUES 7:30PM 90	NORTH END MEN'S #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) DIST 22
WED 7:00AM 60/O/H	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) 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	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 (Paddington Nursery Entry) DIST 21
FRI 7:00PM 90	WALLINGFORD FRIDAY AFG Wallingford Presbyterian, 1414 N 42 nd St, Seattle (Enter back of church from parking lot) 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/use back door) DIST 14
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

**So. & West Seattle • Burien • Des Moines • Pacific
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	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
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	WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn *No Meeting July 4 th (Auburn Way at M St) 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	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
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18	THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Free Childcare/Women's Meeting) DIST 19
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines DIST 14	THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14	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
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Mon) DIST 18	FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	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
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot & entrance) DIST 17	SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19	SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
TUES 7:00PM 90/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18	SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn *6/02 ONLY Meet at Trotter's Restaurant DIST 14
TUES 7:30PM 90/O	PACIFIC PARENTS AFG #30543700 New Hope Lutheran, 603 3 rd Ave SE, Pacific (Parent Focused Meeting) DIST 14	SAT 10:00AM 90/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
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	SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent 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	SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
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	SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17	ONCE A MONTH SPEAKER MEETINGS	
		2nd SAT 7:30PM 90/O/H	M.E.S.H. 2 nd SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2 nd Saturday) DIST 22
		3rd SAT 7:30PM 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 rd Saturday) DIST 14

EAST ZONE

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

SUN 12:00PM 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran, 10207 NE 183 rd St, Bothell DIST 16
MON 12:00PM 60/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 MONDAY NIGHT AFG #49784 Holy Spirit Lutheran, 10021 NE 124 th St, Kirkland
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 5 th Monday) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Covenant, 12800 Coal Creek Pwy SE, Bellevue (1 st floor in main church bldg.) 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 75/H	NEW HOPE AFG #62825 Unity Church of Bellevue, 16330 NE 4 th St, Bellevue (Book study) DIST 16
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/A	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100 th Ave NE, Bothell (Free childcare) DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 th St, Redmond DIST 15
WED 7:00PM 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90	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/CH/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 th Ave NE, Kirkland DIST 15

THURS 7:00PM 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15
THURS 7:30PM 90/O/H/AT/AA	BELLEVUE LAKE HILLS AFG #14118 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
THURS 7:30PM 90/O	EASTSIDE PARENT'S AFG #30522678 Faith United Methodist, 3924 Issaquah-Pine Lk Rd SE, Issaquah (Parent's meeting) DIST 16
FRI 12:00PM 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
FRI 8:00PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166 th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
SAT 8:30AM 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
SAT 10:30AM 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

NORTH	SNOHOMISH COUNTY www.dist23.org 425-348-7828
SOUTH	PIERCE COUNTY www.al-anon-pierce-wa.org 800-726-8094
WEST	KITSAP AND NORTH MASON COUNTY www.kitsap-al-anon.org

PHONE NUMBERS

Speak to a Member Anytime
206-625-0000