

MARCH
2019



BITS Newsletter

Seattle Al-Anon Information Service

A Closer Look at Attraction vs. Promotion

by BITS Editor Teresa H.

Many times over the past few months I have heard members apologizing for asking Group members to help spread the word about an upcoming Al-Anon event. They often start out, "I'm sorry if this is promotion, but I really want you to know about..." Guess what? That is not promotion as defined in Al-Anon.

Another common question I hear is: Can we post Al-Anon flyers in public places like libraries and grocery stores? Yes. Just leave off any personally identifiable information such as a member's email address or phone number.

I've also heard this question: Can we have a booth at local events such as fairs and festivals? Yes. That is part of our public outreach to the community. It is sharing information about our program. And, yes, we can place advertisements in local publications.

So what does it mean in Tradition Eleven when it says: "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?"

In *Paths to Recovery*, it states: *We frequently hear stories of people who heard about Al-Anon here and there, over and over, before one particular circumstance finally brought them to the door. It is our job to see that those messages will be there to be heard, seen, and read again and again if necessary until someone who needs us is ready*

Three Motions to be Voted on at WA Area Pre-Con

by District 21 DR Gary H.

Three motions discussed at AWSC will be voted on by your GRs at the WA Area Pre-Conference in Chelan on April 5-6.

Motion 1: Public Outreach Coordinator Consolidation.

That WA Area ends the six-year trial started in 2013 & consolidate the WA Area Coordinator positions of Cooperating with the Professional Community (CPC), Public Information (PI), and Institutions into one position of Public Outreach Coordinator.

Prior to 2013, there were three Public Outreach Coordinator positions. On a trial basis, from 2013 to now, these three positions have been consolidated into a single position. This motion is to make this change permanent.

Motion 2: Housekeeping Motion on Travel and Lodging.

In the Transportation section of Addendum 2 of the Officer/Coordinator Expense Guideline: Area Officers and/or Coordinators with a recognized disability as defined by the ADA (Americans with Disabilities Act) who require a caregiver to travel and lodge with them are not required to travel or lodge with another Area Officer and/or Coordinator. The Officer/Coordinator will be reimbursed in full for

Attraction

- Providing information
- Generating goodwill
- Cooperating with professionals and the media
- Explaining how Al-Anon/Alateen works in our lives

Promotion

- Using "pressure tactics"—not taking "no" for an answer.
- Making promises.
- Comparing ourselves to self-help or professional programs for families.
- Exaggerating or misrepresenting Al-Anon's purpose; that we can help everyone.
- Presenting ourselves as a spokesperson for Al-Anon Family Groups, by allowing our full name, face, and membership to be identified at the level of press, radio, TV, Internet, and film.

Source: Al-Anon pamphlet *Attracting and Cooperating*

to respond to them. Later it states: We want people to be able to find us...Tradition Eleven means doing all we can to make honest, humble, straightforward information about Al-Anon available to those who still suffer. Please help spread the Al-Anon message so others might experience the gifts of the program.

mileage, lodging and other costs incurred by the caregiver in assisting the officer/coordinator. And in the Lodging section of the same: Americans with Disabilities Act) who require a caregiver to travel and lodge with them are not required to travel or lodge with another Area Officer and/or Coordinator. The Officer/Coordinator will be reimbursed in full for mileage, lodging and other costs incurred by the caregiver in assisting the officer/coordinator.

This motion is intended to prevent undue financial burden on disabled officers and coordinators when traveling/lodging for Area business. It is an adjustment to the Officer/Coordinator expense guidelines, which have been written to encourage frugality through room and travel sharing. However, disabled officers/coordinators may have needs at odds with these stipulations. This amendment to the guidelines attempts to account for these needs.

Motion 3: Gender Neutral Language.

WA Area delegate will bring a motion to the World Service Conference (WSC) to replace male pronouns with gender neutral language in the Al-Anon Legacies.

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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

Pre-Con Motions

(Continued from page 1)

This motion proposes our Area Delegate bring a motion to the World Service Conference (WSC) to replace male pronouns with gender neutral pronouns in the Legacies (Steps, Traditions, and Concepts). Note that the motion makes no specific description of how to change the language, nor does it discuss concepts of God. Also, note that the motion is not actually to change the Legacies (WA Area does not have that power), but rather to present a motion to WSC.

Information is really key to this motion. At Fall Assembly there was a vigorous discussion, and the Chair's consensus at the end of the discussion was that the motion should be tabled until Pre-Con because the sense was that the minority opinion had not been sufficiently heard. There were many questions about the procedures for actually changing the legacies. A 3/4 vote by all worldwide Al-Anon groups is required for this change.

To get more information on this motion, WA Area has created background documents including the comments from the last WA Area Assembly on this motion, research documentation, and a flow chart showing the path to changing a Legacy. Those background documents as well as background documents for the other two motions are available for viewing on the AIS website. We have added a button on the Members page that will take you to the AIS Pre-Con page. Go to <https://www.seattle-al-anon.org/members.html>

Embracing Failure by BITS Columnist Allen L.

Over 50 years ago I dropped out of art school because my work "wasn't good enough." At least according to my professors. I failed as an artist.

I hardly painted in the intervening years; instead, I used my training and creative spark in designing and making furniture, building boats, and repurposing stuff I found at yard sales.

Life's twists and turns took me into technical writing while marriage to a sober alcoholic brought me to Al-Anon. One of those twists started me writing about my Twelve Step program.

Albert Einstein is quoted as saying that "Failure is success in progress." As a writer, I have given myself the freedom to fail. I can write my next Al-Anon article and when I finish, discover that it's just dreadful! But since you as my reader have not seen it yet, I can edit it, rewrite it, or even throw it away. But in writing and failing, I captured the seed of the next version that was often successful.

Much of life is irrevocable. We can't take back a hurtful word or somehow show up on time once we are late. But in writing, I have the luxury of correcting my mistakes. That's one of the reasons that journaling can be such a powerful tool. I can say what is in my heart in the moment. The moment when I am angry or hurt. I can be brutally honest without being brutal since no one but me or maybe my sponsor will ever get to see what I have written.

Embracing failure as a learning tool in my writing has helped me to accept failure in other areas of my life as part of the process, not as a final measure of my self-worth. I may have failed in this attempt to reach my goal, but just as in my writing, I am free to make a new start. That is how I practice "Progress not Perfection."

PS: I started painting again and while I may never be a famous painter, I am satisfied that my work gets better with each new painting.





Out of the Toolbox

by BITS Columnist Callie D.

Application of the *Serenity Prayer*

I was raised in the Pacific Northwest but lived a couple decades in a sunnier state. This is my second Washington winter since returning, and I am having trouble on a number of fronts surviving this challenge. The rain, grey days, and incessant drizzle seems to be rusting out my motivation. In addition, there may be something relationally painful touching my life, such as loneliness. It seems natural to become melancholy and want to hibernate like a bear until all this gloom disappears.

Then we hit a record February cold snap complete with several pristine snowfalls followed by treacherous roadways and black ice. Right after the

“Even my backup to the backup meetings were not happening.”

first storm hit all my meetings were canceled! Even my backup to the backup meetings were not happening. I even drove in anticipation to a couple close locations to find dark windows and a note taped to the door. “God grant me

“Once I accepted the circumstances, and was able to consider viable options, I had the wisdom to know the difference!”

the serenity to accept the things I cannot change.” I could not change the weather nor the meeting closures.

I had taken the wide variety of meetings generally available for granted! Many times this transforming fellowship has supplied my “social connections and sanity” that enables me to navigate my path. After leaving these rooms I often felt renewed strength and strategies for living a better life. Recovery and personal growth are not optional, and I needed my fellow travelers to accomplish this.

“The courage to change the things I can,” I could not expect others to take the risk and drive to the meetings. However, I could text, call, and email fellow travelers who may even be in the same isolated position. I participated in a phone meeting of one of my regular meetings, gladly spending 1.5 hours out in my car with the heater on. It was a welcome infusion of hope as I pictured each member’s face and heard the familiar laughter. A unique spiritual experience. Once I accepted the circumstances, and was able to consider viable options, I had the “wisdom to know the difference!”

Editor’s Note: Please welcome Callie D., our new monthly columnist. Each month she will share her experiences putting the tools of our program to work. Callie is a local Al-Anon member and freelance writer who gleans inspiration and solace from spending time in nature around wildlife. She says: “I work a spiritual program gathering “experience, strength, and hope” from time spent with fellow travelers and enjoying an interactive relationship with God (H.P). My approach to life is often casual and spontaneous as each new day may bring an unexpected adventure!”

AIS OFFICERS AND COORDINATORS

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outreach@seattle-al-anon.org

Phone Volunteers Co-Coordinator

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phones@seattle-al-anon.org

Tech Co-Coordinator
Jeffrey M. and Tatiana G.

tech@seattle-al-anon.org

AIS BOARD

The AIS Board is made up of a representative, usually the DR or Alt-DR, from each of our 9 Districts plus the Officers and Coordinators listed above. AIS 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.

How to Do a Service Workshop for Your District

by Kathy B.

Editor's Note: Recently District 20 held a Saturday workshop about service. Kathy B. volunteered to coordinate the workshop. In thinking back on the experience, she felt other Districts and Groups might find some of what she learned helpful in planning their own Al-Anon workshops.

Our Service Workshop started with a question at our District business meeting: Why is it that, even in large groups, when a Group conscience meeting or a volunteer opportunity comes up, it is a small group that responds? We decided that a Service Workshop to present how service helps our recovery was something we could do to encourage Al-Anon members to choose service. I agreed to coordinate the workshop.

My challenge was doing it “the Al-Anon way.” Planning and implementing an event was familiar to me. But I was used to doing it mostly on my own and as well as being a backup for every task to make sure it got done. I was not familiar with the idea that when we do something in Al-Anon we are all in charge and someone is always there to offer help. Each task would be carried out by volunteers and nobody would be “voluntold to do anything.”

The first help came in the form of several meetings with our DR. She found a location and a date for the workshop. Then the Group Reps in our District reviewed the list of service issues that I created after reading the booklet *When I Got Busy, I Got Better*. They discussed and decided on three issues that were prevalent for most Al-Anon Members: (1) Sponsorship, (2) Myths and Barriers to Service, and (3) You Are Perfectly Imperfect for Any Position As Long As You Are Willing.

Once we had the topics, we went to work finding speakers. To my surprise, each Al-Anon member who I asked agreed to speak and then to facilitate a discussion on their topic.

The District established a \$250 budget for food, and our DR already had napkins, plates, cups, and other sundry articles. Since there are no RSVPs in Al-Anon, I wasn't sure how many people to expect. I asked an experienced DR how many to expect. She asked me how many I thought and then said, “Half it!” She was exactly right.

On the day of our workshop, several Al-Anon volunteers helped me unload the food and water, and we hung up signs on the doors giving directions. Each attendee came in asking what they could do to help and the workshop was ready to go.

Each speaker spoke of their experience, strength and hope and their commitment to service as a tool for our recovery. After each speaker we had time to eat and to talk with each other. After all the speakers had finished, they each went to a round table, and the participants moved to these tables for a discussion on each topic. We put the key ideas on charts hung by each table and these ideas were used to write an article about what we learned. After 15 minutes the groups moved to the next table to allow them to talk about a new topic and we repeated this until all participants had an opportunity to talk and listen about each of the three topics. The notes were later sent to the BITS so that members might gain from our discussions.

The final portion of our program was reading from Conference Approved Literature before an all-group clean up.

TASK LIST FOR WORKSHOP

- Choose a date**
Group conscience on preferred date(s) after checking the 2019 Calendar on the AIS Members page to avoid conflicting with any other events of interest to its potential attendees.
- Find & confirm location available on your date**
Location will need chairs set up auditorium style and adequate tables for round table discussions plus tables for sign in, food, and drinks.
- Develop & distribute flyer**
Check AIS members page for flyer guidelines. Email the flyer to communications@seattle-al-anon.org and to all GRs in your District and ask them to help spread the word.
- Invite members to speak at the workshop**
Ask a member to share on a specific topic developed by Group conscience.
- Make direction signs**
Decide on wording for signs and make signs to be posted. You may want to print on colored paper for added visibility.
- Shopping for food and drink**
Our list included: cheese, crackers (some gluten-free), fruit, desserts, chips and salsa, and boiled eggs
- Get plates, napkins, cups, forks, platters, bowls**
Add sundries needed to shopping list
- Order topic-related pamphlets from AIS Office**
Order pamphlets by emailing LDC@seattle-al-anon.org. Place some on each round table.
- Set up tables and chairs and mic if not already done by the venue.**
Sound check the microphone and make sure key volunteers understand how it works.
- Door Greeters**
Greeters will provide directions as well as a warm Al-Anon greeting
- Registration table**
Facilitates sign in and gives out name tags
- Provide color-coded name tags for the day**
Have separate colored name tags for each break out group to facilitate the organization of the round table discussions.
- Introductions at workshop**
Ask DR if they are willing to do the introductions to include:
Purpose and topics
Logistics: restrooms, snacks, timeframe for the day, separation of trash
- Provide each speaker details and logistics for the day**
Logistics notes and timeframe to each speaker. If possible, have them involved in sound check so they are comfortable with the mic.
- Post signs in building to give directions to your room**
Provide signs from each entry door to your meeting room.
- Snack/Coffee set up and fill up**
Coffee makers, clearing tables, emptying/checking trash, fill up snack tables
- Put round table items at each table**
Colored paper, pens, one or two sheets of 3M chart paper, and markers to log key points
- Using speaker and round table notes, write article for the BITS newsletter**
Get information on requirements and timeline from BITS editor
- Clean Up and Lock Up**
Make sure everything is in order and the doors are locked if applicable

Where to Send Donations

Service Arms and Instructions

AIS - MAILING ADDRESS

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

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

WASHINGTON AREA

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

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

AFG INC. (WSO)

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454
or

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

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

District 20

PO Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

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

Please make checks payable to the service arm listed above.

Meeting Updates

Auburn Alateen Inactive

The Auburn Wednesday Night Alateen Group is now inactive because no Alateens were attending.

New Location for both Edmonds AFG and Edmonds Alateen

The Edmonds Senior Center has been home for the Edmonds Al-Anon Family Group and Edmonds Alateen Serenity for Youth for many years. However, the Center will soon be torn down so both groups will be moving just up the road to the Edmonds United Methodist Church located at 828 Casper St. in rooms 112 and 113, respectively, starting the first Tuesday in March on the 4th at 7:30 p.m. The group has a rotating topic and open meeting format that welcomes all fellow travelers who are impacted by someone's drinking; whether you are just checking it out, or you are a seasoned member. This meeting lasts 80 minutes from 7:30 to 8:50 p.m.

The Serenity for Youth Alateen meeting is open to teens ages 12-19 and is closed to observers. This group has uniquely trained adult Al-Anon Members Involved in Alateen Service (AMIAS) who help facilitate the meetings. Each week the meeting rotates between the Steps, Traditions, CAL material, and open topics. This meeting lasts 90 minutes from 7:30 p.m. to 9:00 p.m. and welcomes all teens who are affected by someone else's drinking.

Serenity Refresher AFG Relisted

Serenity Refresher has been meeting for quite some time, but they were not listed on the websites due to a paperwork issue. The meeting was located in the Vance building, but then moved to the Seattle Downtown YMCA when AIS relocated. Serenity Refresher is conveniently located in downtown Seattle and is geared around the lunch hour. The meeting begins at 12:05 and ends at 12:50. Feel free to bring a brown bag lunch and/or beverage.

West Seattle Saturday Morning AFG Moving

West Seattle Saturday Morning AFG is moving to accommodate our growing Group! Beginning March 2, we will be at St. John the Baptist Episcopal Church (next to West Seattle High School) in the Parish Hall where we will have plenty of space weekly and for our annual Pancake Breakfast. Childcare is still available. Parking is available at West Seattle High School. Come join us for our new venue of serenity and recovery. - Karen L.

Serenity on the Sound Returns

Serenity on the Sound is back! After a year off, this long-running event at Seabeck Conference Center is scheduled for the weekend of September 20-22. Please mark your calendars for this special District 15 & 16 event. You can print a Save the Date flyer from the AIS Events page.

MESH Update

After taking a month off due to the lack of members stepping up to serve the Group, two trusted servants have stepped up. So the March meeting will take place. The March speakers will be Rick for Al-Anon and Will for AA. Please spread the word that MESH is back!

Please go to wa-al-anon.org to submit meeting changes
AND also send them to
communications@seattle-al-anon.org

Making a Decision to Trust in My HP

by Fawn B.

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Before I found Al-Anon, I often felt alone. I was an only child of an alcoholic mother until age 11. My Merchant Marine dad, also an alcoholic, was gone a lot. Alcoholism negatively affected my relationships, resulting in a belief that I was on my own. I developed a coping skill that both helped me survive and hindered my development: extreme self-reliance.

Throughout my adolescence, my marriages to two alcoholics, and beyond, I was “In Charge!” Because the alcoholics in my life were unreliable and unpredictable, I learned to do everything myself, to be in control and not to depend on anything or anyone.

In 2008 a series of crises brought me to the rooms of Al-Anon. By then I was tired, sick, and very lonely. I was told right away I wasn’t alone, that there was a Higher Power (HP) that was with me at all times. They said this HP was reliable, available, and loving.

This was a complete reversal of my way of thinking. I examined my long-held beliefs that HP was like my parents and that “He” was some bearded guy who never showed up. I also had to stop looking at other people’s faith for an explanation of HP as I understood it.

Finally, I stopped trying so hard to figure it all out; to solve the mystery of what “Higher Power” meant, who HP was, and where I could find It. I simply made a decision! I decided to turn my will and my life over to the care of an HP that I could not understand or explain.


Gradually, the need to be “In Charge!” left me. I stopped telling my loved ones what was best for them. I stopped playing detective, judge, and jury. But, the biggest change was that I ended the story in my head that no one cared about me.

I made a decision to trust.

Recently, we had a storm with large accumulations of snow. After five days at home, I had to drive to the office. I was afraid to drive my little car on the icy, snowy roads. My first thought was “I can do this!” That was my extreme self-reliance talking. My second thought was “I am not alone! I have a Higher Power who directs and guides me!” I decided to listen to the second voice. Off we went; me and HP. I listened for guidance throughout the treacherous trip and . . . We made it just fine!

Making a decision to trust my Higher Power has transformed my life in ways big and small, understandable and mysterious. Above all, I know I am not alone.

New Al-Anon Literature Available for Ordering



La intimidad en las relaciones alcohólicas

NOW AT AIS


La intimidad en las relaciones alcohólicas

&

Just for Tonight

Bookmark in both English and Spanish

ARRIVING SOON AT AIS



ARRIVING SOON AT AIS

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 B.Z. W. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
District 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM Grace Lutheran Church 9625 NE 8th St, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Massy A. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	1st Wednesday at 7:00 PM Contact Grita for Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Elizabeth G. district20@seattle-al-anon.org	2nd Monday at 7:00 PM Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Jackie T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline

Greater Seattle AIS Financial Activity Comparison

	Jan 2019	Jan 2018	2019 YTD
REVENUE			
Donations	1488.80	1830.27	1488.80
Fundraisers	0	0	0
Literature	3851.87	2138.87	3851.87
Misc.	0.08	0.09	0.08
Total Revenue	5340.75	3969.23	5340.75
Cost of Goods Sold	2776.56	1007.89	2776.56
Gross Profit	2564.19	2961.34	2564.19
EXPENDITURES			
Merchant Fees	112.79	57.41	112.79
Event Expenses	227.15	0	227.15
Insurance	41.66	0	41.66
Equipment	71.00	0	71.00
Office Supplies	0	75.94	542.03
Payroll and Payroll Taxes	42.00	5143.27	42.00
Postage	0	46.62	0
Rent & Maintenance	625.00	1822.02	625.00
Professional Fees	0	0	0
Technology	211.73	657.47	211.73
Volunteer Bus/Parking	31.50	121.25	31.50
Misc	0	0	0
Total Expenses	1362.83	7923.98	1362.83
NET REVENUE	1201.36	-4962.64	1201.365

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

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

OUR FUNDING NOW COMES PRIMARILY FROM:

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



Note: There was no AIS Council Meeting in February thus no Council Summary. All members are welcome to attend Council meetings and each Group is encouraged to send a representative. Each Group has a vote.

CAL Review: In Giving, We Receive by BITS Editor Teresa H.

In Giving, We Receive and *Facing Our Fears* are the titles of the first two sections in the booklet *When I Got Busy, I Got Better*. In my mind, they sum up the Al-Anon service experience for many of our members. After overcoming fears such as the fear of assuming responsibility, the fear of making mistakes, the fear of commitment, the fear of failure, or even the fear of success, we become willing to serve and in serving reap profound rewards.

This booklet is a mere 60 pages long, but a whole lot is packed into those 60 pages. The narrative content consists solely of members sharing their personal experiences with service: meaning that by reading this little gem, you get about 60 different perspectives on service in Al-Anon. I think all members will learn something about themselves in one or more of those stories.

For me, the shares about detachment and perfectionism were particularly helpful. It also emphasizes that we are not left to do jobs alone. We have other members and our Higher Power to aid us in service as we seek to follow Step Twelve: *Having 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.*

GETTING TO KNOW ABOUT ALATEEN

Did you know...?

- Alateen groups do not exist without Al-Anon members' support.
- Alateen meetings are run by the teens in the Group with their own Alateen literature.
- Al-Anon Members Involved in Alateen Service (AMIAS) serve as Alateen Group sponsors and must be present to hold an Alateen meeting. It is recommended that 2 AMIAS be present at each Alateen meeting.
- In order to serve as an Alateen Group sponsor an Al-Anon member: Must be attending Al-Anon meetings regularly, must have been in Al-Anon for 2 years, and must have completed AMIAS certification training.

**The next Webinar training is 3/31.
For the next live training,
please contact
alateen@seattle-al-anon.org**

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

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

March 2	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
March 5	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
March 6	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR	district18@seattle-al-anon.org
March 7	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
March 8	Friday 7:00PM	GFA Vive: Descubramos nuevas Opciones	Jubilee Reach Center 14200 SE 13th Pl, Bellevue	
March 9	Saturday 12:00-8:00PM	Renton Thursday Night's 3rd Mini-Assembly	Community of Christ Church 701 Monroe Ave NE, Renton	district17@seattle-al-anon.org
March 9	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
March 9	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
March 11	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
March 14	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
March 16	Saturday 8:30AM	District 15 & 16 Business Meeting	Grace Lutheran Church 9625 NE 8th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
March 16	Saturday 11:00AM	Burien Little Assembly (AA w/Al-Anon Participation)	Brooklake Church 629 S 356th St, Federal Way	http://www.burienlittleassembly.org
March 16	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
March 17	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
March 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)
March 25	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
March 27	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
March 27	Wednesday 7:00-8:00PM	Alateen Support Group	Queen Anne Lutheran Church 2400 8th Ave W, Seattle	alateen@seattle-al-anon.org
March 29	Friday 7:30PM	Seattle Men's AFG Speaker Meeting	Northminster Presbyterian Church 7706 25th Ave NW, Seattle	
March 30	Saturday 10:00-3:30PM	A Day in Al-Anon & Alateen Practicing Self-Love	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
March 31	Sunday 9:00-3:00PM	AMIAS Training	Webinar	Contact alateen@wa-al-anon.org
March 31	Sunday 7:00PM	Ballard Sunday Nite AFG Potluck & Speaker Meeting	St. Paul's United Church of Christ 6512 12th Ave NW, Seattle	
April 4	Thursdays 7:30PM	Blueprints for Progress Workshop – Week 1	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	
April 5-6	Friday – Saturday	WA Area Pre-Conference 2019	Campbell's Waterfront Resort 104 W Woodin Ave, Chelan	http://wa-al-anon.org/events/category/area/
April 12-14	Weekend	ASTAR	Lazy F Camp and Retreat Center 16170 Manastash Rd, Ellensburg	ASTARreg@wa-al-anon.org

Only the next occurrence of an event is listed. A full listing of scheduled events for the rest of the year can be found on our AIS Members page at <https://www.seattle-al-anon.org/members.html>.

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of March 1, 2019

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

Directory Guide

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

NEW To change meeting information: **NEW**
 Go to <http://wa-al-anon.org/>.

Create a log in or use your existing log in. Then Resources>For Members>Make Meeting Changes. Enter changes in the comments box. Then Email that same information to communications@seattle-al-anon.org

ALATEEN MEETINGS

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) DIST 19
TUES 7:30PM 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/AA/AL	LAKE HILLS ALATEEN #14119 St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

VASHON ISLAND MEETINGS

SUN 9:00AM 90/O/FF	VASHON SUNDAY SIDE UP AFG #30043 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs Belfry) DIST 19
TUES 6:30PM 90/O/H/FF	VASHON ISLAND WOMEN'S AFG #502955 Episcopal of the Holy Spirit, 15420 Vashon Hwy SW, Vashon (Women's Meeting) DIST 19
SAT 10:00AM 90/O/B	SATURDAY IN THE BELFRY AFG #30556459 Vashon Presbyterian, 17708 Vashon Hwy SW, Vashon (Upstairs in Belfry - Pull Cow Bell) DIST 19

To receive the BITS newsletter in your inbox, go to <https://www.seattle-al-anon.org/> and click on the button to sign up for our newsletter.

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 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lake Forest Park DIST 22
MON 7:00PM 90/O/H	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 2 nd Monday of month) DIST 22
MON 7:30PM 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
MON 7:30PM 90/O/H	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
TUES 10:00AM 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery entry) DIST 21
TUES 6:30PM 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt) DIST 21
TUES 7:30PM 75/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear/Rear entrance) DIST 21
TUES 7:30PM 90	NORTH END MEN'S AFG #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/AT	EDMONDS AFG #500668 Edmonds United Methodist, 828 Caspers St, #112, Edmonds NEW LOCATION DIST 22
WED 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 6:00PM 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 th Ave NE, Seattle (Side bldg. north of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 th St, Seattle (Enter from rear parking lot) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace DIST 22

WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84 th Ave W, Edmonds (Speaker on 5 th Wed/corner of 196 th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST
THURS 7:30PM 90/O/H/AC	LAURELHURST THURSDAY EVE AFG #46355 St Stephen's Episcopal, 4805 NE 45 th St, Seattle (Meets in Parish Hall) DIST 20
THURS 7:30PM 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36 th St, Seattle (Meets in 1 st floor lounge) DIST 20
FRI 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
FRI 10:00AM 90	HIGHLANDS FRIDAY AM AFG #32362 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Enter from East side Parking Lot) DIST 21
FRI 7:00PM 60/O	WOMEN'S FRIDAY WALLINGFORD AFG #30712924 Wallingford Presbyterian, 1414 N 42 nd St, Seattle (Women's Meeting/Enter back of church) DIST 20
FRI 7:30PM 90/O/H	SEATTLE MEN'S AFG #30582130 Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21
FRI 8:00PM 90/H/B	TGIF AFG #14171 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196 th) DIST 22
SAT 7:30PM 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70 th St, Seattle (Enter on NE corner) DIST 21

SPANISH LANGUAGE MEETINGS

MON 7:00PM 90/O	GFA UN REGALO PARA MI #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
TUES 7:00PM 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare) DIST 14
WED 7:00PM 90/O	LIBERTAD Y ESPERANZA HIJOS ADULTOS GFA NEW Ed. United Meth, 828 Caspers St Rm 302, Edmonds (Park & Enter in Back of church) #30713224 DIST 22
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) DIST 17
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 th Pl, Bellevue DIST 16

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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 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 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 meeting) DIST 16
FRI 12:00PM 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148 th Ave SE, Bellevue DIST 16
FRI 7:30PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166 th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
SAT 8:30AM 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
SAT 10:30AM 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8 th St, Bellevue DIST 15

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

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