

MARCH
2020



BITS Newsletter

Seattle Al-Anon Information Service

Step Three: The Decision

by BITS Columnist Fawn B.

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

How many times have you, in a moment of great passion and commitment, made a decision, and the doors that were once shut tight, finally opened? Previous barriers became opportunities. Rocky roads became smooth paths, and the very thing you decided in sincerity and hope came to be? This is not only possible but common. After a time of worry and indecision, we finally decide enough is enough. Once we make the decision, we turn some invisible corner that allows us to move ahead unimpeded. Be it self-care, planning a trip, or a career path, once we decide, some unseen supportive force concurs with us and helps us along the chosen path.

“Once you make a decision, the universe conspires to make it happen” (Ralph Waldo Emerson). In Step Three, we are asked to make a decision more important than where to go or how to get there. We’re advised to decide to turn it ALL over to a Higher Power. We’re given a blueprint for serenity. Our only task is to choose to let our Higher Power be the superintendent. It’s simple enough; give God our worries, give God control, let God be in charge.

But just because it’s simple doesn’t mean it’s easy. There’s nagging doubt, festering mistrust, and that long-lived habit

Fort Worden Weekend

by BITS Columnist Allen L.

June 12–14 is the 39th Annual Kent All Men’s Al-Anon Fort Worden Weekend.

While there are many friendship building events such as the Friday golf scramble, hikes, bike ride, and pickleball, the real meat of the weekend for me is the topic meetings. Some of the topics in 2019 were *Acceptance and Gratitude*, *God Is in Charge*, and *Doing Tough Things the Right Way*. There is always time for last-minute burning desire meetings or to find a friend and privately discuss my current issue.

There is enormous social pressure on men to appear “strong,” and I have observed they often don’t talk about some of our life issues in any public forum. Al-Anon has taught me that

of control. Those old attitudes can bring about a spiritual wasteland. When we welcome mistrust, we forget our lives could be peaceful and burden-free. When we once again try to control the uncontrollable, we revert to the lonely belief that there is only us. We pick up the rock or the anvil, and we cozy up to that familiar place of self-omnipotence until we’re exhausted once again.

Deciding to trust our Higher Power with our will and our

Deciding to trust our Higher Power with our will and our lives can be the relief we’ve been

lives can be the relief we’ve been craving. What do we have to lose? Don’t we deserve a rest? Haven’t we been hyper-vigilant long enough? Haven’t our obsessions had free rein long enough? Our Higher Power can do for us what we cannot do for ourselves. Letting the God of our understanding help bring us back into harmony with ourselves, with the spiritual world, and with others. We no longer have to struggle against it all. We can be freed from the worry we’ve been carrying for so very long. The doors to serenity can be opened. The path to peace can be found.

All we have to do is decide.

“we are only as sick as our secrets.” I have found over the years that many of us (me included) will talk about subjects at Fort Worden that we only previously shared with our sponsor. Speaking in public about these hidden issues allows me to openly confront things that I couldn’t express anywhere else.

One of my favorite features of Fort Worden is the camaraderie. At the first general meeting on Friday night, we go around the room and introduce ourselves, and first-timers are welcomed. Despite my being active in several meetings, Fort Worden provides an opportunity for me to renew old friendships and to build new connections in Al-Anon.

(Continued on page 2)

Revised Service Manual and Free Outreach Bookmark

by BITS Contributor Teresa H.

A new version of the 2018-2021 *Al-Anon/Alateen Service Manual* is now available. It is identified as Version Two. In past years, Service Manual revisions were sent out as a few



The newly redesigned *Outreach Bookmark* (M-76) is now available. With updated graphics and text that features the same message as the current public service announcements produced by WSO, the bookmark is an ideal outreach tool. And it is FREE! Help reach potential newcomers in your community by distributing it in public places. It will be available at the AIS Literature Distribution Center soon. You can pre-order now by e-mailing LDC@seattle-al-anon.org.



loose pages to be inserted into the manual. This time the amount of revisions necessitated the printing of a whole new version. The English versions are now in stock at the AIS Literature Distribution Center/Office on Capitol Hill in Seattle. You can order by e-mailing LDC@seattle-al-anon.org. The Spanish versions have been ordered and will be available soon. Members attending WA Area Pre-Con on the first weekend in April may want to consider ordering the new version in advance of the assembly.

Fort Worden Weekend

(Continued from page 1)

For many years, I looked at the weekend as a chance to do some serious program work without the distractions of my daily life. Two years ago, a long-time friend and regular attendee at Fort Worden shared in a meeting that he no longer planned any serious work. He looked at the weekend as a chance to relax and enjoy the results of all his hard program work: to have fun.

We each arrive with a different set of goals and needs, and somehow everyone ends up finding exactly what they came for!

To make it easy for you to join us, I include a link to both the AIS (<https://www.seattle-al-anon.org/events.html>) and the KAMA (<https://mensalanon.wordpress.com>) websites.



CONTACT AIS

For Up-to-Date Information

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

To Order Literature

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

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

Office/Literature Pick Up Location

509 10th Ave E #100

Seattle, WA 98102

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

Mailing Address

505 Broadway E #400

Seattle, WA 98102-5023

To Speak with a Member

call 206-625-0000





Out of the Toolbox

by BITS Columnist Callie D.

Keeping the Focus on Myself

There have been numerous challenging transitions taking place in my life, seemingly simultaneously. The household in which I live is going through a significant shift, with a series of unpredictable ripple effects. I had hoped that the changes would bring more serenity and less strife, but so far, that isn't the case. I am feeling a cascade of painful emotions: disappointment, discouragement, frustration, anger, fear, and grief. I am so grateful for meetings in which I may share openly and find comfort, companionship, and even a spark of hope.

Because of the resulting chaos and other effects of alcoholism in my environment, I am feeling powerless over my own life. I start to get sucked back into the dysfunctional vortex of sick relational dynamics. That is one dark abyss where I have previously succumbed to codependency. Al-Anon encourages me to "keep the focus on myself." Not so easy to accomplish living in a convoluted atmosphere where I may be labeled as "selfish" or "non-committal" when I try to stay firm on my boundaries. However, when I reach out to a fellow traveler, journal, pray, and read recovery stories, I start to gain a more balanced perspective. I am not alone, and I have a Higher Power who loves me and has my back!

As I have shared before, I have been struggling with underemployment for several years. While applying at many different agencies and organizations, I became part of the gig economy in rideshare/delivery. I am learning how to maneuver all the problematic situations that might arise with strangers in one's vehicle who may be subject to different levels of intoxication. Although supply and demand were unpredictable along with the pay, I got used to the flexibility and accomplishment of being of service to people late at night.

I recently accepted a job in a new field, and it is the complete opposite of what I am accustomed to in a position. Instead of flexibility, socializing, and travel, this job is sedentary, isolating, and requires learning many challenging software systems and protocols. I am overwhelmed and feel rather inadequate. I start to worry about other situations, and it is affecting my concentration. I want to succeed in this challenging new career, and I need the benefit of a steady paycheck. So, I endeavor to let these circumstances go, along with the people that are affecting my life so intensely, and let God handle it.

"Keeping the focus on myself" is healthy, and it enables me to be more loving to myself and others as I strive to "live and let live."

AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Kimberly O.

vicechair@seattle-al-anon.org

Secretary

Roxanne T.

secretary@seattle-al-anon.org

Treasurer

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treasurer@seattle-al-anon.org

Alateen Coordinator

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alateen@seattle-al-anon.org

Archivist Coordinator

OPEN

archives@seattle-al-anon.org

Communications Coordinator

OPEN

communications@seattle-al-anon.org

Literature Dist. Center Co-Coordination

Doug L. and Julie R.

LDC@seattle-al-anon.org

Outreach Coordinator

Jennifer S.

outreach@seattle-al-anon.org

Phone Volunteers Coordinator

Helen V.

phones@seattle-al-anon.org

Tech Coordinator

Jeffrey M.

tech@seattle-al-anon.org

AIS BOARD

The AIS Board is made up of a representative, usually the DR or Alt-DR, from Districts 14-22 plus the Officers and Coordinators listed above.

AIS COUNCIL

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

Book Review: Lois Remembers

by BITS Contributor Teresa H.

In preparation for the Celebrating Lois’s Birthday fellowship event, I decided to read *Lois Remembers*. I had read most of our conference approved books, but had never been inspired to read our co-founder Lois’s book. After all, we are focused on principles rather than personalities in Al-Anon. Lois herself had balked at the idea of writing the memoir for that very reason.

I expected the book to be the story of Lois’s life. And it was. And, as Lois more accurately points out in the preface, it is the story of her life and her husband Bill’s life together. Bill is a co-founder of AA so it is the story of a wife who dedicated herself to helping her husband sober up. The book wasn’t always easy reading as Lois describes her struggles with active alcoholism without the benefit of our Al-Anon Steps, Traditions, and Concepts for a large portion of the book. Without the program, she, too, exhibited the lack of sanity referred to in Step Two.

And Bill was no casual drinker! She and Bill were often homeless, spending a lot of time couch surfing. She liked to refer to the two of them as “Motorcycle Hobos.”

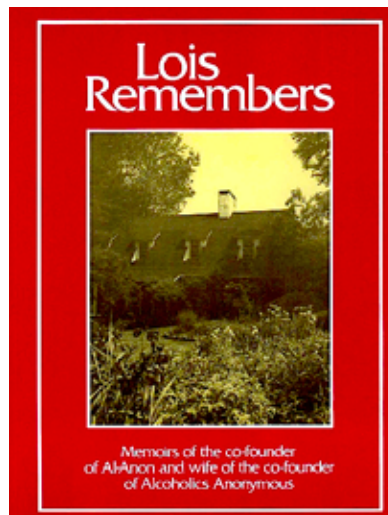
Living in tents, homelessness, extended far beyond their motorcycle and car camping trips. Bill lost job after job — not from incompetence, but rather from drinking. Lois worked many different jobs to try and keep them afloat and ahead of the bill collectors. She remained devoted to him through the

good times and bad until his death in 1971 — 27 years prior to her own passing.

The most compelling parts of the book are where Lois quotes from her journals about her marriage’s dark times. They reveal her tender, hurting and searching heart. Lois did seem to grasp quite early that alcoholism is a disease rather than a moral weakness (as it was considered in her time). Once she and other relatives of alcoholics recognized the spiritual solution offered in AA would be valuable to them, she shared her story. That freed others to share their stories. “It was great to find that because others had gone through similar experiences, each of us no longer had to be alone with our troubles” (p. 172). The “we” of Al-Anon was made manifest.

There were a few interesting items that hit close to home. On p. 3, I realized that Lois and I are distant relatives. What a surprise! And then there were her visits to Seattle. Lois and Bill first visited Seattle in 1943 as they made a trip through the West, often speaking at AA and family group meetings. About their stop in Seattle, she wrote, “I spoke briefly at most of the AA meetings during this trip, but at Seattle I tried to make constructive talks at

the gatherings of the families of AAs” (p. 143). Then on their 1948 trip she wrote, “At Seattle, where there had been no Family Group when I spoke in 1943, forty members attended a meeting held five years later.” So here we have a bit of our own Seattle area history.



Opportunity to Contribute to the New Daily Reader

by BITS Contributor Teresa H.



WSO is developing a new daily reader! The book is getting close to completion, and they are asking for more sharing from members. They report, “We now know not only what topics can be adequately covered, but also which subjects we are still missing. Please consider submitting sharings on any of the following topics that are missing or currently in very short supply:

- | | | | | | | |
|-------------|---------------|--------------------|----------------|--------------|-----------------|-------|
| Abundance | Concept Six | Concept Eleven | Literature | Sex | Tradition Six | Trust |
| Abuse | Concept Seven | Finances/Money | Respect | Shame | Tradition Eight | Unity |
| Concept Two | Concept Eight | General Warranties | Responsibility | Spirituality | Tradition Nine | |

They also want this reader to “...include such a variety of members’ experiences and backgrounds that it clearly demonstrates how Al-Anon can work for anyone affected by someone else’s drinking. We’ve received only a few sharings from members who identified themselves as African American, Alateen, Alateen Group Sponsor, of Asian descent, LGBTQ+, men, people of color, or those who live outside the US and Canada.”

A writing guideline is available at al-anon.org. Send your sharings by June 1 to AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617. Attention: “Daily Reader.” Or e-mail to a wso@al-anon.org with “Daily Reader” in the subject line; or submit online at al-anon.org/dailyreader

Where to Send Donations

Service Arms and Instructions

AIS MAILING ADDRESS

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

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

WASHINGTON AREA

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

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

AFG INC. (WSO)

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

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

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

District 20

PO Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

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

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

Training Opportunities for AMIAS

by Alateen Coordinator Kathy B.

To be a certified AMIAS (AMIAS stands for Al-Anon Member Involved in Alateen Service), a person must be at least 21 years old, and a member of Al-Anon who attends Al-Anon meetings regularly. AMIAS must participate in an Initial training and complete paperwork, show identification at the training, and receive an AMIAS number from the World Service Organization. Each year paperwork must be completed, and every other year a 2-hour Refresher training is needed to continue to be certified.

WA Area is scheduling monthly face-to-face trainings on one Saturday per month on the following dates:

- Saturdays, March 14 and May 23.

The April training will take place at the ASTAR Conference on the weekend of April 17-19.

In addition to the face-to-face trainings, there are webinars scheduled on the following Saturdays from 1:00-4:00 p.m. Please RSVP to alateen@wa-al-anon.org a week before the training to participate in any webinar.

Saturdays

- March 7: Initial Training
- March 21: Recertification Training
- May 2: Initial Training
- May 17: Recertification Training
- June 6: Initial Training

Sunday

- June 14: Recertification Training

Information for how to sign into the training can be found at:

<https://www.freeconferencecall.com/wall/alateen1>

There is no Alateen without AMIAS

**Number of
Alateen
Meetings in
King County:**

5

Get Involved! email: alateen@seattle-al-anon.org

Meeting Updates

Check Out the New Meetings in 2020!

Mondays at 7:00 PM

No Expectations Women's AFG

St. Paul's United Church of Christ, 6512 12th Ave W, Seattle

Tuesdays at 11:30 AM

Lynnwood Almost Noon AFG

Lynnwood Alano Club, 4001 198th SW Room B, Lynnwood

Fridays at 6:00 PM

Courage to Change-Kirkland

St. John's Episcopal Church, 105 State St, Kirkland

Saturdays at 10:30 AM

Recovery Is for Everybody Alateen

Queen Anne Lutheran Church, 2400 8th Ave W, Seattle

View Ridge Open AFG is Moving

Starting March 3, the Group that has met at Sand Point Community Church for many years will be moving to Wedgwood Presbyterian Church, 8008 35th Ave NE, Seattle. Enter on N.E. 80th Street and then go upstairs to the Fireside Room. Meetings are from 7:30 to 8:45 p.m. on Tuesday nights.

Richmond Beach AFG is Now Open...

...to friends and family of alcoholics and to observers at all of our meetings. Please join us at Aurora Church of the Nazarene, 1900 N. 175th Street, Shoreline on Monday nights at 7:30 p.m. Our meetings last for 1-1/2 hours and the church is handicap accessible.

Terrace View AFG One-Time Change

Our regular meeting facility is not available to us on March 19th. Instead of meeting at Gloria Dei Church, Terrace View AFG will meet in the Cafeteria at Swedish Medical Center - Edmonds Campus on Thursday, March 19 only. We will meet from 7:00-8:30 p.m. The location information is: Cafeteria East - Swedish Medical Center; 2nd floor (follow signs)
21601 76th Ave W, Edmonds

Please send all meeting changes to
group-records@wa-al-anon.org

AIS Needs YOU!

Current Service Opportunities:

Communications Coordinator

(Please see new position description on our Members page.)

Archivist Coordinator

Tech Co-Coordinator

Office Volunteers

Phone Volunteers



If you are interested in a particular area of service, please contact chair@seattle-al-anon.org.

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 Barb D.* district18@seattle-al-anon.org	1st Wednesday of even months Contact Barb D. for Time and Location*
District 19 Linda H. district19@seattle-al-anon.org	Contact Linda H.*
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

* denotes updated information

Greater Seattle AIS Financial Activity Comparison

	Jan 2020	Jan 2019	2020 YTD
REVENUE			
Donations	1,933.16	1,473.80	1,933.16
Fundraisers	0.00	0.00	0.00
Literature	4,252.30	3,851.87	4,252.30
Misc.	0.09	0.08	0.09
Total Revenue	6,185.55	5,325.75	6,185.55
Cost of Goods Sold	3,802.12	2,641.64	3,802.12
Gross Profit	2,383.43	2,684.11	2,383.43
EXPENDITURES			
Alateen	0.00	0.00	0.00
Conferences	0.00	0.00	0.00
Merchant Fees	111.94	112.79	111.94
Event Expenses	235.00	227.15	235.00
Insurance and Licenses	41.66	41.66	41.66
Equipment	0.00	71.00	0.00
Office Supplies	0.00	0.00	0.00
Outreach	0.00	0.00	0.00
Taxes	0.00	0.00	0.00
Rent & Maintenance	625.00	625.00	625.00
Professional Fees	0.00	0.00	0.00
Technology	221.68	211.73	221.68
Volunteer Bus/Parking	50.00	31.50	50.00
Misc	0.00	42.00	0.00
Total Expenses	1,285.28	1,362.83	1,285.28
NET REVENUE	1,098.15	1,321.28	1,098.15

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



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

Our funding now comes primarily from:

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

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

505 Broadway E #400
Seattle, WA 98102-5023

February AIS Council Meeting Summary by BITS Contributor Teresa H.

Treasurer's Report: Treasurer Linda H. shared financial reports and gave an overview of the current financial status. Literature sales were good in January, and donations were up.

Financial Policy Task Force Report: The 6-member group met twice to discuss the appropriate amount for our ample financial reserves. The AIS funds were raised by local groups. The goal is to spend funds above our ample financial reserve on AIS area Al-Anon projects. The group identified the following issues to consider: (1) The all-volunteer model is still new. We need to recognize we may not always have adequate volunteers to support it. (2) The Outreach Committee may have suggestions on how to spend down the excess funds. (3) Ample Reserve Fund: The group researched and discussed the appropriate amount for the AIS ample reserve fund. Their recommendations were that AIS maintains an ample reserve fund adequate for 9 months of operation. The total ample reserve fund should be a minimum of \$25,000. This includes \$8,000 in checking and \$17,000 in CDs. The Council approved the ample reserve fund recommendations. Council members made suggestions for the use of the remaining funds. Suggestions will be discussed in more detail in the future. Donations from groups will still be necessary for continued AIS operating expenses.

Open Positions: Helen V. volunteered to be the new Phone Volunteers Coordinator. The Communications Coordinator position is open. Luca S. is not able to continue in the position due to workload. The Communications Coordinator coordinates 4 different bodies of work. We discussed whether it is best to break the roles up further or continue with the current model. Tech Coordinator Jeff M. volunteered to take care of changes to the website as part of his Tech role. Chair Eliza D. will share the info by email to the Council for distribution to all groups. Members were encouraged to share the need for Communications volunteers.

Misc: Secretary Roxanne T. will fill out the reservation form for Lincoln Park shelter 2 for the August Resentment Bonfire. Laurel W. will attend the March Council meeting to discuss Al-Anon and the deaf and hearing community. We will have ASL translation for the Council meeting. The Council voted to pay for the cost of the ASL translation.

Alateen Coordinator's Report: Alateen Coordinator Kathy B. reported the new Alateen group is growing. Kathy B. meets with Seattle Public Schools again next week to discuss getting new Alateen meetings started.

Outreach Coordinator's Report: Kathy B. reported Outreach Coordinator Jennifer S. and the committee met January 22 and made a list of options for outreach projects. They will meet again on February 26 to select which options to move forward.

Lois's Birthday Celebration: The celebration of Lois's birthday will be 5 PM February 29 at St. Andrew's Lutheran Church in Bellevue. There is room for 180 people to attend. This is an AIS fellowship event and will be a potluck. There is a need for volunteers at the event. The contact information is on the flyer.

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

note: includes AA events and conferences with Al-Anon participation

Mar 2	Monday 6:00PM	Magnolia Monday Night AFG 21st Anniversary	Magnolia United Church of Christ 3555 W McGraw St, Seattle	6PM Potluck / 7PM Speaker district20@seattle-al-anon.org
Mar 3	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Mar 5	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Mar 7	Saturday 1:00-4:00PM	AMAS Training	Webinar [Initial Training]	alateen@seattle-al-anon.org
Mar 7	Saturday 1:00-5:00PM	Reston Thursday Night 4th Annual Mini-Assembly	St Matthew's Lutheran Church 1700 Edmunds Ave NE, Renton	Recovery to an Inside Job 12:00PM Registration
Mar 7	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	www.reservationspeakersmeeting.com
Mar 9	Monday 6:00-7:30PM	District 20 Business Meeting	Deany Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Mar 12	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Mar 12	Thursday 7:30-9:00PM	Lake Hills Thursday Night AFG Book Study	St Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	Opening Our Hearts, Transforming Our Lives
Mar 14	Saturday 11:00AM	Burien Little Assembly	Brooklake Church 629 S 356th St, Federal Way	www.burienlittleassembly.org
Mar 14	Saturday 11:00-2:00PM	Recovery Is Ageless: Finding Recovery at Any Age	North Creek Presbyterian Church 621 164th St SE, Mill Creek	coydecisif@dist23.org
Mar 14	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Mar 14	Saturday 7:30PM	NESH Speakers Meeting	St David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	nesh.coordinator@gmail.com
Mar 15	Sunday TBA	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Mar 17	Tuesday 6:30-8:00PM	District 22 Business Meeting	St David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (There glass doors/messy)
Mar 18	Wednesday 6:30PM	AIS Outreach Committee Meeting	Queen Anne Lutheran Church 2400 8th Ave W, Seattle	outreach@seattle-al-anon.org
Mar 21	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
Mar 21	Saturday 9:30AM	District 13 - A Day in Al-Anon "2020: A Vision of Serenity"	Summit United Methodist Church 5316 104th St E, Tacoma	
Mar 21	Saturday 1:00-4:00PM	AMAS Training	Webinar (Recertification)	alateen@seattle-al-anon.org
Mar 21	Saturday 7:30PM	HEAR Speaker Meeting	Hillside Church 930 E James St, Kent	
Mar 23	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Mar 30	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St Elizabeth's Episcopal 1005 SW 152nd St, Burien	district18@seattle-al-anon.org
Mar 30	Monday 7:00PM	Meadowdale AFG Speakers Meeting	St Hilda & St Patrick Episcopal 15224 52nd Ave W, Edmonds	Spring into Recovery district22@seattle-al-anon.org
Mar 30	Monday 7:30PM	Parents for Serenity AFG Speaker Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	
Apr 3-4	Weekend	WA Area Pre-Con Assembly	Campbell's Resort 104 W Woodin Ave, Chelan	alt-chair@wa-al-anon.org

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

Information is current as to publication of this newsletter. For most current information, go to <https://www.seattle-al-anon.org/events.html>
For formatting and other information, please refer to the FYI section of our AIS web site: <https://www.seattle-al-anon.org/members.html>

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of March 1, 2020

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

Directory Guide

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

To change meeting information: <http://wa-al-anon.org/>
 Log in. Then: **RESOURCES > FOR MEMBERS >**
MAKE MEETING CHANGES. Enter changes.

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

SPANISH LANGUAGE MEETINGS

MON 7:00PM 90/O	GFA UN REGALO PARA MI GFA St Matthew Church, 123 L St NE, Auburn	#30607125 DIST 14
TUES 7:00PM 90/O/CH	VIDA NUEVA GFA Kent Lutheran Church, 336 2nd Ave S, Kent (Free Childcare)	#65270 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 First United Methodist, 2201 NE 4th St, Renton (Downstairs)	#30591116 DIST 17
THURS 10:00AM 90/O	GFA UN REGALO PARA MI GFA NEW St Matthew Church, 123 L St NE, Auburn	#30607125 DIST 14
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD United Methodist, 16540 NE 80th St, Redmond (Room 104)	30675103 DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA GFA Kent Lutheran Church, 336 2nd Ave S, Kent (Free Childcare/use back door)	#65270 DIST 14
FRI 7:00PM 90/O/B	GFA VIVE Jubilee Reach Center, 14200 SE 13th Pl, Bellevue	#30581849 DIST 16

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

SEATTLE CENTRAL ZONE

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

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG Seattle U Student Ctr, 901 12th Ave #122, Seattle (STEP STUDY)	#30536933 DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd floor conference room)	#64446 DIST 20
MON 12:00PM 60/O/H	QUEEN ANNE MID DAY AFG First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North Entry/Signs to Glen Rm)	#62081 DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG YMCA, 909 4th Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch)	#47697 DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG Magnolia United Church of Christ, 3555 W McGraw St, Seattle (Upstairs)	#63177 DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG St Therese Parish House, 3416 E Marion St, Seattle NEW LOCATION	#30614923 DIST 20
TUES 7:00PM 75/O	Unity on Union AFG NEW LOCATION Church of the Good Shepherd, 2116 E Union St, Seattle (Late: signal at downstairs window)	#30592290 DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry)	#27198 DIST 20
WED 8:00PM 75/O/AT/AA	QUEEN ANNE AFG Queen Anne Lutheran, 2400 8th Ave W, Seattle	#14319 DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking)	#30503143 DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs)	#46407 DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting)	#14299 DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG Queen Anne Lutheran Ch, 2400 8th Ave W, Seattle (Women's Meeting/McGraw St entry only/Upstairs)	#30578357 DIST 20

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

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW Social Work, 4101 15th Ave NE #301, Seattle (ASL avail 3/1, 15, 29; 4/5, 19; 5/3, 17, 31) 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 7:00PM 60/AA/H/O	NO EXPECTATIONS WOMEN'S AFG #30731359 St. Paul's United Church of Christ, 6512 12th Ave W, Seattle (NEW—1/2020: Women's Meeting) DIST 21
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (all meetings OPEN effective 1/2020) DIST 22
MON 7:30PM 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
MON 7:30PM 90/O/H	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
TUES 10:00AM 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery entry) DIST 21
TUES 11:30AM 60/O/H	LYNNWOOD ALMOST NOON #30729969 Lynnwood Alano Club, 4001 198th SW Room B, Lynnwood NEW MEETING DIST 22
TUES 7:30PM 75/O/H	VIEW RIDGE OPEN AFG New Location (3/1) #41334 Wedgwood Presbyterian, 8008 35th Ave NE, Seattle (enter NE 80th St, upstairs to Fireside Rm) DIST 21
TUES 7:30PM 90	NORTH END MEN'S AFG #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT	EDMONDS AFG #500668 Edmonds United Methodist, 828 Caspers St Edmonds DIST 22
WED 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 7:00PM 60/O/H/B	FRIENDS AFG NEW TIME #30611010 North Seattle Friends, 7736 24th Ave NE, Seattle (Side bldg. N of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78th St, Seattle (Enter at rear) DIST 21

WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56th Ave W, Mountlake Terrace DIST 22
WED 7:00PM 75/O/H	ALDERWOOD AFG #30623421 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22
THURS 7:00PM 90/O/H	TERRACE VIEW AFG #30760 Gloria Dei Lutheran, 3215 Larch Way, Lynnwood DIST 22
THURS 7:30PM 60/O	FREMONT AFG #30580844 Fremont Baptist, 717 N 36th St, Seattle (Meets in 1st floor lounge) DIST 20
FRI 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed, & Fri) DIST 21
FRI 10:00AM 90	HIGHLANDS FRIDAY AM AFG #32362 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Enter from East side Parking Lot) DIST 21
FRI 7:00PM 60/O	WOMEN'S FRIDAY WALLINGFORD AFG #30712924 Wallingford Presbyterian, 1414 N 42nd St, Seattle (Women's Meeting/Enter back of church) DIST 20
FRI 7:30PM 90/O/H	SEATTLE MEN'S AFG #30582130 Northminster Presbyterian, 7706 25th Ave NW, Seattle (Men's Meeting) DIST 21
FRI 8:00PM 90/H/B	TGIF AFG #14171 Maplewood Presbyter, 19523 84th Ave W, Edmonds (Corner of 196th) DIST 22
SAT 7:30PM 90/H	SATURDAY AFG RECOVERY #42815 Sandpoint Community Ch, 4710 NE 70th St, Seattle (Enter on NE corner) DIST 21

ONCE A MONTH SPEAKER MEETINGS

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

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

PHONE NUMBERS

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

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

SOUTH ZONE

South & West Seattle•Burien•Des Moines Federal Way•Auburn•Kent•Renton•Enumclaw

SUN 6:00PM 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436th Way, Enumclaw DIST 14
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic Church, 505 17th St SE, Auburn (Enter main church on 17th St SE) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran Church, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1st Ave S, Burien DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #30512485 Saltwater Unitarian-Universalist, 25701 14th Pl S, Des Moines (Meets in Church Office) DIST 14
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356th St, Federal Way DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5th Monday) DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4th St, Renton (Lower lot and entrance) DIST 17
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in Library) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9th Ave S, Des Moines DIST 18
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent-Focused Meeting) DIST 14
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Lutheran Church, 2400 SW 344th St, Federal Way (Free Childcare) DIST 14
WED 1:30PM 60/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1st Ave S, Burien (Use side entrance/basement) DIST 18
WED 7:00PM 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran Church, 28505 216th Ave SE, Covington (Behind church) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17

WED 7:00PM 90/O	COURAGE TO CHANGE AFG (Seattle) #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4th Wednesday) DIST 19
WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran Church, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24th Ave S, Des Moines (Side door at north of church) DIST 18
THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY MORNING AFG #23848 Zion Lutheran Church, 1305 17th St SE, Auburn (Auburn Way at M St) DIST 14
FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 St John's Episcopal, 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 156th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist Church, 11010 SE 248th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Downstairs/Follow Signs) DIST 17

VASHON ISLAND MEETINGS

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

EAST ZONE

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

SUN 12:00PM 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8th St, Bellevue DIST 15
SUN 7:00PM 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran of Bothell, 10207 NE 183rd St, Bothell DIST 15
MON 12:00PM 60/O/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
MON 12:30PM 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104th Ave NE, Bothell DIST 15
MON 7:00PM 90/O/H	LIVING IN THE SOLUTION AFG #49784 Holy Spirit Lutheran, 10021 NE 124th St, Kirkland (No. end ramp/lower fellowship hall) DIST 15
MON 7:30PM 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40th St, Mercer Island (Parent's meeting/Speaker on 5th Mondays) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Cov, 12800 SE Coal Creek Pkwy, Bellevue (1st floor in main church building) DIST 16
TUES 12:30PM 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5th Ave, Room 21 Kirkland DIST 15
TUES 7:00PM 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
TUES 7:15PM 90/O/CH/H/AA	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100th Ave NE, Bothell (Free childcare) DIST 15
TUES 7:30PM 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80th St, Redmond DIST 15
WED 7:00PM 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5th Ave, Room 21 Kirkland (Women's meeting) DIST 15
WED 7:30PM 90/O/H/B	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80th St, Kirkland (Men's meeting) DIST 15
WED 8:00PM 90/H	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
THURS 10:00AM 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
THURS 10:00AM 90/H/B	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108th Ave NE, Kirkland DIST 15
THURS 7:00PM 90/O/H/B	NEW HORIZONS AFG #30537397 Tolt Congregational, 4851 Tolt Ave, Carnation DIST 15

THURS 7:30PM 90/O/H/AT/AA	BELLEVUE LAKE HILLS AFG #14118 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
THURS 7:30PM 90/O	EASTSIDE PARENT'S AFG #30522678 Faith United Methodist, 3924 Issaquah-Pine Lk Rd SE, Issaquah (Parent's Meeting) DIST 16
FRI 12:00PM 60/H	FRIDAY NOONERS AFG #30546400 St Andrew's Lutheran, 2650 148th Ave SE, Bellevue DIST 16
FRI 6:00PM 60/H/O	COURAGE TO CHANGE AFG (Kirkland) #30731298 St John's Episcopal Church, 105 State St, Kirkland (room entrance on parking lot side) DIST 15
FRI 7:30PM 90/O/H/AA	REDMOND FRIDAY NIGHT AFG #14285 Faith Lutheran, 9041 166th Ave NE, Redmond (Downstairs/go thru AA room) DIST 15
SAT 8:30AM 60/O/H	PEACE OF THE PROGRAM AFG #30671602 Sammamish Presby, 22522 NE Inglewood Hill Rd, Sammamish (Bldg B-across from office) DIST 16
SAT 10:30AM 90/O/H/B	SEARCH FOR SERENITY AFG #24759 Alano Club of the Eastside, 12302 NE 8th St, Bellevue (in Annex at rear of Alano Club) DIST 15

ALATEEN MEETINGS

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

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

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

Speak with a Member
206-625-0000