

MAY  
2018



# BITS Newsletter

## Seattle Al-Anon Information Service

### *Phones: An Easy Way to Do Al-Anon Service*

Seattle Al-Anon Information Service has a 24 hour, 7 days a week phone line. It is answered by Al-Anon members in the Greater Seattle area. Shifts are only three hours long and you can sign up for only one shift a month if that is what works for you.

Abby H. decided to sign up for phone service after hearing another member extol the value of the phones for newcomers and members looking for information. She is one of our newest phone volunteers. She has found it to be a very easy service position. She explains that she simply sent an email to [phones@seattle-al-anon](mailto:phones@seattle-al-anon) and received back a calendar with very easy instructions on how to sign up for a shift on the calendar and very easy 1-2-3 instructions for how to forward the phone and information on taking calls. After having taken many shifts in the last couple months, she exclaims, "I think if people knew how easy it is, they would sign up." She usually takes back to back shifts and says that she maybe gets a couple calls over her 6-9 hour shifts.

Long-time phone volunteer Karen T. is now serving as an AIS Phones Co-Coordinator. She also finds it to be easy service. She explains, "You don't even need to stay home." You can have the calls forwarded to your cellphone. You can just go about your usual day. For many newcomers, their first personal contact with Al-Anon is when they call to verify a meeting time and place or to ask some

*"I think if people knew how easy it is, they would sign up."*

questions about Al-Anon in general. Having a person on the other end of the line is priceless.

In Karen's experience, typical calls are asking about meeting locations, the length of meetings, and folks asking if "they can attend if dealing with a loved one addicted to drugs." Susan CH., our oth-

*Continued on Page 2*

### *Join the Fun: The AIS Spring Fundraiser is on May 12th*

*Spring into Action*

Al-Anon Information Service  
Fundraiser & Speaker Event

May 12th 5:00 - 8:30 PM  
Auburn First United Methodist Church  
100 N Street NE, Auburn

*Please join us for fun and fellowship!*  
Raffle Baskets • 50/50 Raffle • Potluck • Dessert Auction  
**PLUS**  
Al-Anon, Alateen & AA Speakers

Please don't hesitate to contact Jennifer at [fundraising@seattle-al-anon.org](mailto:fundraising@seattle-al-anon.org) to volunteer or with questions.

This year the AIS Annual Spring fundraising event has a new format. Instead of an auction, it will be a raffle and will incorporate our programs of recovery into our event by including speakers from Al-Anon, AA, and Alateen. For those with a sweet tooth, no worries! There will be a dessert auction like in the past. And since it is a potluck, there will be lots of yummy food provided by our members and time for fellowship too.

The raffle format will allow everyone to participate without worrying if they can afford to bid on a basket. You don't have to spend a lot of money to have a chance of winning. Raffle tickets are only \$1. Please bring cash or a check to buy the raffle tickets. Credit cards will be accepted with a minimum purchase of \$25, but there will be limited resources to process credit cards. The items will be raffled off during dinner and between speakers. For those not wanting to participate in the raffle, but wanting to support financially AIS, just drop your donation in the donation box.

We are asking Groups to supply baskets or other items for the raffle. Please put a description card on baskets so that those putting in a raffle ticket will know what is included.

The Al-Anon speaker will be Susan F. from Kenmore. The AA speaker will be Kelly R. from Seattle.

This is the only scheduled AIS fundraising event for 2018. It is hoped that the revenue from this event will be sufficient for the whole year because of our budget reduction after switching to an all-volunteer organization. We hope to see you in Auburn on May 12th! If you have any questions or would like to volunteer, please contact [fundraising@seattle-al-anon.org](mailto:fundraising@seattle-al-anon.org).

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## CONTACT AIS

For Up to Date Information  
[www.seattle-al-anon.org](http://www.seattle-al-anon.org)

To Order Literature  
Email to [LDC@seattle-al-anon.org](mailto:LDC@seattle-al-anon.org)  
or call 206-625-0018 and  
leave a message.

To Mail or Order Pick Up  
1401 3rd Ave #803  
Seattle, WA 98101-2118  
Open Thursdays 9:30 - 3:30

To Speak with a Member  
Call 206-625-0000  
24/7

## Phones: An Easy Way to Do Service (Continued from Page 1)



er AIS Phones Coordinator, concurs and adds, “The phone volunteer’s main function is to provide meeting information – not only the time and place – but to also share one’s experience, strength and hope that one has obtained from attending meetings.” Of course, some callers just need to talk for awhile including current members who just want to talk with a fellow member. The phone volunteer can talk with them or if they aren’t comfortable doing that, refer them to another member who has volunteered specifically to take 12th step calls. Karen finds, “The calls from current members might be from a member who can’t reach their sponsor or another friend and just wants to check in.”

Susan, who describes herself as a naturally shy person, finds the calls from newcomers to be the most inspiring. “They are so grateful when there is someone to answer the calls when they are in crisis. Many shifts I don’t receive any calls, however, that one newcomer call can make the wait worthwhile. When serving it is often said that the giver benefits as much, if not more, than the receiver and I have found that to be true. And, I know, that, as our literature says, ‘when I got busy, I got better’.

Karen recounts receiving a call from “a young woman visiting from California who was just getting connected with Al-Anon.

We talked awhile. I ended up giving her my personal phone number and said I’d like to hear from her when she got settled. She did call me and said she was connected with meetings and thanked me for answering the phone that day.”

As for Abby, she has found that after working a shift when she gets calls, especially a call from a newcomer, “I get a high that

*“The phone volunteer’s  
main function is  
to provide meeting  
information...”*

I can ride all week. I want to give back to others what I have been given and this is the easiest way I can think of to give back.”

More phone volunteers are needed. If you want to give back by taking one or more three-hour shifts, please email [phones@seattle-al-anon.org](mailto:phones@seattle-al-anon.org). Maybe your home Group would ban together to take the overnight shift for a week while our overnight volunteer is on vacation? Maybe you have a job that would accommodate you taking two or three short calls while you are at work? There are many possibilities and we are happy to work with you to find a shift that is right for you.

## Step 5: Assets That Are Also Defects

by Newsletter Columnist Allen L.

*Admitted to God, to ourselves and to another human  
being the exact nature of our wrongs.*

For me admitting to God was easy since I have always believed that God already knows my faults. Step Four was making the list so I had to admit them to myself just so I could actually write them down.

For me the hard part was sharing them with another human being. As a child growing up, I always felt judged on how well I accomplished my tasks, school work being one example. If I merely passed a class, I was pushed to get a better grade. If I got that better grade, I was again pushed to get the highest possible grade.

I grew up focused on my failures and how to improve. Same thing in the military. Never be the last one in the class and always strive to be first.

At some point I accepted that no matter how well I did, I must do better or people wouldn't like me. Even at work after I had many years of experience, my annual review was never "you nailed these 5 projects". It was always "we need to develop an improvement plan, here are the three things you need to improve for next year's review".

My go-to book for working the steps is *Paths to Recovery* and in the 4th Step, there are four questions to prepare me for actually making the list. The first part of the list is about my assets, but that felt wrong since my life to this point was about studying my failures or at least my shortcomings. For me, starting with my assets helped me to see that almost all my "defects of character" were actually my good points either used improperly or carried to extremes.

I am naturally an organized person so I have gravitated to jobs that demanded organizational skills, and over the years I have honed those skills. While strong organization was really valuable at work, around the dinner table - not so much! The problem for me was

*"The first part of the list is about my assets, but that felt wrong..."*

that spending time in situations all day organizing, planning, and directing became such a habit that I keep on doing it where it wasn't my place to do that.

In working my 5th step with my sponsor, I learned to recognize where and when those assets were truly assets and when they crossed the line into defects. More importantly, I learned to recognize when I was crossing that line. And I learned that I could stop!

I still don't practice this with anything like perfection. After many years I recognize when I have slipped into trying to organize the 'un-organizable'. Once again, the *Serenity Prayer* comes to my rescue helping me to find the "wisdom to know the difference" between what is my responsibility to organize and what I need to accept as that relaxed process of discovery that is a part of life.

## AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

[chair@seattle-al-anon.org](mailto:chair@seattle-al-anon.org)

Vice Chair

OPEN

Secretary

Cindy G.

[secretary@seattle-al-anon.org](mailto:secretary@seattle-al-anon.org)

Treasurer

Linda H.

[treasurer@seattle-al-anon.org](mailto:treasurer@seattle-al-anon.org)

Archivist

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Communications Coordinator

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[fundraising@seattle-al-anon.org](mailto:fundraising@seattle-al-anon.org)

Literature Dist. Center Coordinator

Karen L.

[LDC@seattle-al-anon.org](mailto:LDC@seattle-al-anon.org)

Outreach Coordinator

OPEN

Parliamentarian

Chris G.

[parliamentarian@seattle-al-anon.org](mailto:parliamentarian@seattle-al-anon.org)

Phone Volunteers Coordinators

Susan CH. and Karen T.

[phones@seattle-al-anon.org](mailto:phones@seattle-al-anon.org)

Policy Coordinator

OPEN

Tech Coordinator

OPEN

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

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

# Changes in Al-Anon's New Service Manual for 2018-2021

## by Newsletter Columnist Allen L.

If you have never looked at the Al-Anon/Alateen Service Manual, I recommend that you make the time. It has helped me understand the need to stay focused on Al-Anon's one purpose of helping the families and friends of alcoholics and of avoiding outside issues.

I tried to compare my older printed copy of the 2014-2017 Al-Anon/Alateen Service Manual with the latest 2018-2021 PDF copy (downloaded free from the World Services website). One advantage of the electronic version is the ability to click on the extended Table of Contents page number and go directly to that selection.

It appears that the manual has been reorganized so completely that I really couldn't do a page-by-page comparison. I did find the following short explanation from WSO with some explanations of the changes.

### Digest of Al-Anon and Alateen Policies

- *Service Participation by Al-Anon Members Who Are also Members of Alcoholics Anonymous, formerly known as the Dual Members and Service policy*
- *Financial Matters—a spiritual approach to the financial support the Al-Anon service arms (Groups, Districts, Al-Anon Information Services, Areas and the World Service Office) and the use of those voluntary contributions*
- *Announcements at Al-Anon and Alateen Meetings—describes the spiritual principles behind announcing conventions, conferences and other events at Al-Anon and Alateen meetings.*
- *The Membership and Group Meetings/Conventions section addresses “Conventions” and “Announcements” and also incorporates the core spiritual principles that characterize Al-Anon and/or Alateen events, including criteria by which these conventions, workshops and other events can more easily be recognized and identified as Al-Anon. The revised text identifies principles in Al-Anon's Twelve Traditions that distinguish events as Al-Anon, and those to announce at our meetings.*

### Concepts of Service

- *The descriptive text of the Twelve Concepts of Service and the Warranties*
- *Revised text for Concept Eight and Concept Eleven to reflect current practice*
- *The World Service Conference Charter is placed immediately following the Concepts section*

After reviewing the changes, here are the highlights as I see them.

A dual member is someone who belongs to both Al-Anon and AA. In accordance with the 5th Tradition to keep Al-Anon's focus on our primary spiritual aim and the 6th Tradition's directive to avoid outside affiliations the Group Representative (GR), District Representative (DR), Area Delegate, World Service Conference member or the alternate to any of these positions, and on any World Services Office committees may not be members of AA.

The spiritual approach to finance reminds us to think abundance instead of lack and focus on gratitude for what we do have. Our anonymity in giving teaches us that our goal should be continuing Al-Anon and not getting credit for our personal contribution. By giving out of gratitude in both time and money for what Al-Anon

has given us, we pass those blessing on to others. Accepting responsibility for supporting Al-Anon and for its continued service to both long-time members and newcomers alike helps us become more responsible in our personal lives. We learn to trust that our “trusted servants” are making good decisions for our Group and Al-Anon as a whole. By contributing we build the unity of Al-Anon and reinforce our sense of belonging and, in addition, gain the strength and hope of the entire Group for ourselves.

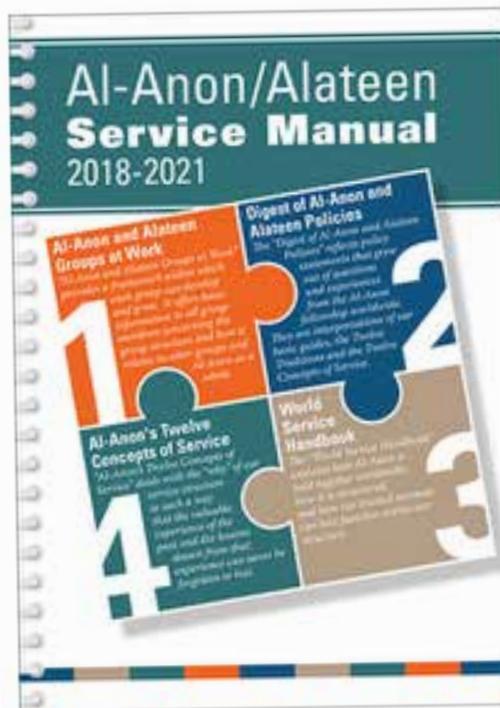
By limiting announcements to Al-Anon functions only, we avoid the appearance of endorsing outside enterprises (Tradition 6). Even AA functions are only announced if there is Al-Anon participation such as an Al-Anon speaker at an AA event.

I use an online storage service for storing my electronic version of the Service Manual so that I can access it from my computer at home and from my phone if I am out and about. I like the convenience of having it available but not having to carry the book around with me. I also like the search feature that lets me do a keyword search to find the subject I need to research.

### Editor's note:

*The new Al-Anon/Alateen Service Manual 2018-2021 can either be downloaded as mentioned above or it is available at Seattle AIS in English. Orders are shipped each Thursday and it usually takes 1-2 days for delivery. The Spanish version is backordered from WSO. We hope to receive them soon.*

**FYI - All literature orders are shipped the Thursday after payment is received. They arrive 1-2 days later.**



## Where to Send Donations

### Service Arm and Instructions

#### AIS

1402 Third Avenue #803  
Seattle, WA 98101-2118

or

Pay online by emailing your Group name and number along with the amount you wish to donate to [LDC@seattle-al-anon.org](mailto: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](mailto:treasurer@wa-al-anon.org) to get their address

or

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

#### WSO

1600 Corporate Landing Pky  
Virginia Beach, VA 23454

or

Go online to [www.al-anon.org/contributions/](http://www.al-anon.org/contributions/)

#### District 14

Send email to [district14@seattle-al-anon.org](mailto: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](mailto:district17@seattle-al-anon.org) to request their address

#### District 18

Send email to [district18@seattle-al-anon.org](mailto:district18@seattle-al-anon.org) to request their address

#### District 19

Send email to [district19@seattle-al-anon.org](mailto:district19@seattle-al-anon.org) to request their address

#### District 20

P.O. Box 31288  
Seattle WA 98103

#### District 21

PO Box 55306  
Shoreline WA 98155

#### District 22

Send email to [district22@seattle-al-anon.org](mailto:district22@seattle-al-anon.org) to request their address

Please make checks payable to the service arm listed above.

## SSA is a Great Opportunity to Learn More About Al-Anon

by AIS Communications Coordinator Teresa H.

What is SSA anyway? SSA stands for Summer Seminar Assembly. But many members refer to it as Summer **Service** Assembly. And, I have found that to be true! You can learn an awful lot about Al-Anon service and the various service arms and how they function at SSA. I am truly looking forward to my second SSA on May 18-20th at Seabeck Conference Center.

SSA is a weekend event, but there is also an option to just attend on Saturday for those who aren't able to spend the weekend. You can still register online by going to the WA Area website at [www.wa-al-anon.org](http://www.wa-al-anon.org) and clicking on SSA in the upcoming events section. If you want to attend on Saturday only, you can contact Cherie' directly at the number on the registration form.

When I attended SSA a couple years ago, I learned an incredible amount about Al-Anon. The assembly is designed to be the forum for our WA Area delegate to report back from the World Service Conference. Last month our delegate, Julie P., joined delegates from the U.S., Canada, Puerto Rico, and Bermuda to act as a whole on important matters. In Julie's words, "This makes it the principal guarantor of Al-Anon and Alateen's harmony and their survival." I am looking forward to Julie's report.

Besides hearing Julie's report, the weekend is filled with breakout sessions for trusted servants. No matter what your current service position, I believe you can find a session that is helpful to you. My only dilemma was which of the many interesting sessions to attend.

In my mind, SSA is the most fun of the three WA Area annual assemblies. There is lots of time for fun including playing games. And plenty of fellowship too including several regular Al-Anon meetings. Listening to a member, whom I had never seen before or since share in one of those meetings, I heard something that resulted in huge growth in my program. I'm open and willing to upping my program again this year.

I hope to see you at Summer Seminar (or Service!) Assembly on May 18th-20th at Seabeck Conference Center.

## AIS Office Relocation Update

by AIS Communications Coordinator Teresa H.

With our lease expiring at the Vance Building in October, the AIS Board and Council are moving ahead with relocation plans. The good news is that another tenant in the Vance Building is interested in sub-leasing our current space. So the move can happen anytime between now and October.

A dedicated group of trusted servants has been diligently searching for a new location that meets the criteria established. The criteria includes centrally located on the I-5 corridor; near public transit; near a post office and bank; ability to be open on Saturdays; and parking for literature pick-up. They contacted 32 organizations.

They narrowed it down to All Pilgrims Christian Church at 500 Broadway E on Capitol Hill. The rent is considerably lower than the Vance Building and the space is larger. There is a 30 minute load/unload zone outside the door. The Board voted to take this recommendation to Council on May 10th. If you would like your Group's voice to be heard regarding this recommendation, please come to the AIS Council meeting on May 10th. For further location search information, email [chair@seattle-al-anon.org](mailto:chair@seattle-al-anon.org).

Conference Approved Literature:

# This is Al-Anon Pamphlet is a “Mini-Meeting” Guide

by Newsletter Contributor Ellen M.

I have been in the program quite a few years and I truly enjoy picking up a pamphlet and getting new insights that I didn't think of when I was new in the program. One of those pamphlets is *This is Al-Anon* (P-32). It covers a lot of basic information in pamphlet form. This is useful to someone new in the program, especially if they haven't yet purchased an Al-Anon book. When I was new in the program, reading this over between meetings got me thinking about the words in the openings and closings of all the Al-Anon meetings I attended.

Several years later in the program, I felt I had hit a plateau. I knew I had changed in some ways, but in my mind I hadn't made any progress for months in other areas I had hoped to change. This pamphlet reminded me

about what I had gotten out of the Al-Anon program and what I could still hope to receive.

WSO refers to it as a “mini-meeting guide” because the basics of Al-Anon are covered in a mere 12-page pamphlet that can fit in most handbags or tote bags. Those basics include the Serenity Prayer, Suggested Al-Anon/Alateen Welcome, Suggested Preamble to the Twelve

*“You can pull it out and have everything you need to hold a meeting.”*

Steps, the Twelve Steps, the Twelve Traditions, the Twelve Concepts of Service, the General Warranties of the Conference, the Suggested Al-Anon/Alateen Closing and the Al-Anon Declaration which is suggested for use in the closing circle. In addition, it also includes several valuable ideas for newcomers, the Slogans for Al-Anon, and Al-Anon's Guide for Living which gives seven reminders. In the part about members share what Al-Anon has done for their lives, there are 6 statements of recovery and it is a wonderful starting point to get me thinking about how I was before the program and how I feel and act today.

It is also useful for everyone to have in case you need to have a meeting in between your regularly scheduled meetings or if your regular meeting's script is unavailable for some reason. You can just pull it out and have everything you need to hold a meeting.

*This is Al-Anon* can be purchased from the AIS office.



DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 Eliza D. <a href="mailto:district14@seattle-al-anon.org">district14@seattle-al-anon.org</a>	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
Districts 15 Yvette O. <a href="mailto:district15@seattle-al-anon.org">district15@seattle-al-anon.org</a>	(NOTE: May only meeting on 2nd Sat) 3rd Saturday at 8:30 AM 9625 NE 8th St, Bellevue
Districts 16 Barbara P <a href="mailto:district16@seattle-al-anon.org">district16@seattle-al-anon.org</a>	Meets with District 16 See above
District 17 Katharine R. <a href="mailto:district17@seattle-al-anon.org">district17@seattle-al-anon.org</a>	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. <a href="mailto:district18@seattle-al-anon.org">district18@seattle-al-anon.org</a>	1st Wednesday Contact Grita for Time and Location
District 19 Linda H. <a href="mailto:district19@seattle-al-anon.org">district19@seattle-al-anon.org</a>	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Denise A. <a href="mailto:district20@seattle-al-anon.org">district20@seattle-al-anon.org</a>	2nd Monday at 7:00 PM Denny Park Lutheran Church, 766 John St, Seattle
District 21 Gary H. <a href="mailto:district21@seattle-al-anon.org">district21@seattle-al-anon.org</a>	1st Tuesday at 6:30 PM Calvary Christian Assembly, 6801 Roosevelt Way NE, Seattle
District 22 Lynn T. <a href="mailto:district22@seattle-al-anon.org">district22@seattle-al-anon.org</a>	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal, 18842 Meridian Ave N, Shoreline

**Please send any meeting changes including Group Rep and Alt Group Rep changes to:**  
[group-records@wa-al-anon.org](mailto:group-records@wa-al-anon.org)  
**AND**  
[communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org)

## Greater Seattle AIS Financial Activity Comparison

	March 2018	March 2017	2018 YTD
<b>REVENUE</b>			
Donations	1037.74	973.85	4736.96
Fundraisers	0	0	0
Literature	2549.30	4383.73	8787.27
Shipping	146.00	0	271.00
Misc.	-14.09	.08	28.89
<b>Total Revenue</b>	3718.97	5357.66	13804.85
Cost of Goods Sold	1808.13	3597.59	6245.93
<b>Gross Profit</b>	1910.84	1760.07	7558.92
<b>EXPENDITURES</b>			
Payroll & Related	0	3101.23	11323.03
Office Supplies	20.68	117.34	216.72
Parking/Bus Fare	107.75	128.50	398.00
Insurance	48.66	48.66	139.06
Professional Fees	243.00	0	243.00
Technology	283.37	0	709.05
Rent & Maintenance	948.51	1118.44	3669.04
Telephone/Internet	274.84	240.35	809.45
Postage	134.36	103.35	668.51
Merchant Fees	103.93	243.92	247.36
Equipment (lease/purchase)	363.47	361.82	1090.41
Misc	11.00	0	11.00
<b>Total Expenses</b>	2539.57	5463.61	19769.67
<b>NET REVENUE</b>	<b>-628.73</b>	<b>-3703.54</b>	<b>-12,210.75</b>

The above chart is a simplified version of the AIS Treasurer's Report. Note: Categories have changed since our conversion to Quickbooks Online.

**For more AIS Financial information, visit  
our Member's page at  
[www.seattle-al-anon.org](http://www.seattle-al-anon.org)**

**THANK YOU FOR  
YOUR DONATIONS!**

**PLEASE HELP US GET  
BACK IN THE BLACK BY  
ATTENDING OUR SPRING  
FUNDRAISER ON MAY 12TH**

## Unofficial April AIS Council Meeting Summary by Newsletter Editor Teresa H.

- Literature sales are approximately at the budgeted amount.
- \$5,000 CD matured and was moved from the prudent reserve to checking per an earlier Council decision to reduce prudent reserve since our overall budget was greatly reduced.
- Donations are running behind budget, but they can vary widely from month to month.
- We need a Vice Chair.
- The Board meeting will be held at the leading candidate for our new location, All Pilgrims Christian Church on Capitol Hill.
- Reviewed format of new Spring Fundraiser. Will be discussed in more detail at the Board meeting.
- Always need more phone volunteers.
- Literature Distribution Center nearly fully stocked on all items. The new Service Manual in Spanish is still backordered.
- Need two more Literature volunteers to work one Thursday per month and need one more volunteer to check AIS email.
- KAMA AFG will make a dump run to help clean out the office.
- Traded in old computers and spent additional \$242 for a refurbished laptop. Three monitors were recycled.
- Our network connection is flickering on and off. We need a Tech Coordinator.
- We don't need the Ricoh copier which is costing us too much each month on a lease. One option is to cancel the lease and pay the penalty. It will cost us \$750-\$1,000 just to move it to the new location.
- The BITS is back. The Communications Committee decided to bring back a BITS newsletter that can be easily printed in response to member feedback. Just click on the link on the home page of our website.
- It was decided to not have the Member's section of the website password protected because we do not publish personally identifiable information.
- It was decided to link our meeting finder to the new WA Area meeting finder instead of the WSO meeting finder. It appears to have some enhanced features that make it easier to use.
- It was decided to change the Find a Meeting button in the home page header to link to our Seattle Area printable meeting directory.

**Check out the FAQ Section on  
the Members page of our new  
website to find the answers to the  
most frequently asked questions  
by members.**

## Al-Anon and Alateen Events Listing as of May 1

For up-to-date information and to print flyers, go to the Events page at <http://www.seattle-al-anon.org/events>  
(Note: Includes AA Events and Conferences with Al-Anon Participation)

May 1	Tuesday 6:30-8:00PM	<b>District 21 Business Meeting</b>	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
May 2	Wednesday 7:00PM	<b>District 18 Business Meeting</b>	Contact the DR, Grita	district18@seattle-al-anon.org
May 3	Thursday 6:30PM	<b>District 17 Business Meeting</b>	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
May 3-10	Thursdays 7:30PM	<b>Blueprint for Progress Workshop</b>	St. Andrew's Lutheran Church 2650 148 <sup>th</sup> Ave SE, Bellevue	Lakehillsafgthursdaynight@gmail.com
May 5	Saturday 7:00PM	<b>No Reservations Speakers Meeting</b>	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationsspeakersmeeting.org
May 10	Thursday 7:30-9:00PM	<b>AIS Council Meeting</b>	Holy Trinity Lutheran Church 8501 SE 40 <sup>th</sup> St, Mercer Island	chair@seattle-al-anon.org
May 10	Thursdays 7:30PM	<b>Blueprint for Progress Workshop</b>	St. Andrew's Lutheran Church 2650 148 <sup>th</sup> Ave SE, Bellevue	Lakehillsafgthursdaynight@gmail.com
May 12	Saturday 5:00-8:30PM	<b>Spring Into Action AIS Fundraiser &amp; Speaker Event</b>	Auburn First United Methodist Church 100 N St NE, Auburn	fundraising@seattle-al-anon.org
May 12	Saturday 8:30AM	<b>District 15 &amp; 16 Business Meeting</b>	Grace Lutheran Church 9625 NE 8 <sup>th</sup> St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
May 12	Saturday 12:00-2:00PM	<b>AMIAS Recertification Training</b>	Webinar	waalateen@gmail.com
May 12	Saturday 7:30PM	<b>MESH Speakers Meeting</b>	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	mesh@seattle-al-anon.org
May 12	Saturday 7:00-8:30PM	<b>Voices of Hope Speaker Meeting</b>	Poulsbo First Lutheran Church 18920 4 <sup>th</sup> Ave NE, Poulsbo	
May 14	Monday 7:00PM	<b>District 20 Business Meeting</b>	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
May 15	Tuesday 6:30-8:00PM	<b>District 22 Business Meeting</b>	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
May 17	Thursday 7:00PM	<b>Terrace View AFG Speaker Meeting</b>	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	
May 18-20	Weekend	<b>WA Area Summer Seminar Assembly</b>	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	<a href="http://wa-al-anon.org/eventlistings/2018/">http://wa-al-anon.org/eventlistings/2018/</a>
May 19	Saturday 7:30PM	<b>H.E.A.R. Speaker Meeting</b>	Hillside Church 930 James St, Kent	hear@seattle-al-anon.org
May 20	Sunday	<b>District 19 Business Meeting</b>	Contact the DR, Linda	district19@seattle-al-anon.org
May 23	Wednesday 7:00PM	<b>Courage to Change AFG Speaker Meeting</b>	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
May 28	Monday 7:00PM	<b>District 14 Business Meeting</b>	Holy Family Catholic Church 505 17 <sup>th</sup> St SE, Auburn	district14@seattle-al-anon.org
May 30	Wednesday 7:00PM	<b>Alderwood AFG Speaker Meeting</b>	Maplewood Presbyterian Church 19523 84 <sup>th</sup> Ave W, Edmonds	
May 31	Thursday 6:30PM	<b>West Seattle Women Living in Focus AFG Speaker Meeting</b>	Fauntleroy Church 9140 California Ave SW, Seattle	
June 8	Weekend	<b>Kent All Men's Al-Anon Fort Worden Weekend</b>	Fort Worden 200 Battery Way, Port Townsend	<a href="https://mensalanon.wordpress.com/fort-warden-weekend/">https://mensalanon.wordpress.com/fort-warden-weekend/</a>
July 6-8	Weekend	<b>Al-Anon International Convention 2018</b>	Baltimore Convention Center Baltimore, MD	<a href="https://al-anon.org/al-anon-international-conventions/">https://al-anon.org/al-anon-international-conventions/</a>
July 20-22	Weekend	<b>WAAC - Washington Area Alateen Conference</b>	Lazy F Camp & Retreat Center 16170 Manastash Rd, Ellensburg	waalateen@gmail.com

# Greater Seattle Area Al-Anon Information Service

## Al-Anon and Alateen Meeting Directory

**Districts 14-22 as of May 1, 2018**

For the most up-to-date information, go to [seattle-al-anon.org](http://seattle-al-anon.org)  
 Speak with an Al-Anon member at 206-625-0000.

### Directory Guide

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

**To Change or Correct Meeting Information,**  
 email changes to [group-records@wa-al-anon.org](mailto:group-records@wa-al-anon.org)  
 AND  
[communications@seattle-al-anon.org](mailto:communications@seattle-al-anon.org)

### ALATEEN MEETINGS

<b>MON</b> <b>7:30PM</b> 60/AL	LAKE CITY MONDAY NIGHT ALATEEN #30678031 Lake City Presbyterian, 3841 NE 123 <sup>rd</sup> St, Seattle (Age Range 12-19) DIST 21
<b>TUES</b> <b>7:30PM</b> 60/H/AL/AA	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Meets upstairs/Ages 12-21) #30639096 DIST 22
<b>WED</b> <b>7:30PM</b> 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
<b>WED</b> <b>8:00PM</b> 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
<b>THUR</b> <b>7:30PM</b> 90/H/AA	LAKE HILLS ALATEEN #14119 St. Andrews Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

### VASHON ISLAND MEETINGS

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

### SEATTLE CENTRAL ZONE

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

<b>SUN</b> <b>12:00PM</b> 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
<b>MON</b> <b>12:00PM</b> 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd fl conf/Holidays@Victrola)DIST 20
<b>MON</b> <b>12:00PM</b> 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
<b>MON</b> <b>7:00PM</b> 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
<b>TUES</b> <b>7:00AM</b> 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
<b>TUES</b> <b>7:30AM</b> 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (In Edgewood Services Office) DIST 20
<b>TUES</b> <b>12:05PM</b> 45/O/H	SERENITY REFRESHER AFG #47697 Vance Building, 1402 3rd Ave #630, Seattle (Feel free to bring lunch) DIST 20
<b>TUES</b> <b>7:00PM</b> 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
<b>TUES</b> <b>7:30 PM</b> 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
<b>WED</b> <b>8:00PM</b> 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
<b>THURS</b> <b>7:00AM</b> 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
<b>THURS</b> <b>7:30PM</b> 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
<b>FRI</b> <b>8:00PM</b> 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
<b>SAT</b> <b>10:30AM</b> 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**

<b>SUN</b> <b>8:30AM</b> 60/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1st & 3rd Sundays) DIST 20
<b>SUN</b> <b>7:00PM</b> 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
<b>MON</b> <b>7:00AM</b> 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
<b>MON</b> <b>4:30PM</b> 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No meeting on legal holidays) DIST 22
<b>MON</b> <b>7:00PM</b> 90/O	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
<b>MON</b> <b>7:30PM</b> 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 2nd Monday of month) DIST 22
<b>MON</b> <b>7:30PM</b> 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
<b>MON</b> <b>7:30PM</b> 90/O/H/AT	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
<b>TUES</b> <b>10:00AM</b> 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery Entry) DIST 21
<b>TUES</b> <b>6:30PM</b> 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt entry-back/lot off 25th) DIST 21
<b>TUES</b> <b>7:30PM</b> 90/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle DIST 21
<b>TUES</b> <b>7:30PM</b> 90	NORTH END MEN'S #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
<b>TUES</b> <b>7:30PM</b> 90/O/H/AT/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) DIST 22
<b>WED</b> <b>7:00AM</b> 60/O/H	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
<b>WED</b> <b>6:00PM</b> 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 <sup>th</sup> Ave NE, Seattle (Side bldg. north of church) DIST 21
<b>WED</b> <b>7:00PM</b> 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 <sup>th</sup> St, Seattle (Enter from rear parking lot) DIST 21
<b>WED</b> <b>7:00PM</b> 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 <sup>th</sup> Ave W, Mountlake Terrace DIST 22

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

## SPANISH LANGUAGE MEETINGS

<b>MON</b> <b>7:00PM</b> 90/O	GFA UN REGALO PARA MI #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
<b>TUES</b> <b>7:00PM</b> 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 <sup>nd</sup> Ave S, Kent (Free Childcare/use back door) DIST 14
<b>WED</b> <b>7:00PM</b> 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 <sup>th</sup> St, Renton (Downstairs) DIST 17
<b>THURS</b> <b>7:00PM</b> 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 <sup>th</sup> St, Redmond (Room 104) DIST 15
<b>FRI</b> <b>7:00PM</b> 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 <sup>nd</sup> Ave S, Kent (Free Childcare/use back door) DIST 14
<b>FRI</b> <b>7:00PM</b> 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 <sup>th</sup> Pl, Bellevue DIST 16

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## SOUTH ZONE

**So. & West Seattle • Burien • Des Moines • Pacific  
Federal Way • Auburn • Kent • Renton • Enumclaw**

<b>SUN</b> <b>6:00PM</b> 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436 <sup>th</sup> Way, Enumclaw DIST 14	<b>WED</b> <b>7:00PM</b> 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 <sup>th</sup> Wed) DIST 19
<b>SUN</b> <b>7:30PM</b> 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 <sup>th</sup> St SE, Auburn (Enter main church on 17 <sup>th</sup> St SE) DIST 14	<b>WED</b> <b>7:30PM</b> 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 <sup>th</sup> St SE, Auburn (Auburn Way at M St) DIST 14
<b>MON</b> <b>10:30AM</b> 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 <sup>th</sup> St SE, Auburn (Auburn Way at M St) DIST 14	<b>THUR</b> <b>12:30PM</b> 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 <sup>th</sup> Ave S, Des Moines (Side door at north of church) DIST 18
<b>MON</b> <b>1:30PM</b> 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 <sup>st</sup> Ave S, Burien DIST 18	<b>THUR</b> <b>6:30PM</b> 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Free Childcare/Women's Meeting) DIST 19
<b>MON</b> <b>6:30PM</b> 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 <sup>th</sup> Pl S, Des Moines DIST 14	<b>THUR</b> <b>7:30PM</b> 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>MON</b> <b>7:00PM</b> 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 <sup>th</sup> St, Federal Way DIST 14	<b>FRI</b> <b>10:30AM</b> 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 <sup>th</sup> St SE, Auburn (Auburn Way at M St) DIST 14
<b>MON</b> <b>7:00PM</b> 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 <sup>th</sup> Mon) DIST 18	<b>FRI</b> <b>7:30PM</b> 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
<b>MON</b> <b>7:00PM</b> 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	<b>FRI</b> <b>7:30PM</b> 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
<b>TUES</b> <b>10:00AM</b> 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 <sup>th</sup> St, Renton (Lower lot & entrance) DIST 17	<b>SAT</b> <b>8:00AM</b> 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
<b>TUES</b> <b>12:30 PM</b> 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19	<b>SAT</b> <b>8:30AM</b> 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
<b>TUES</b> <b>7:00PM</b> 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	<b>SAT</b> <b>9:00AM</b> 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
<b>TUES</b> <b>7:00PM</b> 90/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 <sup>th</sup> Ave S, Des Moines DIST 18	<b>SAT</b> <b>9:30AM</b> 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn DIST 14
<b>TUES</b> <b>7:30PM</b> 90/O	PACIFIC PARENTS AFG #30543700 New Hope Lutheran, 603 3 <sup>rd</sup> Ave SE, Pacific (Parent Focused Meeting) DIST 14	<b>SAT</b> <b>10:00AM</b> 90/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 <sup>th</sup> St, Burien DIST 18
<b>WED</b> <b>10:30AM</b> 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 <sup>th</sup> St, Federal Way (Free Childcare) DIST 14	<b>SAT</b> <b>10:00AM</b> 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 <sup>th</sup> St, Kent DIST 14
<b>WED</b> <b>1:30PM</b> 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 <sup>st</sup> Ave S, Burien (Use side entrance/basement) DIST 18	<b>SAT</b> <b>10:00AM</b> 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
<b>WED</b> <b>7:00PM</b> 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 <sup>th</sup> Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17	<b>SAT</b> <b>10:30AM</b> 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17
<b>WED</b> <b>7:00PM</b> 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17	<b>ONCE A MONTH SPEAKER MEETINGS</b>	
		<b>2<sup>nd</sup> SAT</b> <b>7:30PM</b> 90/O/H	M.E.S.H. 2 <sup>nd</sup> SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2 <sup>nd</sup> Saturday) DIST 22
		<b>3<sup>rd</sup> SAT</b> <b>7:30PM</b> 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 <sup>rd</sup> Saturday) DIST 14

## EAST ZONE

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

<b>SUN</b> <b>12:00PM</b> 75/O/H	SUNDAY NOONERS GRATITUDE AFG #30608906 Alano Club of the Eastside, 12302 NE 8 <sup>th</sup> St, Bellevue DIST 15
<b>SUN</b> <b>7:00PM</b> 90/O/FF	BOTHELL SUNDAY AFG #41890 First Lutheran, 10207 NE 183 <sup>rd</sup> St, Bothell DIST 16
<b>MON</b> <b>12:00PM</b> 60/H	MONDAY NOONERS AFG #30520789 St Andrew's Lutheran, 2650 148 <sup>th</sup> Ave SE, Bellevue DIST 16
<b>MON</b> <b>12:30PM</b> 90/O/H	BOTHELL MONDAY STUDY AFG #31186 Emmanuel Presbyterian, 19540 104 <sup>th</sup> Ave NE, Bothell DIST 15
<b>MON</b> <b>7:00PM</b> 90/O/H	LIVING IN THE SOLUTION MONDAY NIGHT AFG #49784 Holy Spirit Lutheran, 10021 NE 124 <sup>th</sup> St, Kirkland
<b>MON</b> <b>7:30PM</b> 90/O/H	PARENTS FOR SERENITY AFG #61342 Holy Trinity Lutheran, 8501 SE 40 <sup>th</sup> St, Mercer Island (Parent's meeting/speaker 5 <sup>th</sup> Monday) DIST 16
<b>MON</b> <b>7:30PM</b> 90/O/AA	COAL CREEK AFG #33387 Newport Covenant, 12800 Coal Creek Pwy SE, Bellevue (1 <sup>st</sup> floor in main church bldg.) DIST 16
<b>TUES</b> <b>12:30PM</b> 90/O	KIRKLAND TUESDAY AFTERNOON AFG #44099 Kirkland Congregational, 106 5 <sup>th</sup> Ave, Room 21 Kirkland DIST 15
<b>TUES</b> <b>7:00PM</b> 75/H	NEW HOPE AFG #62825 Unity Church of Bellevue, 16330 NE 4 <sup>th</sup> St, Bellevue (Book study) DIST 16
<b>TUES</b> <b>7:00PM</b> 60/O	SERENITY IN SNOQUALMIE AFG #30657168 St Clare's Episcopal, 8650 Railroad Ave, Snoqualmie DIST 16
<b>TUES</b> <b>7:15PM</b> 90/O/CH/H/A	BOTHELL TUESDAY NITERS AFG #14130 Eastside Foursquare, 14520 100 <sup>th</sup> Ave NE, Bothell (Free childcare) DIST 15
<b>TUES</b> <b>7:30PM</b> 60/O/AA	TUESDAY NIGHT GRATITUDE AFG #52374 Redmond United Methodist, 16540 NE 80 <sup>th</sup> St, Redmond DIST 15
<b>WED</b> <b>7:00PM</b> 90	WEDNESDAY WOMEN'S AFG #64991 Kirkland Congregational, 106 5 <sup>th</sup> Ave, Room 21 Kirkland (Women's meeting) DIST 15
<b>WED</b> <b>7:30PM</b> 90/O	MIDWEEK MEN'S AFG #53963 Salt House Church, 11920 NE 80 <sup>th</sup> St, Kirkland (Men's meeting) DIST 15
<b>WED</b> <b>8:00PM</b> 90	NEWPORT STUDY AFG #14122 St Margaret's Episcopal, 4228 Factoria Blvd, Bellevue (Basement/follow signs) DIST 16
<b>THURS</b> <b>10:00AM</b> 90	ISSAQUAH DAY AFG #14204 Our Savior Lutheran, 745 Front St S, Issaquah DIST 16
<b>THURS</b> <b>10:00AM</b> 90/CH/H	KIRKLAND THURSDAY MORNING AFG #14223 Seventh Day Adventist, 6400 108 <sup>th</sup> Ave NE, Kirkland (Free Childcare) DIST 15

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

### CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

<b>NORTH</b>	SNOHOMISH COUNTY <a href="http://www.dist23.org">www.dist23.org</a> 425-348-7828
<b>SOUTH</b>	PIERCE COUNTY <a href="http://www.al-anon-pierce-wa.org">www.al-anon-pierce-wa.org</a> 800-726-8094
<b>WEST</b>	KITSAP AND NORTH MASON COUNTY <a href="http://www.kitsap-al-anon.org">www.kitsap-al-anon.org</a>

### PHONE NUMBERS


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