

MAY
2019



BITS Newsletter

Seattle Al-Anon Information Service

AIS Open House: May 11th

“The AIS Office Annual Open House welcomes you all to visit, to share in fellowship, and to learn more about how the volunteer-run office operates. Come and share your thoughts on how we can all work together to get the word out about Al-Anon Family Groups in the Greater Seattle area,” said AIS Chair Eliza D. The AIS Open House will be on May 11th from 10:00 am to 2:00 pm at the AIS office at 509 10th Avenue East in Seattle.

It is an opportunity for members to see first-hand how the office functions, check out the expansive inventory of Conference Approved Literature, learn more about Alateen, and chat with Literature Distribution Center volunteers and other Al-Anon members. You can even purchase and pick up literature while there. Our AIS Archives are also there for those who would like to explore AIS history.

Members, who have wondered about volunteering in the office on one Thursday per month, will be able to get a good idea of how that would look.

Refreshments will be served and you can enter to win a copy of the book *Many Voices, One Journey*.

Kent All Men's Weekend Is for All Al-Anon Men

by BITS Columnist Allen L.

The 31st Annual Kent All Men's Al-Anon Retreat at Fort Worden State Park in Port Townsend will be on June 7-9th. For many Al-Anon men, this is an annual event. All Al-Anon men are welcome. Registration information can be found at: <https://mensalanon.wordpress.com/fort-worden-weekend/>

In talking with attendees about why they keep coming back, there was a common theme. Tony G. phrased it this way, “I think one of the most impactful things for me as a newcomer AND a longtime participant is the coin ceremony.”

At the first Fort Worden retreat one of the members had coins made, similar to the coins that AA uses to celebrate their sobriety milestones. The front had “Kent All Men's Annual Retreat” around the rim with Fort Warden (note the misspelling), WA. KAMA” in the center. The opposite side had “One day at a time” around the rim together with “When anyone anywhere reaches out for help, (Continued on page 2)



AIS OPEN HOUSE

Fellowship, Refreshments, Raffle, and LITERATURE

Come see the complete literature selection made possible through your purchases and donations.



Benefits of attending:

- Chance to win a *Many Voices, One Journey* in our literature raffle
- Purchase literature on a Saturday
- Explore the literature selection and maybe discover a piece you've not seen before
- Learn more about Alateen
- Learn about AIS Volunteer positions
- Check out the AIS Archives
- Refreshments!
- Friendly faces and good conversation

SATURDAY, MAY 11th | 10AM - 2PM
509 TENTH AVENUE EAST, SEATTLE

BACK ENTRANCE OF ALL PILGRIMS CHRISTIAN CHURCH.
BUZZ THE AL-ANON OFFICE AT THE BLUE DOOR ON TENTH AVENUE EAST.

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CONTACT AIS

For Up-to-Date Information

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

To Order Literature

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

Office/Lit Pick Up Location

509 10th Ave E #100
Seattle, WA 98102

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

Mailing Address

505 Broadway E #400
Seattle, WA 98102-5023

To Speak with a Member

call 206-625-0000

How Are You Feeling? by BITS Columnist Allen L.

"How are you feeling?" This question is on the sign-in sheet at two meetings I attend regularly. I never quite know how to answer. I have been putting a dash to show that I am here but don't know how to describe how I feel at that moment. While your first response might be that I am out of touch with my feelings, I don't think that's the issue.

I generally can tell how I feel about the people around me or what is happening in my life. I know when I am resenting my Higher Power because things aren't working out the way I want. So why can't I answer that simple question on the sign-in sheet?

I take that question to mean how am I feeling generally. Not, how am I feeling about being cut off in traffic (irritated) or an argument with a friend (insulted or angry)? Those I can feel and identify. And, mostly, I can deal with those feelings well enough using the tools of my program that they usually don't get out of hand. I just recognize them, feel the feelings, but don't let them dictate my actions or responses.

Since those feelings are transient, passing as the events pass and are followed by my program kicking in, the committee in my head rarely has time to convene a meeting to blow those feelings out of all proportion.

So what's the problem with answering that question, "How are you feeling?" I am usually so busy getting on with my life that I just don't think about how I feel in the moment. I read, I write, I paint, I make things.

The Al-Anon booklet *When I Got Busy, I Got Better* advises that service work helps us get out of our heads. I do service work, but I have found that busy also includes making my bed, cleaning my house, and, of course, all the fun stuff I do. By focusing on my daily activities as they happen, I just don't get caught up in the trap of listening to the committee in my head.

My sponsor is pushing me to write something in the sign-in sheet, so I'm using "comfortable" or "uncomfortable." I may not be angry, mad, sad, or glad, but I'm usually either comfortable or uncomfortable in my own skin.

Kent All Men's Weekend by BITS Columnist Allen L.

(Continued from page 1)

I want the hand of Al-Anon always to be there. And for that I am responsible."

When the limited number of initial coins were given out a group conscience was taken to strike new coins, different from the first series to mark the passage of time. The misspelling of Fort Worden was continued on the new coins to honor the tradition, provide continuity, and as a reminder of "progress not perfection."

Coins are given on the last day of the event to men attending for their first time and every coin is passed from one hand to the next by everyone at the ceremony. This is a representation of our Al-Anon connection and of all the attendees' willingness to be of service to each other.

I carry my coin in my wallet so that every day I am reminded that I am not alone. There is a huge fellowship, willing and able

to help me with my program. The coin is also a reminder of my commitment to grow and change. And while I will never practice my program with perfection, my coin reminds me that I only have to make it through one day at a time.

KENT ALL MEN'S AL-ANON FORT WORDEN WEEKEND

June 7 - 9, 2019

Arrival: Friday, June 7th at 3:00 p.m.

Departure: Sunday, June 9th at 12 noon

The 31st Annual K.A.M.A. Fort Worden Weekend is packed with remarkable meetings, lasting fellowship, spiritual growth and recovery that goes on and on and on.....



With all that there is still time for games, music, good food and yes, the Saturday night bonfire.

An experience not to be missed and then made a tradition!
Set aside the second weekend in June and join us!

<https://mensalanon.wordpress.com/fort-warden-weekend/>



Out of the Toolbox

by BITS Columnist Callie D.

The Definition of Crazy

“Doing the same thing over and over again.” Patterns and rituals. We often gravitate toward the familiar even when the outcome is consistently disappointing. Some habits provide a temporary escape; like the sugar high and inevitable crash. Staying up too late numbing out watching TV, and feeling tired and irritable the next day, or fantasizing about your “dream relationship” to find only frogs or an empty pond.

I have started the same weight loss program probably 10 times in the last 3 years, and I am still at the same weight that I started. I have a key person in my life that tends to be critical and sarcastic, but I still come to them with

“How many times do I need to get my feelings hurt before I adjust my behavior to that reality? I am expecting ordered and functional behavior...”

vulnerability hoping that we can have a good conversation. There are people around me that are in deep denial following an ingrained dysfunctional protocol, and I keep bumping up against that painful reality.

“Expecting different results.” I could also substitute “hoping for” or “wishing for” different results. I hope the healthy eating plan will work this time, but if I don’t address what is driving my emotional overeating, I am probably setting myself up to fail. I wish the critical person would be kind and affirming. But that isn’t their nature or pattern. How many times do I need to get my feelings hurt before I adjust my behavior to that reality? I am expecting ordered and functional behavior from disordered and dysfunctional personalities...now that really is “the definition of crazy!”

Dysfunctional patterns and rituals often have roots in our upbringing or some other significant time in our lives. There may be dreams we need to grieve so we might have opportunities for fresh perspectives and new dreams. We may be accepting unacceptable behavior trying to hold on to a relationship. It

“There may be dreams we need to grieve so we might have opportunities for fresh perspectives and new dreams.”

can be really tough to face how alcoholism affects the people we care about. Maybe I fear change or the unknown. Maybe I fear abandonment if I choose to try something different.

Al-Anon is all about learning to take care of myself in a healthy way. It is a safe place to talk about the chaos and unmanageability that I may struggle with. Perhaps I have become obsessed with a loved one’s lifestyle or health. The powerlessness in caretaking and hypervigilance in worry is physically exhausting and emotionally draining. Unraveling the twists and turns of the patterns we developed that no longer work for us and making room for personal transformation. Allowing for adjustments and growth or in other words “mistakes” and “learning experiences.” Progress, not perfection. Words to live by.

AIS OFFICERS AND COORDINATORS

Chair
Eliza D.

chair@seattle-al-anon.org

Vice Chair
Doug L.

vicechair@seattle-al-anon.org

Secretary
Jeanne D.

secretary@seattle-al-anon.org

Treasurer
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treasurer@seattle-al-anon.org

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Abby H.

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Teresa H.

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Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Co-Coordinator

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteers Coordinator

Karen T.

phones@seattle-al-anon.org

Tech Co-Coordinator

Jeffrey M. and Tatiana G.

tech@seattle-al-anon.org

AIS BOARD

The AIS Board is made up of a representative, usually the DR or Alt-DR, from each of our 9 Districts plus the Officers and Coordinators listed above. AIS also has an Alateen Liaison, Kathy B., who is a non-voting member. You can contact her at alateen@seattle-al-anon.org.

AIS COUNCIL

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

Newcomer Packet Explains the Al-Anon Program

by BITS Editor Teresa H.

Having been a member of Al-Anon for a few years now, I recently realized that I had lost track of what is in our new Newcomer Packet (K-10). It is now described as a booklet rather than a packet. A while back Al-Anon switched from a packet that contained a selection of loose pamphlets to a booklet.

As I read through the booklet, a lot looked familiar. It includes many of the same pamphlets as before. I was impressed with just how much of our program is explained in 47 pages of a pamphlet-sized piece. I think it is worth reading through as a refresher course and also has the benefit of not sending newcomers home with duplicate pamphlets or bookmarks. I have noted the item numbers of the pamphlets and bookmarks in parentheses below.

One noticeable change is that the spot to write our phone numbers for newcomers to call between meetings has been moved. Yes, it is still included. It was merely moved from the front to page 3.

The first section is What Do YOU DO about the Alcoholic's Drinking? (P-19). In a very straightforward manner states that our efforts to do something about someone else's drinking can actually make the problem worse. It goes on for two pages listing the things that we may have done. It then asks if

“We are cautioned against giving advice to newcomers, but right on the front page of the booklet, it reads...”

the newcomer (or anyone) can see how completely useless these maneuvers have been. The good news follows with a list of steps that you can take today and how to find help.

The second section is So You Love an Alcoholic (P-14). It stresses

recognizing that alcoholism is a disease and encourages the newcomer to learn the facts about alcoholism. Again, getting help for yourself is emphasized. A short list of do's and don'ts follows. I love that it then addresses what to do if the alcoholic asks for help and if your loved one has decided to embrace AA. That hit home for me.

The third section, Understanding Ourselves and Alcoholism (P-48), also discusses alcoholism as

“I think it is worth reading through as a refresher course...”

a disease and then explains how alcoholism is a family disease.

The next section, Information for the Newcomer (S-4), is basically a “Frequently Asked Questions” section about Al-Anon. It is followed by two free bookmarks: Just for Today and Sponsorship - Working Together to Recovery. The bookmarks are designed to be easily torn from the packet.

Al-Anon Spoken Here (P-53) follows. It answers some more FAQs including some important ones about anonymity, outside issues, and religion.

A section for Alateens follows, Alateens Share with Adults in Their Lives (P-67), and then several pages are devoted to explaining the available Conference Approved Literature.

We are cautioned against giving advice to newcomers, but right on the front page of the booklet, it reads: May we suggest: It then lists 7 suggestions for newcomers. In my opinion, those 7 suggestions offer excellent guidance for me as I talk with newcomers after the meeting. They are also good reminders for all members. Can you name all 7 suggestions? To see the answers, go to page 5 in this issue of the BITS.



AIS Website: A Wealth of Information - Part 2

by BITS Editor Teresa H.

The AIS website at www.seattle-al-anon.org has most of the information that members in the Greater Seattle area might want about current meeting information, temporary meeting cancellations, special events, contact information for trusted servants at the AIS and District levels, and the latest Al-Anon news. Last month we noted how the website helps members with flyers, event scheduling, and ordering literature. Below are three more examples of how you might use it.

Creating a flyer for an event?

Our Members page has the answers to any questions you might have. It explains the formats accepted, how to submit, the deadline for submitting, and other design questions. You are strongly encouraged to read this section. The most common problem we

experience with flyers is that the personal information of members is included. AIS does not post flyers with personal or commercial mailing addresses (other than to PO boxes), phone numbers, or email addresses. Groups are encouraged to set up a Group email address for events.

Need directions to an event?

On the Events page, the listing for events includes a link to Google Maps. Just click on “MAP” and Google Maps will open in a new window.

Want to contact your District Representative?

Click on the District Rep and Business Meeting Schedule on the Members page. Please note that the revision date is indicated in red.

Where to Send Donations

Service Arms and Instructions

AIS MAILING ADDRESS

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

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

WASHINGTON AREA

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

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

AFG INC. (WSO)

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

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

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

District 20

PO Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

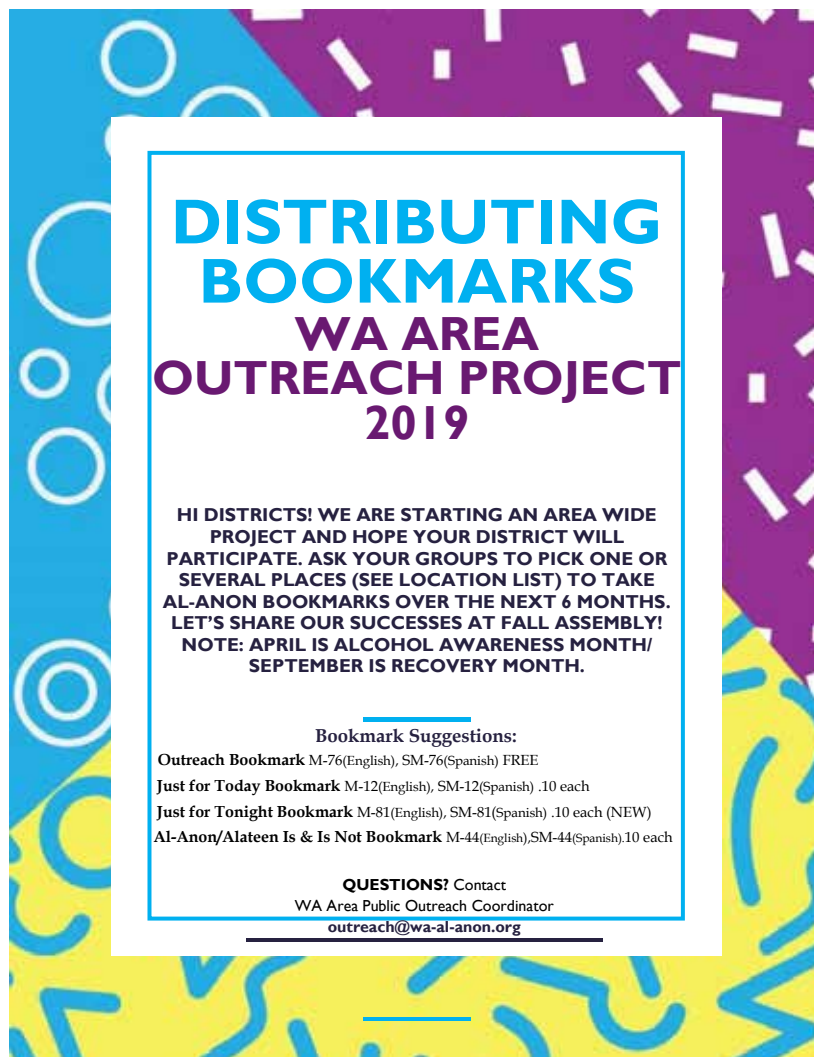
Send email to district22@seattle-al-anon.org to request their address

Please make checks payable to the service arm listed above.

WA Area Outreach Project by BIT Editor Teresa H.

Washington Area Outreach Coordinator Patrice C. has selected Distributing Bookmarks as the WA Area Outreach Project 2019. Districts are encouraged to join in the effort to place Al-Anon bookmarks in multiple locations within their District to help spread Al-Anon's message of hope and healing. To read Patrice's suggestions regarding implementing the program, please go to <https://www.seattle-al-anon.org/AreaOutreach2019/>. Questions: Please contact your District Rep.

Her suggested locations include: Schools, Grocery Stores, Malls, Homeless Shelters, Halfway Houses, Treatment Centers, Mental Health Clinics, Libraries, Medical Offices, Hospital Waiting Rooms, Social Service Waiting Rooms, Recreation Centers, Bowling Alleys, Community Centers/Parks, City Hall/Court House, Juvenile Court, Jails, Probation Offices, Airports, Nail Salons, Police Stations, Tourist Information Centers, Senior Activity Centers, Laundromats, Clergy/Churches, Veteran Services Offices, LGBTQ+ Services Offices, and Al-Anon meeting venues.



DISTRIBUTING BOOKMARKS WA AREA OUTREACH PROJECT 2019

HI DISTRICTS! WE ARE STARTING AN AREA WIDE PROJECT AND HOPE YOUR DISTRICT WILL PARTICIPATE. ASK YOUR GROUPS TO PICK ONE OR SEVERAL PLACES (SEE LOCATION LIST) TO TAKE AL-ANON BOOKMARKS OVER THE NEXT 6 MONTHS. LET'S SHARE OUR SUCCESSES AT FALL ASSEMBLY!
NOTE: APRIL IS ALCOHOL AWARENESS MONTH/ SEPTEMBER IS RECOVERY MONTH.

Bookmark Suggestions:

Outreach Bookmark M-76(English), SM-76(Spanish) FREE
Just for Today Bookmark M-12(English), SM-12(Spanish) .10 each
Just for Tonight Bookmark M-81(English), SM-81(Spanish) .10 each (NEW)
Al-Anon/Alateen Is & Is Not Bookmark M-44(English),SM-44(Spanish).10 each

QUESTIONS? Contact

WA Area Public Outreach Coordinator
outreach@wa-al-anon.org

Answer to the suggestions on the front page of the Newcomer Packet. (1) Attend a least one meeting every week. (2) Talk to Al-Anon members between meetings. (3) Find a Sponsor. (4) Read Al-Anon literature daily. (5) Subscribe to Al-Anon's monthly magazine, *The Forum*. (6) Volunteer to help your new group through service. (7) Visit our website at www.seattle-al-anon.org. (8) Note from AIS Communications Coordinator: Visit the AIS website at <http://www.seattle-al-anon.org> and while there sign up to receive our AIS e-mail updates.

Tradition Five and Love

by BITS Columnist Fawn B.

Tradition Five:

Each Al-Anon Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

“The essence of all healing is love...”

-How Al-Anon Works, p. 112

Many of us come to the rooms of Al-Anon desperate and confused. Betrayal, broken promises or worse may have been the norm in our homes. Living with the disease may have distorted our thinking and soured our opinion of the alcoholic. Often, as the disease progressed, the love we once felt faded or disappeared.

Out of options, we came to Al-Anon hoping for answers. Many of us just wanted to learn how to make the alcoholic stop making us miserable. The focus was squarely on the abundant ways in which they were the source of our suffering. Our obsession, anger, anxiety, denial, and guilt had an epicenter; surely, it was the alcoholic.

The very first thing many of us heard was Tradition Five. “Each Al-Anon Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.” Not only were we told that our pain was not the responsibility of the alcoholic, we were also told to give understanding and encouragement to the alcoholic.

That was the answer we never saw coming! By showing support and encouragement to the alcoholic, we slowly resurrected the love we thought had died. By working the Twelve Steps ourselves we initiated self-love for the first time in a long time, and by welcoming and giving comfort to others in the program we remembered how healing it is to give and receive loving support.

Gradually, over time, we came to embrace the wisdom in Tradition Five. We took the actions suggested and we got better. Our obsession softened its laser focus, our anger became our teacher, our anxiety warned us appropriately, our denial no longer served us, and our guilt stopped dictating our actions.

In essence, many of us were healed by encouragement, comfort, understanding, and most of all – love.

“I needed love before I even knew what it was.”

- *Courage to Change*, p. 42

Meeting Updates

Madison Madrona AFG Time Change

The meeting time for Madison Madrona AFG meeting at Epiphany Church, 1805 38th Ave, Seattle is changing beginning Thursday, May 2nd. The group will meet from 7:00 to 8:30 instead of 7:30 to 9 PM. We will do this as a trial run through the summer and reassess at our August business meeting. This change was prompted by a group conscience to start and end earlier.

District 15 & 16 Business Meeting Schedule and Location Changes

In May, there will be no District 15 & 16 business meeting because of the conflict with SSA. In June, the meeting will permanently move from its current location at Grace Lutheran to St. Luke’s at 3030 Bellevue Way N.E., Bellevue. The meetings will continue to be on the third Saturday of the month from 8:30-10:00 AM. The first meeting at the new location will be on June 15th. All District 15 & 16 Groups are encouraged to send a representative.

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	NO MAY MEETING  3rd Saturday at 8:30 AM St. Luke’s Lutheran Church 3030 Bellevue Way NE, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Massy A. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	1st Wednesday at 7:00 PM Contact Grita for Location
District 19 Linda H. district19@seattle-al-anon.org	NO MAY MEETING 3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Elizabeth G. district20@seattle-al-anon.org	2nd Monday from 6:00 – 7:30 PM Denny Park Lutheran Church 766 John St, Seattle 
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Jackie T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline

Greater Seattle AIS Financial Activity Comparison

	March 2019	March 2018	2019 YTD
REVENUE			
Donations	956.00	1037.74	3669.40
Fundraisers	0	0	0
Literature	3203.18	2668.18	9822.30
Misc.	.09	-14.09	.25
Total Revenue	4159.27	3691.83	13491.95
Cost of Goods Sold	2175.83	1810.24	6847.43
Gross Profit	1983.44	1881.59	6644.52
EXPENDITURES			
Merchant Fees	98.79	103.93	310.69
Event Expenses	0	20.68	227.15
Insurance	41.66	48.66	125.06
Equipment	0	0	71.00
Office Supplies	0	0	0
Payroll and Payroll Taxes	0	0	42.00
Postage	0	22.00	0
Rent & Maintenance	657.84	948.51	1907.84
Professional Fees	0	243.00	1777.50
Technology	199.20	1120.00	655.27
Volunteer Bus/Parking	27.75	107.75	83.25
Misc	11.00	11.00	13.89
Total Expenses	1036.24	2625.53	5213.65
NET REVENUE	947.20	-743.94	1430.87

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

www.seattle-al-anon.org/members

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

OUR FUNDING NOW COMES PRIMARILY
FROM:

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



Featured Upcoming Events

SSA (Summer Seminar Assembly): May 17-19th

Gratitude Changes My Attitude

Bilingual Speakers Weekend: June 15-16th

Registration is open for both events.

April 11th AIS Council Meeting Summary

by BITS Editor Teresa H.

Treasurer's Report: Linda H. reported that even after paying \$1,500 for expert consulting about tax-exempt status, we are still comfortably in the black (currently \$2,200) for 2019. Donations are coming in at about the amount expected for our budget. She is obtaining a quote for directors and officers insurance. Our landlord, All Pilgrims Christian Church, has received their property tax bill and is now negotiating with King County about obligations of tenant organizations including AIS.

Vice Chair's Report: Doug L. briefly discussed the plan for Chair Eliza D. and himself to jointly visit District meetings, both to inform them of the changes at AIS and to get feedback.

Chair's Report: Eliza D. provided information from attending the recent Washington Area Pre-Con Assembly. A workshop on outreach, which distributed informative handouts Eliza brought back, discussed many ideas for Groups and Districts to interact with their communities. These included placing literature in key locations like mental health organizations and distributing bookmarks with contact information. We discussed several ideas for outreach, including leaving pamphlets in libraries.

Phones Coordinator's Report: Karen T. reported that volunteers like the new self-signup option and that thanks to Tech Co-Coordinator Jeff M. voicemail is now working correctly.

LDC Coordinators' Report: Cindy G. reported that there are now six regular office volunteers, but we really need at least eight for monthly rotations. There are also four remote email volunteers who process orders when the office is not open. She also reported that the new Just for Tonight bookmark is very popular, and reordered. WSO shipping is regularly making mistakes, which create problems for our accounting, but their customer service does a good job of helping correct the errors.

Communications Coordinator's Report: Teresa H. reported our web back-up Liz B. is being trained later this month. She reminds all members to send communications to the communications@seattle-al-anon.org email address and not to her personal email so that Liz will get the necessary information to perform her back-up job. Any groups with cancellations (e.g., snow or holiday) should send them to Communications for posting on our homepage.

Outreach Coordinators' Report: Ellen M. reported on efforts to reach doctors and addiction units, with some success, in particular, the Swedish Addiction Unit which requested more literature.

Alateen Liaison's Report: Kathy B. described her efforts to find out the current state of Alateen in the area. She discovered that there are serious communication issues, and also that available information is not very clear. An organizational meeting with eleven participants generated eight ideas for helping build Alateen participation. An Alateen page has been added to our AIS website, and also a monthly section of the BITS is dedicated to Alateen. A follow-up Alateen Support Meeting is scheduled for May 1st. Please contact alateen@seattle-al-anon.org for more information about the meeting or how you can support Alateen.

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

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

May 1	Wednesday 7:00-8:00PM	AIS Alateen Support Group	Queen Anne Lutheran 2400 8th Ave W, Seattle	alateen@seattle-al-anon.org
May 1	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR	district18@seattle-al-anon.org
May 2	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
May 2	Thursdays 7:30PM	Blueprints for Progress Workshop – Week 5	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	
May 4	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
May 7	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
May 9	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
May 10	Friday 7:00PM	GFA Vive: Descubramos nuevas Opciones	Jubilee Reach Center 14200 SE 13th Pl, Bellevue	
May 11	Saturday 10:00-2:00PM	AIS Office Open House	All Pilgrims Christian 509 10th Ave E, Seattle	LDC@seattle-al-anon.org
May 11	Saturday 10:00-11:30AM	Upward Bound Again AFG 20 Year Brunch Potluck	1st Church of Christ, Scientist 233 S 156th St, Burien	
May 11	Saturday 11:00-3:00PM	District 23 Spring Fling	North Creek Presbyterian Church 621 164th St SE, Mill Creek	See flyer for ticket info
May 11	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
May 11	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
May 13	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
May 16	Thursday 6:30-8:30PM	Terrace View AFG Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	6:30 Potluck 7:00 Meeting
May 17-19	Weekend	WA Area Summer Seminar Assembly	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	alternate-chair@wa-al-anon.org
May 18	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
May 19	Sunday	AMIAS Training Face to Face	TBD	alateen@seattle-al-anon.org
May 21	Tuesday 6:30-8:00PM	District 22 Business Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
May 22`	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
May 26	Sunday 9:00-3:00PM	AMIAS Training	Webinar	waalateen@gmail.com
May 27	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
May 29	Wednesday 6:30 PM	Alderwood AFG Speaker Meeting and Potluck	Maplewood Presbyterian Church 19523 84th St, Edmonds	
May 30	Thursday 7:00PM	W. Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
May 31	Friday 7:30PM	Seattle Men's AFG Quarterly Speaker Meeting	Northminster Presbyterian Church 7706 25th Ave NW, Seattle	

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

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of May 1, 2019

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

Directory Guide

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

To change meeting information
 Go to <http://wa-al-anon.org/>.
 Create a log in or use your existing log in. Then Resources>
 For Members>Make Meeting Changes. Enter changes in the
 comments box. Then Email that same information to
communications@seattle-al-anon.org

ALATEEN MEETINGS

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

VASHON ISLAND MEETINGS

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

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 go to <https://www.seattle-al-anon.org/> and click on the button
 to sign up for our newsletter.

SEATTLE CENTRAL ZONE

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

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2 nd fl conference room) DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North entry/Signs to Glen Rm) DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch) DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (Edgewood Services office/Knock if Late) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:00PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (NEW TIME) (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

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

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

SPANISH LANGUAGE MEETINGS

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

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SOUTH ZONE

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

SUN 6:00PM 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436 th Way, Enumclaw DIST 14
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 th St SE, Auburn (Enter main church on 17 th St SE) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, (Meets in Church Office) Des Moines DIST 14
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Monday) DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot and entrance) DIST 17
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent-Focused Meeting) DIST 14
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 th St, Federal Way (Free Childcare) DIST 14
WED 1:30PM 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 st Ave S, Burien (Use side entrance/basement) DIST 18
WED 7:00PM 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 th Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17

WED 7:00PM 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 th Wed) DIST 19
WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 th Ave S, Des Moines (Side door at north of church) DIST 18
THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 St John's Episc, 3050 California Ave, Parish Hall, Seattle (Childcare/Enter 42nd/Park W Sea Hi) DIST 19
SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Trotter's Family Restaurant, 825 Harvey Rd, Auburn DIST 14
SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17

ONCE A MONTH SPEAKER MEETINGS

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

**We Need Phone Volunteers! Please contact
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EAST ZONE

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

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

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

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

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