

# Greater Seattle Area Al-Anon Information Service

## Al-Anon and Alateen Meeting Directory

**Districts 14-22 as of July 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>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 (Not Meeting 7/4 /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 Not Meeting 7/4 (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

**NEW  
INFO**

**THE AIS OFFICE HAS MOVED TO:  
509 10<sup>TH</sup> AVE E #100, SEATTLE 98102**

### 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>12:05PM</b> 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 <sup>th</sup> Ave, Seattle (In Chapel. Feel free to bring lunch) 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>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 No Meeting July 4 <sup>th</sup> 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 No Meeting 7/4 (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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**NEW OFFICE LOCATION**

**509 10th Ave East, #100, Seattle, WA 98102.**

## 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 *No Meeting July 4 <sup>th</sup> (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 – No Meeting July 4 <sup>th</sup> 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

