

NOVEMBER
2018



BITS Newsletter

Seattle Al-Anon Information Service

Gratitude Opens the Gates to Happiness

by Newsletter Contributor Laurie K.

Having been affected by the disease of alcoholism, most of us have developed survival techniques that included denying the severity of our situation and pretending like everything was going to be OK. My own life used to be so unbearable that the only way I survived was through denial. I constantly wore a mask, dressing up professionally and carefully doing my hair and makeup. These were times before social media, but still, what mattered most was the beautiful image that I created of myself and my family. In Christmas cards, we made an ideal picture. But beneath the surface, everything was a chaotic mess.

Luckily, over time, I learned more and more Al-Anon tools, including focusing on gratitude. At first, my life seemed so bleak that it was difficult to find things to be thankful for. I could always

“Practicing gratefulness has made a profound impact on how I interact with the world and on my basic level of happiness.”

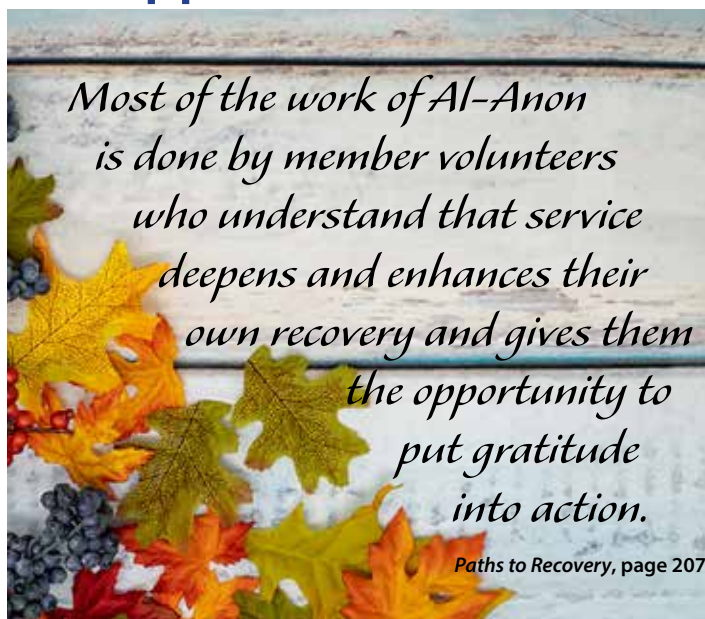
find joy in my children, though, and be grateful that I'd been given the opportunity to be a mother. Over time, it has become much easier to see the breadth of gifts that surround me daily.

Gratitude has become an integral part of my Al-Anon spiritual practice. I begin and end each day with thankfulness, recognizing
(Continued on Page 2)



A Page from Laurie's Gratitude Journal

AIS Opportunities: Elections on November 8th at Council



This has been an exciting year for AIS. Our conversion to an all-volunteer organization has been a financial success and has also allowed us to reach more of our members. With the expected adoption of changes to the Standard Rules and Procedures Manual this month, the heavy lifting of the transformation will be completed.

We will be moving into a year of simply working within the new structure. Our energies can now shift to activities such as Outreach and Fellowship. 2019 looks to be a fun year at AIS.

We need members to serve AIS by running for Chair, Vice Chair, Treasurer, and Secretary.

We also need members to volunteer for our committees - either as the Coordinator or in a supporting role as a committee member. The committees are: Alateen, Archives, Communications, Literature Distribution Center, Outreach, Phones, and Tech.

All positions are a one-year only commitment and most positions require no specialized knowledge. There are members who can
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CONTACT AIS

For Up-to-Date Information

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

To Order Literature

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

Order Pick Up Address

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

WA Area Fall Assembly Election Results

by Newsletter Editor Teresa H.

Here are the results of the elections for the WA Area three-year service positions:

Delegate: Kathy D. from District 23

Alternate Delegate: Melissa M. from District 4

Chair: Julie P. from District 10

Alternate Chair: Lynn T. from District 22

Secretary: Kimberly H. from District 13

Treasurer: Carol H.T. from District 2



WA Area Coordinators will be named later this year.

Here is a synopsis of the actions on the Motions.

- Motion 1: A “housekeeping” motion regarding expense reports, passed unanimously.
- Motion 2: About submitting Trusted Servant Profiles in advance had no substantial majority so did not pass.
- Motion 3: About changing to gender neutral language was tabled after the allotted time for discussion had passed because many members had still not been able to share their comments. The sense was that all opinions had not been heard.
- Motion 4: About reimbursing the full amount of the Delegate expenses to WSO passed.
- Pre-Con Motion Amendment: Extending the date to purchase a new laptop passed.

Gratitude Opens the Gates to Happiness

(Continued from Page 1)

the abundance I have in my life. Mornings, I meditate, holding individual people, experiences, and situations close in my heart. In the evenings, I reflect on the highlights of the day, keep a gratitude journal (including colorful drawings) and sharing some of my experiences with Al-Anon friends via text. On my phone, I have a gratitude album, which contains photos of people, animals, and scenes that make me happy.

Decades of bad habits don't disappear easily, but any time I catch myself returning to negative thoughts, I look around my physical environment and ask myself, “What can I focus on that is positive right here and now?” Some days when I still feel overwhelmed by personal, local, or global issues, I do my best to be gentle with myself and hope for progress not perfection. The more I practice these habits, the easier it is to find things to be grateful for in just about every situation. As I leave behind what no longer serves, I am more and more open to what does.

Practicing gratefulness has made a profound impact on how I interact with the world and on my basic level of happiness. Where I used to view myself as a victim of life circumstances, I can now live in gratitude on a daily basis, and even (or especially) be grateful to the alcoholic who brought me to this program. Because above all, it is the hope of this program, the warmth and love of its members, and my Higher Power, which have transformed my outlook to an attitude of gratitude.

AIS Service: Elections on Nov. 8

(Continued from Page 1)

help you learn the job. In the past, many committees were one-person committees, consisting of just the Coordinator. That has changed. Now many committees have several volunteers so no one member needs to shoulder the entire workload. Some committee positions require only an hour or two per month. Some require much more time. You can choose the time commitment that best meets your needs.

To run for an office or volunteer for a committee, please attend the November 8th AIS Council meeting. Your service will help AIS serve Districts 14-22 as we all work toward fulfilling Al-Anon's one purpose of helping the families and friends of alcoholics.

How It Works For Me: Concept Eleven and Spiritual Principles

by BITS Columnist Allen L.

Concept Eleven

The World Service Office is composed of standing committees, executives and staff members.

The closing discussion of Concept Eleven in our *Al-Anon/Alateen Service Manual 2018-2021* states: "No organizational structure can fully guarantee the WSO against the possible damage done by clashing personalities.... By our sustained willingness to practice spiritual principles in all our affairs, we can realize these ideals." (page 210)

The last sentence is a key concept for me. In many of my daily contacts, I often have the opportunity to disagree with friends, co-workers, and family. I can

*"I can't count the number of times
I have allowed myself to be sidetracked
by outside issues."*

choose to react to personality clashes and differing viewpoints or I can choose to practice my program and "let go and let God" solve the problem.

I can't count the number of times I have allowed myself to be sidetracked by outside issues. When I can remember the Fifth Tradition and its reminder that "Each Al-Anon Family Group has but one purpose: to help the families of alcoholics" and apply it to that specific situation, then I can let go of winning or losing the current argument. When I remember that my primary purpose is to have a happy relationship with this family member or friend, not to win this argument; when I can remember that my primary purpose is to get the work done, not have this co-worker do things my way; then I can focus on the important relationship or solution to the problem and reduce the conflicts in my life.

This becomes yet another way that I can practice these principles in all my affairs, to paraphrase the words of Step Twelve.

Looking for a Meeting on Thanksgiving Day?

Please see our November Meeting Directory. We have noted all meetings that will NOT be meeting in red. Note: Some meetings may not have notified us of their cancellation.

AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

chair@seattle-al-anon.org

Vice Chair

Eliza D.

vicechair@seattle-al-anon.org

Secretary

Cindy G.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Archivist Coordinator

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Fundraising Coordinator

Jennifer P.

fundraising@seattle-al-anon.org

Literature Dist. Center Coordinator

Karen L.

LDC@seattle-al-anon.org

Outreach Coordinator

OPEN

Parliamentarian

Chris G.

parliamentarian@seattle-al-anon.org

Phone Volunteers Coordinators

Karen T. and Susan CH.

phones@seattle-al-anon.org

Policy Coordinator

OPEN

Tech Coordinator

Tatiana G.

tech@seattle-al-anon.org

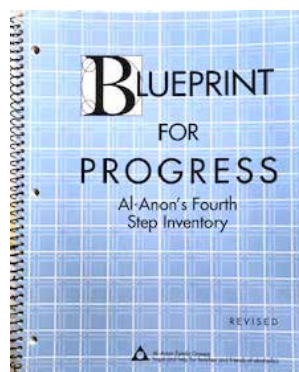
The AIS Board is made up of a representative from each of our 9 Districts plus the Officers and Coordinators listed above.

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

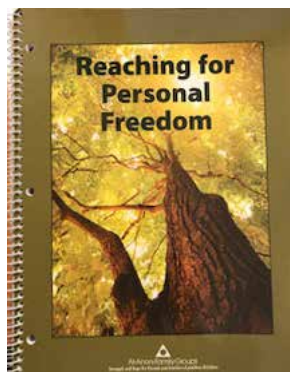
CAL Review:

Al-Anon Workbooks Are Excellent Recovery Tools

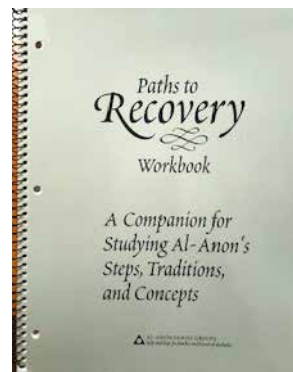
by Newsletter Editor Teresa H.



Blueprint for Progress
P-91



Reaching for Personal Freedom
P-92



Paths to Recovery Workbook
P-93

I have used the questions from all three Al-Anon workbooks and have found them to be excellent tools for personal growth. Each of the three workbooks - *Blueprint for Progress*, *Reaching for Personal Freedom*, and *Paths to Recovery Workbook* - all offer their unique method for helping members in their recovery from the effects of alcohol.

Blueprint for Progress: Al-Anon's Fourth Step Inventory

Many members are familiar with the long-time standby, *Blueprint for Progress*. This workbook is designed as an aid in working Step Four just as the subtitle says. It is divided into more than twenty sections about such topics as fear, anger, justification, trust, guilt, and shame. Each section includes a short introduction to the topic, a reflection from a member, and then lots of questions.

I spent two years meeting once a week with a group of women working through *Blueprint*. It is probably the best thing I have ever done for myself. I would think that I had written a very thorough answer to a question by digging deep within myself. Then as we went around the circle with each person sharing her response, I would see that I had not thought about certain things from my past or about certain ways I interact or think. By working together in a group, I was able to go far deeper than I ever would have on my own.

Reaching for Personal Freedom: Living the Legacies

Reaching for Personal Freedom was the next Al-Anon workbook to be published. It seems to have a very forgettable name as most people refer to it as the "green book," or the "tree book," or the "new book." But the title really is appropriate since reaching for personal freedom is exactly what we are doing as we work through the Legacies of our program: the Twelve Steps, the Twelve Traditions, and the Twelve Concepts.

Unlike *Blueprint*, this workbook does include all of the Legacies. The book can be worked from front to back working all of the Steps and then all of the Traditions and then all of the Concepts, or the user can decide to work the Legacies "laterally." Working them laterally means working Step One and then Tradition One and then Concept One. At this year's Summer Seminar Assembly

in Seabeck, the attendees did an exercise in working the Legacies laterally. It was an eye-opening experience for me to see just how interrelated they are. As it says in the workbook's introduction, "Each Step, Tradition, and Concept can be studied individually, but it is important to remember that they are part of an integrated whole. Their principles build upon each other and are interconnected."

I have found the questions in *Reaching for Personal Freedom* to be more broad than in the other workbooks. Yet they still help me focus on what is important about each Legacy. It also includes many stories from other members as food for thought. Its subtitle is "Living the Legacies" and when we are finished diligently working through this workbook, we are well on our way to doing just that.

Paths to Recovery Workbook

The newest workbook is the *Paths to Recovery Workbook*. It was designed to be used with the *Paths to Recovery* book, first published in 1997. That book is one of my favorites. The book has an excellent explanation of each Legacy, lots of member shares, and questions to answer. The workbook comprises just the questions from the book.

I have always found its questions to be laser sharp in pinpointing what I need to know about myself. I have read the *Paths to Recovery* questions and answered some of them working alone and have also answered some of them with my sponsor. But the workbook gives us a place to write our answers out. I find that writing out the answers really helps me to clarify my thoughts.

Like *Reaching for Personal Freedom*, this workbook includes all of the Legacies. I find that incredibly valuable. As a member shared in the *Paths to Recovery* book, "The Steps show me how to love myself, the Traditions show me how to love others, and the Concepts show me how to love the world I live in." (*Paths to Recovery Workbook*, Preface)

In this month of gratitude, I am forever grateful to the hundreds of members who helped create these three workbooks. For my personal program, I intend to complete my work through each of the workbooks with other members as I work our program "One Day at a Time."

Where to Send Donations

Service Arm and Instructions

NEW

AIS - MAILING ADDRESS

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

NEW

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

WASHINGTON AREA

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

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

AFG INC. (WSO)

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454
or

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

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

District 20

PO Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

PO Box 622
Mountlake Terrace, WA 98043

Please make checks payable to the service arm listed above.

Rethinking My "Character Defects"

by BITS Columnist Allen L.



I heard someone share in an Al-Anon meeting that he was uncomfortable with the label "character defects" because he couldn't think of himself as defective. Rather he thought of those characteristics as survival mechanisms that had outlived their usefulness.

To me that viewpoint felt comfortable and a better way of seeing those characteristics in myself. But Al-Anon has taught me to mistrust the comfortable answer because my personal growth is rarely comfortable!

Reading *Courage to Change* for October 24th I found, the following passages:

"The birch's bark is necessary for protection, yet as the tree grows, the bark peels away gradually of its own accord. If it is removed prematurely—by a deer scraping his antlers or a porcupine searching for food—the tree is wounded and becomes vulnerable to infection, fungus, and insects."

"But in Al-Anon I am encouraged to grow at my own pace. As I do, I find some of my defenses and ideas too tight, too limiting. And so I slough them off, just as the birch releases its old skin. They are no longer needed."

The last paragraph reassures me that I am not "defective" and that I don't need to be fixed, but supports the idea that I simply need to grow and expand. Taking that viewpoint makes it much easier for me recognize and let go of those protective actions that no longer serve a useful purpose.

I've stopped "working my program" and now simply practice the steps as much as I can and let the growth take place in its own time, relying on the Al-Anon slogan "Progress not perfection."

IMPORTANT INFORMATION

**AIS NOW HAS A MAILBOX A BLOCK AWAY FROM ALL PILGRIMS CHRISTIAN CHURCH. PLEASE SEND ALL MAIL INCLUDING CHECKS FOR LITERATURE ORDERS AND DONATIONS TO:
505 Broadway E #400, Seattle, WA 98102-5023**

Brief Summary of the AIS October Council Meeting

by Newsletter Editor Teresa H.

- Treasurer Linda H. reported that she is working on our 990 tax report, donations were down in September, and we might consider future allocation of funds if we exceed the amount needed in our prudent reserve.
- LDC Coordinator Karen L. reported that we rented a post box for receiving shipments and mail. This will be helpful in making sure we always receive our shipments and mail since we are only open one day per week.
- Communications Coordinator Teresa H. reported that 383 people have signed up to receive our email notifications.
- Council reviewed and modified proposed changes to the Standing Rules and Procedures Manual. The partial changes were approved. The hope is for final approval before the November elections.
- The Ricoh copier was moved to another office in the Vance Building until it can be returned.
- The Outreach Coordinator position is open.

Brief Summary of the AIS October Board Meeting

by Newsletter Editor Teresa H.

- More Literature Distribution volunteers are needed.
- Using our new rented post box is working well.
- By slashing our expenses, we are now operating in the black.
- The new method for transferring phones has had a few hiccups, but volunteers are learning the new system and those without internet service are teaming up with other phone volunteers who do have service.
- In the AIS service area there are currently 106 Al-Anon meetings and 5 Alateen meetings.
- 11 of our Groups are currently not listed on the WA Area website. The most common reason is that the Group does not have a current mailing address registered with WSO.
- Proposed revisions to the Standing Rules and Procedures Manual were discussed and additional revisions were made. Chair Anessa will produce a final version for Council vote at the November Council meeting.
- Karen L. presented a conservative budget on behalf of Treasurer Linda H. Revisions were made to the budget and Karen L. was asked to make changes per the discussion. The budget will be voted on at Council.

LDC Update

The AIS Literature Distribution Center (AIS Office) will be closed on November 22, Thanksgiving Day. Please plan ahead for your literature needs.

The new book, *Intimacy in Alcoholic Relationships*, is in stock as are all three of our Al-Anon workbooks reviewed on Page 4 of this issue of the BITS.



To order literature for your Group or for yourself, please send an email to LDC@seattle-al-anon.org. If you choose to pay online, you will receive an invoice back. Then follow the instructions to give your credit card information. Your order will ship the Thursday following payment and will take 1-2 days to get to you.

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

	Sept 2018	Sept 2017	2018 YTD
REVENUE			
Donations	676.35	1514.49	15444.64
Fundraisers	0	0	3612.00
Literature	3852.06	3051.12	27803.45
Shipping	173.00	0	1159.00
Misc.	.08	.08	-13.43
Total Revenue	4701.49	4565.69	48005.66
Cost of Goods Sold	2861.45	2253.97	20365.62
Gross Profit	1840.04	2311.72	27640.04
EXPENDITURES			
Payroll & Related	0	3249.39	11598.24
Office Supplies	24.68	70.47	632.16
Parking/Bus Fare	39.50	165.00	792.40
Insurance	41.66	0	347.36
Professional Fees	0	0	243.00
Technology	67.04	0	1075.08
Rent & Maintenance/Move	-215.50	866.17	7363.91
Telephone/Internet	127.29	241.86	1571.41
Postage	435.83	121.77	1683.40
Merchant Fees	120.89	74.51	827.33
Event Expenses	0	0	797.53
Equipment (lease/purchase)	363.47	364.97	4756.76
Misc	13.00	51.05	48.01
Total Expenses	1017.86	5205.19	31736.59
NET REVENUE	822.18	-2893.47	-4096.55

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 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

Meeting Updates

Redmond Friday Night AFG Has New Start Time

The Redmond Friday Night AFG has changed the meeting time to begin 1/2 hour earlier. The new time is now from 7:30 PM to 9:00 PM. Karen P. reports that a group conscience was taken and felt that the meeting was running too late. Each month the topics rotate from a Step, a Tradition, and 2-3 open topics. AA meets at the same time.

View Ridge Open AFG Shortened Their Meeting to 75 Minutes

The members of View Ridge Open AFG decided to shorten their meeting to 75 minutes. They meet on Tuesdays at 7:30 PM at Sandpoint Community Church.

Will Your Meeting Be Held on a Holiday?

If your meeting is scheduled to occur on Christmas Eve, Christmas, New Year's Eve, or New Year's Day and you will NOT be meeting, please notify us at communications@seattle-al-anon.org so it can be noted in the printable meeting directory. Note: You are also encouraged to go online at the WA Area website and log in to enter a one-time cancellation. <http://wa-al-anon.org/meeting-changes>

Upcoming Featured Events

**Getting Busy & Getting Better
November 3**

**Kent All Mens AFG (KAMA) 36th Gratitude Dinner
November 10**

**Courage to Change AFG 20th Anniversary Party
November 14**

**Terrace View AFG Speaker Meeting
and Thanksgiving Potluck
November 15**

**Hope for Today AFG Gratitude Breakfast
November 21**

**Spiritual Growth Through the Program of Recovery
November 30 - December 2**

**Renton Thursday Night AFG
Candlelight Dinner Party Potluck
December 6**

Visit <http://www.seattle-al-anon.org/events.html>
to view flyers and get the details for these events.

Al-Anon and Alateen Events Listing as of November 1, 2018

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

Nov 1	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Nov 3	Saturday 12:00-5:00PM	District 20 Workshop Getting Busy & Getting Better	Queen Anne Lutheran 2400 8th Ave W, Seattle	district20@seattle-al-anon.org
Nov 3	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.org
Nov 6	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Nov 7	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
Nov 8	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Nov 8	Thursday 7:30-9:00PM	Lake Hills Thursday Night Book Study – Opening Our Hearts	St. Andrew's Lutheran 2650 148th Ave SE, Bellevue	lakehillsthursdaynite@gmail.com
Nov 10	Saturday 6:00PM	Kent All Men's AFG (KAMA) 36th Gratitude Dinner	Holy Spirit Parish Education Bldg 314 3rd Ave S, Kent	https://mensalanon.wordpress.com/gratitude-dinner/
Nov 10	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal 20295 Little Valley Rd NE, Poulsbo	
Nov 10	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	
Nov 12	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran 766 John St, Seattle	district20@seattle-al-anon.org
Nov 14	Wednesday 6:00PM	Courage to Change AFG 20th Anniversary Party	Mt. Baker Park Presbyterian 3201 Hunter Blvd S, Seattle	Potluck
Nov 15	Thursday 7:00PM	Terrace View AFG Speaker & Thanksgiving Potluck	Gloria Dei Lutheran 3215 Larch Way, Lynnwood	
Nov 17	Saturday 8:30AM	Districts 15 & 16 Business Meeting	Grace Lutheran 9625 NE 8th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Nov 17	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Nov 18	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
Nov 20	Tuesday 6:30-8:00PM	District 22 Business Meeting	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org (Thru glass doors/nursery)
Nov 21	Wednesday 6:30-8:30AM	Hope for Today AFG Gratitude Breakfast	St. Paul's United Church of Christ 6512 12th Ave NW, Seattle	Speaker Meeting from 7:00-8:00
Nov 22	Thursday	AIS Office/LDC Closed		ldc@seattle-al-anon.org
Nov 26	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic 505 17th St SE, Auburn	district14@seattle-al-anon.org
Nov 28	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian 6201 Hunter Blvd S, Seattle	
Nov 29	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
Nov 30 Dec 2	Weekend	Spiritual Growth Through the Program of Recovery	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	Joint Al-Anon/AA Event seabeck.dec.weekend@gmail.com
Nov 30	Friday 7:30PM	Seattle Men's AFG Speaker Meeting	Northminster Presbyterian 7706 25th Ave NW, Seattle	
Dec 6	Thursday 6:30PM	Renton Thursday Night AFG Candlelight Dinner Party	St Luke's Episcopal 99 Wells Ave S, Renton	Potluck

**Only the next occurrence of an event is listed.
Send event information and flyers to communications@seattle-al-anon.org**

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of November 1, 2018

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 or Correct Meeting Information,
 email changes to group-records@wa-al-anon.org
AND
communications@seattle-al-anon.org

ALATEEN MEETINGS

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

VASHON ISLAND MEETINGS

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

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/2nd fl conf/Holidays@Victrola)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. 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 (In Edgewood Services Office/Knock if late) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No meeting on legal holidays) 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 2nd 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 entry-back/lot off 25th) 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 #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) 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) NO MEETING 11/22 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 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/use back door) DIST 14
WED 7:00PM 90/O/H	GFA HIJOS ADULTOS LIBERTAD Y ESPERANZA *NEW* Edmonds United Methodist, 828 Caspers St Rm 112, Edmonds (Park & Enter in Back of church) 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	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
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	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
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	THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 th Ave S, Des Moines (Side door no. of church) NO MEETING 11/22 DIST 18
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien 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) NO MEETING 11/22 DIST 19
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines DIST 14	THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14	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
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Mon) DIST 18	FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	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
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot & entrance) DIST 17	SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19	SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18	SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn DIST 14
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent Focused Meeting) DIST 14	SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
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	SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent 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	SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
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	SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton 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 nd 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

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, 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 5 th Monday) DIST 16
MON 7:30PM 90/O/AA	COAL CREEK AFG #33387 Newport Covenant, 12800 Coal Creek Pwy SE, Bellevue (1 st floor in main church bldg.) 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 NO MEETING 11/22 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 NO MEETING 11/22 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 meet) NO MEETING 11/22 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

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