

NOVEMBER
2019



BITS Newsletter

Seattle Al-Anon Information Service

Ways to Show Gratitude Through AIS Service in 2020 by BITS Editor Teresa H.

The 2020 AIS elections will be held at the November 14th Council meeting. The elected positions are Chair, Vice Chair, Secretary, and Treasurer. Each position is for a one-year term. All officers except for the current Vice Chair are running for re-election.

Current Vice-Chair Doug L. has volunteered to be the 2020 LDC Co-Coordinator along with Julie R. All coordinator positions are appointed by the Chair. Currently, volunteers are needed for the following coordinator positions: Archivist, Outreach, and Phone

Volunteers. Like the officers, the coordinator positions are one-year terms. No prior experience is needed. The current coordinators will be available to train the new coordinators. Descriptions of the



Recap: Road Trip! You and Your Board Connect by WA Wanderings Editor Katharine R.

If you had asked me what I expected from the Al-Anon Board of Trustees event, I would have said, "Listening to reports. All day." Not that information about the worldwide fellowship of Al-Anon and Alateen isn't important or interesting—well, maybe it's not that interesting. But the last word of the title of this once-in-a-lifetime visit to Seattle by the Board of Trustees—Road Trip! You and Your Board Connect—turned out to be absolutely true!

Yes, there were many reports from every Board member present, including Vali F., the Executive Director. But the reports were more along the lines of how each Trustee interacts with their assigned committees. There was also news about the worldwide fellowship of Al-Anon and Alateen.

Gail G., Chair of the Board, told us about her very recent trip to the European Zonal Meeting in beautiful Slovenia. There was good news and bad news — here are some examples: The service structure in Italy had a major shake-up a couple of years ago, resulting in resignations of all of their board members. Russia's entire reserve fund disappeared suddenly. Scotland and Ireland

duties of the officers and coordinators can be found in our AIS Standing Rules and Procedure Manual on the Members page of our website under the AIS Info section at [seattle-al-anon.org/members](https://www.seattle-al-anon.org/members).

In addition to the officers and coordinators, one Thursday a month LDC/Office Volunteers, one week a month Remote Office Volunteers, and one or more shifts a month Phone Volunteers are desperately needed. Descriptions for these volunteer positions are on the Members page of our website under the Service section at <https://www.seattle-al-anon.org/members.html>.

AIS is here to serve the membership in the greater Seattle area. It is supported by donations, literature sales, and volunteer time. Please consider supporting AIS through your volunteer service in 2020.

ROAD TRIP!
YOU AND YOUR BOARD CONNECT

have had to suspend Alateen meetings due to legal issues there. Al-Anon groups in Slovenia and Italy are trying to figure out how to work around national requirements to identify every member by name. But, on a happier note, Poland will soon be celebrating the 40th anniversary of Al-Anon in their country! Germany has reached a milestone, 500 groups! These international updates alone were "worth the price of admission," as they say. How grateful we

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Looking for a Meeting on Thanksgiving Day?

Please see our November Meeting Directory. We have noted all meetings that will NOT be meeting. Check our home page at [seattle-al-anon.org](https://www.seattle-al-anon.org) for the latest information on cancellations.

If your Group meets on a Tuesday or Wednesday, please let us know ASAP if you will NOT be meeting on December 24, 25, 31, or January 1.



Area Fall Assembly Recap by BITS Editor Teresa H.

This year's WA Area Fall Assembly was held during the weekend of October 3-5 at Moses Lake. There was only one motion up for vote. The GRs approved the motion to pay the World Service Office the full average expense for our Delegate to attend the World Service Conference (WSC) 2020.

Each Area Officer and Coordinator presented a report to the membership. To read their reports, all members are encouraged to subscribe to the print version of WA Wanderings for \$12 per year or to the free electronic version to read the reports. The link to subscribe is: <https://wa-al-anon.org/wanderings/>.

Here are takeaways from my notes at the Assembly:

- WA Area Delegate Kathy D. is available to visit our Groups or Districts. She will have increased availability after this coming June. Her job is to keep us informed about what is going on at WSC and vice versa.
- What many Groups have referred to as "Prudent Reserve" is now referred to as "Ample Reserve." It is up to each Group to determine the amount appropriate for their Group. It is money set aside to make sure the Group can take care of the business at hand.
- Group Representative comments were solicited on two discussion items: Funding for Past Delegates/Trustees who live in WA Area but served in another Area to attend Area meetings and whether to extend Pre-Conference to a two-day Assembly. The comments will be taken into consideration and a decision will be made at AWSC whether to form motions for consideration at a future Assembly.
- The WA Area Speakers Convention in September had 218 attendees and brought in over \$5000 in "profit."
- Literature Coordinator Denise A. recommended members check out the new members blog at <https://al-anon.org/for-members/members-resources/member-blog/>. There is a different discussion topic each month.
- WAAC (WA Area Alateen Conference) had 45 attendees.
- The WA Area Alateen Coordinator is regrettably resigning at the end of the year. If you have been a DR in the past and are an AMIAS (Al-Anon Member Involved in Alateen Service), please consider volunteering for this position.
- Information was presented by the task force exploring remote participation in future WA Area Assemblies. Feedback was requested and there was plenty of feedback both for and against introducing this option. The task force will consider the GRs' comments and report again at the February Area World Service Committee (AWSC).
- The budget of \$87,740 was approved. If each Group in the state were to donate to Area, the amount needed per Group would be \$106.30 per year or \$8.86 per month.
- Group Records Coordinator Brian P. reminded Groups to make changes on the WA Area website only — not on the WSO site. Seattle AIS is copied on all changes. WSO would also like an email address for each Group. This can be helpful if snail mail to a Group is returned. He has added LGBTQ as a focus Group type on the WA Area site in addition to other focus Groups such as Men's, Women's, and Spanish.
- Of the 342 active Groups in WA Area, 102 were represented at the Assembly.

Recap: Road Trip! You and Your Board Connect

(Continued from page 1)

may be: to attend Al-Anon locally, to offer Alateen meetings in schools or other locations, to have bank accounts and be able to pay rent, and to place literature and public service announcements where others may find out about our program.

Another encouraging feature of the Road Trip was the brief personal shares by each Trustee. One member slept with her tennis shoes on, never knowing when her alcoholic might come home in a rage. Another member hated that her counselor saw her pain, but knew that she could no longer hide so finally came to Al-Anon. One Trustee did not find Al-Anon until he was 50 years old, but he's here to stay. And then there was the Trustee who said, perhaps for each of them, "If you want to hear more of my story, invite me to come and speak!"

As if the scheduled Saturday meeting was not enough, a few of our local members also had the privilege of being tour guides and chauffeurs for some of these out-of-town guests. On Sunday, we got to have fun and fellowship with Al-Anons from all over the U.S. and Canada. Despite the rain and cold, we had memorable visits to the Space Needle and Seattle Center, Pike Place Market, or a ferry ride to Bainbridge Island. All in all, it was a wonder-filled weekend.



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/Literature Pick Up Location

509 10th Ave E #100

Seattle, WA 98102

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

Mailing Address

505 Broadway E #400

Seattle, WA 98102-5023

To Speak with a Member

call 206-625-0000



Out of the Toolbox

by BITS Columnist Callie D.

We Are Not Alone in Al-Anon

The Hand of Al-Anon

Growing up in a home that looked good from the outside but had a convoluted atmosphere on the inside, set me up to question my perceptions. Asking for help or admitting a mistake often brought shame or criticism, so perfectionism was cultivated. It was hard to gauge who was trustworthy and who was safe. As an adult, ordinary blunders were magnified, sparked a lecture, and circulated as some kind of “irresponsible” behavior. I learned to find my way the best I could and to wrestle with family issues in isolation.

I remember walking into the rooms of Al-Anon for the first time. It was a small vintage house with regular home furniture including chairs and couches. People were friendly and we formed a circle of sorts, no one was in a position of power or “in charge.” I remember passing around a daily reader, *One Day at a Time* or perhaps it was *Courage to Change*. We each read a page and shared if we wanted. I could identify with the words on the pages and immediately purchased the little readers. I was so relieved and surprised that it was okay to admit that my “life had become unmanageable.” So many times in the past it was so important to make it look like life was great and manageable – at church, at work, with friends, and, especially, with family.

Together We Can Make It

Over time I have found that fellow travelers will often step up when life pitches a curveball. They show up without judgment and are happy to help. Recently, I was walking at a local beach just after sunset. Darkness set in and I realized that my car key was not in my pocket! I searched with a flashlight to no avail. I really needed my regular meeting so I emailed my Group from my phone in case someone could pick me up. Next thing I knew, a member was on the way to the meeting and picked me up en route.

After the meeting, another member offered to take me back to my car. I called roadside service and it was going to be about an hour. It was a chilly night, but I assured my friend I would be fine walking around. She encouraged me to wait in the warmth of a nearby restaurant. My purse was locked in my car so when I turned she already had a bill out and put it in my hand. I told her I would pay her back. She just smiled and said, “Just pay it forward.”



AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Doug L.

vicechair@seattle-al-anon.org

Secretary

Roxanne T.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Alateen Coordinator

Kathy B.

alateen@seattle-al-anon.org

Archivist Coordinator

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Literature Dist. Center Co-Coordinator

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Co-Coordinator

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteer 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 COUNCIL

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

A + B = C

by BITS Columnist Allen L.

Relationships can be one of the most difficult topics to share about in a meeting or even with my sponsor—especially when my relationship with my significant other isn't going well. Whether it's a huge issue or just a simple misunderstanding in my mind, it's obviously my fault—good Al-Anon that I am!

Someone shared an astoundingly simple concept in a meeting that profoundly resonated with me.

$A + B = C$.

They explained that A was them, B was the other person, and C represented their relationship to that other person. The idea is the relationship, C, is made up of all the things they did with their significant other and all the things their significant other did with them. Changing anything A or B does will change the nature of the relationship.

A mathematical example: if $A = 1$ and $B = 2$, then C would = 3. Simple enough, but what happens if we make $A = 4$? C would then = 6. Just as changing A in the equation from 1 to 4 changes the numerical value of C to 6, if I change how I treat the other person, then our relationship will change—even if the other person changes nothing! When our relationship changes, the other person's reactions to our relationship will also change. If I become less argumentative or judgmental, we should have fewer conflicts, fewer arguments, etc.

The Spirit of Step Eleven

by BITS Columnist Fawn B.

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Two of my persistent character defects are perfectionism and criticism. They show up unannounced at various times and places. And, practicing Step 11 is no different. In my heart, I believe Step 11 is simple yet profoundly beautiful; seek out and listen to Higher Power and sanity will follow. But when my perfectionism and criticism are involved, I can spin Step 11 into a dysfunctional ball of rules, regulations, and regrets.

My perfectionist view of meditation can look something like this: I'm sitting in a stark, silent space balanced atop a well-worn, perfectly rounded, jewel-toned cushion, arms resting peacefully on my blissfully comfortable crisscrossed legs for hours, several times a day, every day, without fail. Ahhhh. When I don't meet this idealized, fantastical version of Step 11, I criticize myself. "I'm no good at meditation." "What's wrong with me, other people do this, why can't I?" "I'm just not spiritual enough."

It's time for a re-frame. The truth is, I practice Step 11 in my own way.

Recently, I had an appointment scheduled that involved a trip to Edwards Memorial Center. It had the potential to be emotionally

Another member shared that his sponsor had challenged him with, "Are you willing to become the kind of person with whom this relationship could succeed?" Yes, yes, yes, I know that both people have to adjust to make any relationship succeed, but it has

"Taking the focus from accusing or blaming the other person to sharing how I felt and asking for their help is much more likely to get their help in solving the conflict than the blame game."

to start somewhere, and the idea of $A + B = C$ is a great place for me to begin. If I change what I do or say, then the total relationship **must** change.

Al-Anon suggests that instead of saying, "you did this to me," we re-phrase it as "when you did this, I felt." Taking the focus from accusing or blaming the other person to sharing how I felt and asking for their help is much more likely to get their help in solving the conflict than the blame game.

Now that I think about it, maybe Al-Anon already had this idea in different words—*Let it begin with me.*

charged. Knowing it wasn't a good idea to "go it alone" anymore, I asked my sponsor to accompany me. She was out of town that day. I was at a loss at what to do next. So, I prayed to my HP, asking, "What should I do?" I've sent similar prayers out in the past then promptly went about compulsively machinating over my options—not this time. I asked and waited.

Confession, I don't talk with or listen to my HP every day. Somehow, I got it in my head that daily was the only way, the right way, to do it. So, half of me thought I wouldn't get a response. But, the other half waited and listened in a quiet, relaxed state of mind.

Shortly afterward, I was given the idea to call an Al-Anon friend I hadn't seen in a few weeks even though I knew her regular schedule would have made her unavailable. But, as we know, prayers are powerful things. Even those sent out and up after a lapse in communication.

It just so happened that for the first time in months, my friend's schedule was open that afternoon. Her words to me were, "your HP's gotcha, and so do I." Indeed! We went to my appointment, and I felt tremendous love and support from her and my Higher Power.

When I release my rigid ideas about prayer and meditation, when I simply remember to open my mind and heart to a loving Higher Power, when I stop criticizing myself for not being perfect, I avail myself to the Spirit of Step 11 and all is how it is meant to be.

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 the 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.

AMIAS Training by AIS Alateen Coordinator Kathy B.

AMIAS Training for 2020

There is no Alateen without Al-Anon. If you have 2 years of experience in Al-Anon, are over 21 years of age, and have an interest in being an adult sponsor for Alateen you can become an AMIAS (Al-Anon Member Involved in Alateen Service). To become an AMIAS you will need to do an initial training (3 hours), complete a form, and then follow up your initial training with a 2-hour “refresher” training each year. AMIAS training is offered as a webinar and as face-to-face training. You can get more information and register for the webinar to get the handouts by contacting Joe P., WA Area Alateen Coordinator, at alateen@wa-al-anon.org or Carrie W., WA Area Alateen Safety Coordinator, at alateen-safety@wa-al-anon.org.

The Webinar initial training will be offered on Saturday, November 2 from 12:00-3:00 p.m.

Face-to-Face Training

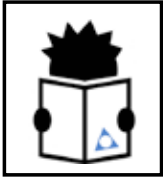
We are also working on scheduling face-to-face training starting in November. Massy A., an AMIAS trainer, is available to do training on the following dates: November 2, 3, 9, 10, 17, or 24. The initial training will take place 12:00-3:00 p.m. and will be followed at 3:15-5:00 p.m. with the 4th module “refresher” training for those who have done the initial training or any AMIAS who need this training. New AMIAS will be able to do all training in one day and certified AMIAS can attend the 4th module training. The training will take place at a central location in Seattle and handouts will be sent to those who register for this face-to-face training. We want to schedule the face-to-face training on one of the above dates as soon as possible. Please email your preference to Kathy B. at alateen@seattle-al-anon.org.

Please note: After the initial training or to recertify for the next year, each AMIAS must attend a 2-hour refresher training and complete a form by May 2020. More information and the form will be emailed to current AMIAS in the spring.



AIS Office Volunteers Have Two Ways to Serve

by BITS Editor Teresa H.



Many members are aware that the AIS Office/Literature Distribution Center is staffed exclusively by volunteers. But did you know that there are two different ways to serve as an Office Volunteer?

In-Office Volunteer

The In-Office Volunteers commit to work in the AIS Office on Capitol Hill in Seattle on one or more Thursdays per month. They process, pull, and ship literature orders as well as answer the phones on Thursdays from 9:30 a.m. to 3:30 p.m. Their bus fare or parking is reimbursed. The office is only a few blocks from the Capitol Hill Light Rail station and is served by several bus routes.

Remote Office Volunteer

On days when the office is closed, Remote Office Volunteers check the AIS email for literature orders and other inquiries while working from the comfort of their own homes. They commit to work one week per month. Using their own computers and online software, they are able to process the paperwork for orders received on the days when the office is closed. That way, the literature orders are ready to process when the In-Office Volunteers arrive on Thursday mornings.

Remote Office Volunteers describe their service as being easy and rewarding. Mary R. describes her experience like this:

October AIS Board Meeting Summary

by BITS Editor Teresa H.

- Chair Eliza D. presented a letter written by a mental health professional that provided an excellent description of Al-Anon from his perspective. The letter can be found on the WSO website. Discussion followed about efforts to reach out to mental health professionals in our area.
- Treasurer Linda H. presented a proposed 2020 AIS budget. One change was made, and it was approved by the Board to recommend it to the Council for their vote. The approved budgeted expenses total \$22,615.00.
- Eliza D. distributed Reserve Fund Guideline (G-41) as a resource for the Groups, Districts, and the AIS Ample Reserve Task Force. The AIS Ample Reserve Task Force includes Linda H., Allen L., Gordy B., Karen L., and Teresa H. They will be meeting sometime in November.
- A reminder that a weekly Remote Email Office Volunteer is needed.
- Communications Coordinator Teresa H. asked for comments about changing the printable meeting schedule/directory to a by day schedule rather than the current by zone format.

“I love doing this service for Seattle Al-Anon and our LDC. I consider it to be some of the easiest, yet most important service there is. I am able to get literature orders started, and halfway through the process. But I also get to answer questions about literature, ordering, and obtaining literature. And, I get to do it from the comfort of my home, whenever I want each day I am on duty.”

AIS is currently in need of both types of Office Volunteers. Please contact LDC@seattle-al-anon.org to find out more about these positions. They are excellent ways to give back for what you have received in Al-Anon and are crucial to our AIS operations.

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 B.Z. W. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church 505 17th St SE, Auburn
District 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Massy A. district17@seattle-al-anon.org	1st Thursday at 6:30 PM Pritchard Hall 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	Contact Grita for Information
District 19 Linda H. district19@seattle-al-anon.org	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 Church 18842 Meridian Ave N, Shoreline

Greater Seattle AIS Financial Activity Comparison

	Sept 2019	Sept 2018	2019 YTD
REVENUE			
Donations	697.91	676.35	10,161.57
Fundraisers	0	0	0
Literature	1,951.59	4,025.06	27,444.35
Misc.	0	.08	.67
Total Revenue	2,649.50	4,701.49	37,606.59
Cost of Goods Sold	1,431.52	3,297.28	19,048.95
Gross Profit	1,217.98	1,404.21	18,557.64
EXPENDITURES			
Conferences	418.92	0	418.92
Merchant Fees	52.83	120.89	817.70
Event Expenses	162.35	0	551.83
Insurance and Licenses	41.66	41.66	385.02
Equipment	0	0	71.00
Office Supplies	51.05	24.68	257.98
Outreach	0	13.00	204.07
Taxes	0	0	1,000.51
Rent & Maintenance	625.00	-248.51	5,657.84
Professional Fees	0	0	1,777.50
Technology	221.65	557.80	2,029.15
Volunteer Bus/Parking	33.00	39.50	372.25
Misc	0	30.01	0
Total Expenses	1,606.46	582.03	13,543.77
NET REVENUE	-388.48	822.18	5,013.87

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



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

Our funding now comes primarily from:

- Donations from members, Groups, and Districts
- Literature sales

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

505 Broadway E #400
Seattle, WA 98102-5023

September AIS Council Meeting Summary

by BITS Editor Teresa H.

Secretary Position: Roxanne T. volunteered to fill the AIS Secretary position for the remainder of this year and also for 2020.

Treasurer's Report: Treasurer Linda H. reported that donations were down but similar to last year and we are on track to sell as much literature this year as last year. The budget is currently in the black due to not spending as much as was budgeted. The net revenue YTD is \$5,013.87. Linda H. is purchasing a \$10,000 CD as approved at the previous meeting. A task force was formed to look at what our ample reserve should be in the future.

Vice Chair's Report: Vice Chair Doug L. reported that he and Tech Co-Coordinator Jeff M. reviewed the equipment needs for the LDC office. Upgrading the equipment per their recommendations will improve ease of use for the volunteers. The Council approved the recommended purchases up to \$2000.

Old Business: Alateen "Liaison" to "Coordinator": The Alateen role in AIS was previously a coordinator role and was changed to liaison in 2018. The Council voted to change the Alateen Liaison position back to Alateen Coordinator since the position is performing the functions previously defined for the Alateen Coordinator. The necessary changes will be made to the AIS Standing Rules and Procedures Manual using the same language as was previously used. **Spring Fellowship Event:** Teresa H. reported on the planning for the Lois Birthday Celebration fellowship event to be held at St. Andrew's in Bellevue. **ASL Liaison:** The Council discussed whether we need an American Sign Language (ASL) liaison or coordinator to better connect us with the Deaf community. Eliza D. asked that we invite Laurel W. who provides that service for Sunday AM Fresh Start AFG to an upcoming Council meeting. **Ample Reserve Discussion:** Eliza D. asked that the group provide their thoughts on possible uses for money identified above the needed ample reserve plus other suggestions for the task force to consider. Discussion followed.

Alateen Coordinator's Report: Alateen Coordinator Kathy B. reported there are 24 Alateen Groups statewide. There is a new Group starting in Seattle on Saturdays.

Phones Coordinator: Karen T. will not be continuing as the Phone Coordinator next year.

Outreach Coordinator's Report: Outreach Coordinator Ellen M. reported we have *Al-Anon Faces Alcoholism 2019* brochures if Groups would like to use them for outreach.

LDC Coordinators' Report: LDC Co-Coordinator Cindy G. reported that there are two types of LDC volunteers. **Office Volunteers:** the office volunteers staff the LDC on Thursdays. There is currently a need for more office volunteers. **Remote Office Volunteers:** the Remote Office Volunteers check emails Friday through Wednesday once every 4 weeks. We are currently down one Remote Office Volunteer.

Communications Coordinator's Report: Communications Coordinator Teresa H. updated the Members page of the AIS website. A member has volunteered to take over as BITS editor and to serve as the 2020 Communications Coordinator and another member has volunteered to take over the website portion of the committee's duties.

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

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

Nov 2	Saturday 12:00-3:00PM	AMIAS Webinar Training	Webinar	alateen@wa-al-anon.org
Nov 5	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Nov 7	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Nov 9	Saturday 11:00-3:00PM	District 23 Fall Festival	North Creek Presbyterian Church 621 164th St SE, Mill Creek	activitiescoordinator@dist23.org
Nov 9	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Nov 9	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
Nov 11	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Nov 14	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Nov 14	Thursday 7:30-9:00PM	Lake Hills Thursday Night AFG Book Study	St. Andrew's Lutheran Church 2650 148th Avenue SE, Bellevue	<i>Opening Our Hearts, Transforming Our Losses</i>
Nov 15	Friday 7:00PM	GFA Vive Special Gratitude Meeting	Jubilee REACH Center 14200 SE 13th Pl, Bellevue	
Nov 16	Saturday 8:30AM	Districts 15 & 16 Business Meeting	St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Nov 16	Saturday 9:00-4:30PM	District 12: 12th Annual Recovery Workshop	Saint John's Lutheran Church 8602 Bridgeport Way SW, Lakewood	
Nov 16	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Nov 17	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Nov 19	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)
Nov 23	Saturday 6:00PM	Kent All Men's AFG 38th Gratitude Dinner	Holy Spirit Catholic Church 310 3rd Ave S, Kent	
Nov 25	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Nov 27	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Nov 28	Thursday	AIS Office/LDC Closed	Thanksgiving	
Nov 29	Friday 7:30PM	Seattle Men's AFG Quarterly Speaker Meeting	Northminster Presbyterian Church 7706 25th Ave NW, Seattle	

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

For formatting and other information, please refer to the FYI section of our AIS website: <https://www.seattle-al-anon.org/members.html>

Gratitude

"Today I find that I am grateful to have found Al-Anon. I too needed to hit a kind of bottom, feel the pain, and reach out for help before I could find any lasting happiness. Because of Al-Anon, I have a relationship with a Higher Power that I never knew existed and friends who give me real support. I have learned that gratitude and forgiveness are necessary to my peace of mind. Now I can truly say that I am a grateful member of Al-Anon." - Courage to Change p. 304

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of November 1, 2019

For the most up-to-date information including Thanksgiving cancellations, 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 = Open to Friends & Family of Alcoholics and Observers

To change meeting information: <http://wa-al-anon.org/>
 Log in. Then Resources>For Members>Make Meeting Changes. Enter changes.

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

ALATEEN MEETINGS

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

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) Pizza 2nd Monday each month DIST 19	#30708853 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	#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	#30600318 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	#14119 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	#30043 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	#502955 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	#30556459 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	#30536933 DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2 nd floor conference room) DIST 20	#64446 DIST 20
MON 12:00PM 60/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	#62081 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	#47697 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	#63177 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	#30614923 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	#30617450 DIST 20
TUES 7:00PM 75/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20	#30592290 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	#27198 DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20	#14319 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	#30503143 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	#46407 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	#14299 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	#30578357 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 DIST 20 #43260 UW Social Work, 4101 15th Ave NE #301, Seattle (ASL available: 11/3, 11/17, 12/1, 12/15, 12/29)
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/H/AT	EDMONDS AFG #500668 Edmonds United Methodist, 828 Caspers St Edmonds DIST 22
WED 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 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 NO MEETING 11/28 DIST 22
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 10:00AM 90/O	GFA UN REGALO PARA MI NEW #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) NO MEETING 11/28 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

**Check Our Website for the Latest Information
About Thanksgiving Meeting Cancellations.**

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 60/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 (Northside door) NO MEETING 11/28 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 11/28 DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY MORNING AFG #23848 Zion Lutheran, 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 (Downstairs/Follow Signs) 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

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

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	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/B	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
WEST	KITSAP AND NORTH MASON COUNTY www.kitsap-al-anon.org

PHONE NUMBERS

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

**AIS Office and Literature Distribution Center
509 10th Ave E, Seattle WA 98102
MAILING ADDRESS:
505 Broadway E #400, Seattle WA 98102
Open Thursdays from 9:30 – 3:30**