

OCTOBER
2019



BITS Newsletter

Seattle Al-Anon Information Service

Reaching Out to the Deaf Families of Alcoholics by Guest Columnist Laurel W.

*Let It Begin with Me. When anyone, anywhere,
reaches out for help, let the hand of Al-Anon and Alateen
always be there, and—Let It Begin with Me.
—Al-Anon Declaration*

There's a "Road Trip!" event coming up this month. On August 18, I emailed the contact on the flyer wanting to attend, and in need of an ASL interpreter. The response: "Good Afternoon, Laurel, Thank you for the email regarding the upcoming 'Road Trip!' event. Unfortunately, at this time, we are not offering ASL interpreters. I really appreciate you bringing this need to our attention and the request will be passed on as budgets are prepared for future 'Road Trip!' events."

Early in June, a Deaf newcomer eager to attend the WA Area Speakers Convention asked the contact for interpreters. She got a reply: "Unfortunately, we only offer an interpreter for the Speaker meeting on Saturday night."

For a Deaf member of Al-Anon, those responses are translated as: "We are not here for you. These events are not for you."

Are you reaching out to the Deaf community? Tradition Five states: *Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.* Yet many Deaf members have faced barriers at Al-Anon meetings.

Instead of "Welcome to Al-Anon," our request for interpreters is met with:



- "We can't afford this."
- "Why not find other Deaf members to attend with you so that it's cost-effective?"
- "Is there a 'signer' that can do it for free? Bring that person with you."
- "We will have to discuss this in our business meeting." The unstated portion being: "We will make the decision without your input and will let you know." This violates our Concepts and usually results in a 3-month wait, and maybe the answer is "no" or perhaps "just once a month."
- "Come to our business meeting and explain why we need an interpreter and why it costs so much, and no, we can't pay the interpreter for you to come."

As a Deaf member of Al-Anon, advocating for my access needs robs me of the vital energy needed for my recovery.

All Al-Anon entities can collaborate so that a Deaf family member can attend any meeting they choose, become a home Group member, participate in service, and get a sponsor. Collaboration might mean a service position such as a language coordinator, a budget line item, and readiness before a Deaf family member asks for

help. To facilitate this support, each District could possibly have an access coordinator (Hearing or Deaf) who is kept abreast of all access needs including interpreters, captioners, physical building, parking, and transportation access.

I ask you to consider how your Group can extend the welcoming hand of Al-Anon and Alateen to the Deaf relatives and friends of alcoholics.

Area Fall Assembly Agenda by BITS Editor Teresa H.

The Washington Area Fall Assembly in Moses Lake is this coming weekend. The Fall Assembly is one of WA Area's three annual Assemblies. The other two are Pre-Con (Pre-Conference Assembly) and SSA (Summer Seminar Assembly). Each Al-Anon Group is expected to send a representative to the Fall Assembly per the WA Area Bylaws. Registration for the event can be found on the WA Area website at <https://wa-al-anon.org/event/fall-assembly-oct-4-6-2019/>.

The Fall Assembly is a voting Assembly. Each Group has a vote. This year there will be one motion under consideration. It is: *That Washington Area pay the World Service Office the full average* (Continued on page 2)

ROAD TRIP!
YOU AND YOUR BOARD CONNECT

October 19 9:00 - 4:30 p.m.
DoubleTree by Hilton Seattle Airport
Register online at:
www.al-anon.org/roadtrip
See page 2 for more information

IN THIS ISSUE

Feature Articles

Page 1: *Reaching Out to Deaf*

Families of Alcoholics

Pages 1-2: *WA Area Fall Assembly Agenda*

Page 2: *Road Trip! You and Your Board Connect Is October 19*

Page 3: *Out of the Toolbox: God Box*

Page 4: *Hitting My Bottom in Al-Anon*

Page 4: *Keeping the Focus on Ourselves*

Page 5: *AMIAS Welcome Event Report*

Page 6: *AIS September Board Meeting Summary*

Monthly Features

Page 3: *AIS Officers and Coordinators*

Page 5: *Where to Send Donations*

Page 6: *Meeting Updates*

Page 6: *District Reps and Business Meetings*

Page 7: *AIS Financial Report*

Page 7: *AIS Council Meeting Summary*

Page 8: *Events Calendar*

Pages 9-12: *Meeting Directory/Schedule*

CONTACT AIS

For Up-to-Date Information

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

To Order Literature

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

Office/Lit Pick Up Location

509 10th Ave E #100
Seattle, WA 98102

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

Mailing Address

505 Broadway E #400
Seattle, WA 98102-5023

To Speak with a Member

call 206-625-0000

Road Trip! You and Your Board Connect Is October 19

by BITS Editor Teresa H.

The WSO (World Service Office) Board of Trustees and Executive Committee are coming to Seattle! "Road Trip! You and Your Board Connect" will be held October 19 from 9:00 a.m. to 4:30 p.m. at the DoubleTree by Hilton Hotel Seattle Airport, 18740 International Blvd. in SeaTac. The event is an opportunity for local Al-Anon members to meet and interact with the 16 Trustees and 3 Executive Committee members to discuss WSO Volunteers' service to the fellowship and their relationship to the WSO and the organization of Al-Anon Family Groups.

The registration cost is \$30. You can register online until Friday, October 11 at: www.al-anon.org/roadtrip

Registration includes lunch and an afternoon snack. You can also register on-site. The registration fee remains the same, but no meals are included. For on-site registration, please register between 8:00 a.m. and 9:00 a.m.

The agenda is packed full of information about the workings of WSO. Also, there will be discussion topics, including:

- What is your experience with Al-Anon electronic meetings and social media? How do you use Al-Anon electronic literature?
- How can we help members understand that service is a part of recovery?
- Working with your Sponsor, how do you work through the 12 Steps? What materials do you use?
- What efforts has your Area/District/Group made to incorporate the non-English-speaking Groups into your service structure? What has worked? What hasn't worked?
- How does your Group/District/Area help members learn to apply our Three Legacies (Steps, Traditions, and Concepts) to personal recovery as well as their service experience? Why is this important?
- Describe ways in which we as individuals, Groups, and Areas encourage cooperation with A.A. to make A.A.'s individuals, groups, and Areas aware that alcoholism is a family disease and that recovery is for the whole family.

For a complete agenda, go to: <https://www.seattle-al-anon.org/road-trip-agenda.html>

WA Area Fall Assembly Agenda

*(Continued from page 1)
expense for our Delegate to attend the World Service Conference for 2020.*

For more information about the motion, go to: <https://www.seattle-al-anon.org/september-2019-bits.html>. In addition to the motion, Group representatives will be asked to provide input on two discussion items. The first discussion item is about funding for Past Delegates/Trustees who now live in the WA Area, but who served as Delegates or Trustees in other Areas, to attend WA Area meetings. The second discussion item is about extending the Pre-Con Assembly to two days.

To view the complete Fall Assembly agenda, go to: https://www.seattle-al-anon.org/uploads/1/0/9/2/109230843/fall_assembly_agenda_2019.pdf

PHONE VOLUNTEERS NEEDED

A great opportunity to do valuable service work from your own home or wherever your phone is!

Contact:
phones@seattle-al-anon.org



Out of the Toolbox

by BITS Columnist Callie D.



I first heard of the phrase “God Box” a number of years ago in a meeting. It wasn’t about putting God in a box, though, as that would limit one’s Higher Power in finite terms. People talked about decorating the outside of their “box” with artwork or images of hopes and dreams or using a special container. Then they placed slips of paper inside the box regarding personal situations, relationships, worries, fears, and other realms that tend to take up a lot of real estate in one’s heart and mind.

I remember I started decorating a shoebox about 6 years ago, but I got legalistic and perfectionistic and procrastination set in. A while back I wrote out numerous “prayers” and found such good hiding places that I could not find them for weeks! Somehow I allowed life to crowd out the opportunity to try this wonderful recovery tool.

This month has been quite tumultuous with big investments in hiring processes and many painful rejections. I have been injured twice within a week resulting in extensive soreness and the limiting of daily activities. In addition, some interpersonal relationships have become unsafe and adversarial and I have been feeling increasingly trapped and discouraged.

Going to a lot of meetings has helped, but I was still waking up in an oppressive atmosphere, surrounded by heavy thoughts of hopelessness. It seemed I was powerless even within my own life. I had been praying for the ability to “Let Go and Let God.” Then while soaking in a hot tub, thoughts of the “God Box” floated into my mind. It was imperative that I make the box my top priority even though my inner taskmaster was cracking her whip!

I gathered colored markers, paper, scissors, and a butterfly box that a friend had given me for my birthday. I found myself using people’s favorite colors while writing out prayers for them. It became both a creative outlet and a spiritual renewal! I felt my heart surrendering the hurt, fear, worry, and anger in such a palpable way! It was as if those situations that were holding me hostage were traveling down my arm, through the marker, and being released onto the paper! Placing them lovingly into the box was such a tangible cleansing and relief of responsibility to a power greater than myself!

Hope sprung up within me as my burdens were lightened, my pain decreased, and my mind and heart returned to a blessed clarity. As I sat serenely on a log by the Sound in the gathering dusk, a seal pup surfaced not 20 feet from me! We had a couple beautiful moments of bonding as I spoke gently to him from an open heart.

AIS OFFICERS AND COORDINATORS

Chair

Eliza D.

chair@seattle-al-anon.org

Vice Chair

Doug L.

vicechair@seattle-al-anon.org

Secretary

OPEN

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

Literature Dist. Center Co-Coordiators

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Co-Coordiators

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteer Coordinator

Karen T.

phones@seattle-al-anon.org

Tech Co-Coordiators

Jeffrey M. and Tatiana G.

tech@seattle-al-anon.org

AIS BOARD

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

AIS COUNCIL

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

Hitting My Bottom in Al-Anon

by BITS Columnist Allen L.

Somehow I associate hitting bottom with the alcoholic's drinking and not so much with my Al-Anon program. I most often use the phrase to describe someone who finally decides to get help because they "got sick and tired of being sick and tired."

My bottom in Al-Anon came when I stopped taking care of myself because my life centered around caring for other people.

When I came into Al-Anon, I didn't even realize that I was volunteering. I thought my life was unmanageable because of all

"My life has far less drama and much more serenity..."

the things around me that demanded my attention and help. The truth was that I was volunteering to be responsible for things that weren't mine. I constantly future-tripped on what might go wrong and how I'd solve it "if and when." I was so busy cleaning up messes I hadn't created that I missed out on much of my own life.

Most of my volunteering had nothing to do with an alcoholic in my life. I took on more responsibility at work, more responsibility for helping friends, and more responsibility for family members' problems. On my own, I couldn't find a way to stop volunteering to fix things that were none of my business.

Keeping the Focus on Ourselves

by BITS Columnist Fawn B.

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

When I first came to Al-Anon, I didn't understand the phrase "keep the focus on ourselves." I wondered how this wasn't selfish. I thought if I focused on myself, then I would be neglecting those around me as a result of self-absorption or pride. I had a long history of focusing (ahem, obsessing) on others. I thought that was love.

During my 4th Step with my sponsor, I began to shift the attention to myself. I started to see my part. I focused more and more on my wants, hopes, and recovery. I realized my obsession with others was a way to keep myself safe. I came to recognize this wasn't love.

Through Step Ten, I continued to keep the focus on myself. I continued to examine my reactions, thoughts, and feelings. As I learned more about myself, I began to feel free from my old patterns and habits. I began to stop looking to others for my serenity. I started to choose instead of to react. Ironically, by focusing on myself, I had more love and compassion for those I used to expect to make me happy.

I recently spent a long weekend with a loved one who has the disease of alcoholism. Thanks to keeping the focus on my thoughts and feelings, and continuing to take my personal inventory, I had an awakening. At one point in the weekend, my loved one's pain from the abuse they suffered resurfaced as if it were yesterday. This was familiar ground for me. I spent years waiting, worrying, and

My bottom came when the person I cared about most left me for someone else. As I re-worked the steps, beginning with "I am powerless over this relationship, and my life has become unmanageable," I began to recognize how much I had been volunteering.

As I worked my Fourth Step again, I could see that my assets of caring and being of service to my family, my friends, and at work had crossed the line. I began to see that the time and effort I spent doing the things they should have been doing was stolen directly from the time I should have been spending on myself.

Recently I had the compulsion to step into something that was not my place to take on. Fortunately, my program kicked in, and I kept my mouth shut!

Coincidentally, a program friend called and in our conversation, mentioned that he had seen the same situation and that he had the same feeling that he should be doing something. We supported each other in recognizing that it wasn't our problem and that until the person asked for help, neither of us should "volunteer."

My life has far less drama and much more serenity since I recognized my volunteering. I accepted that I don't have to do anything until asked. And, I am finally learning that even when asked, I get to choose to participate or not!

feeling responsible for my loved one's lifelong pain. As my familiar self-imposed burden appeared once again, I started to get irritable and impatient. My heart pounded as I traveled back in time to the fear-filled attempts I made over the years to stop their pain, to alleviate their suffering, and to control their feelings.

As I paid close attention to my reactivity and habitual response, something else happened. In one grace-filled moment, I integrated the wisdom from years in the Al-Anon program. I realized at the core of my being that I'm not responsible for their pain (or anyone else's). I can't control their suffering. I can't cure their past. I also realized that by trying to change their feelings, I was rejecting, not accepting them for who they are. The burden I had felt for years disappeared. I saw so clearly how I had spent much of my life

"As I paid close attention to my reactivity and habitual response, something else happened. In one grace-filled moment, I integrated the wisdom from years in the Al-Anon program."

focusing on something I had absolutely no control over. I felt free. Free to express genuine love and compassion. And, free to focus on the only thing I do have control over—me.

The Al-Anon program helps us to stop focusing so intently on what those around us say, do, and feel, and instead to put the focus on ourselves. –How Al-Anon Works, p. 69

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 chair@wa-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 Welcome Event Report by AIS Alateen Liaison Kathy B.

At this year's first Seattle AIS AMIAS (Al-Anon Members Involved in Alateen Service) event we welcomed 27 members with the purpose of providing an opportunity for AMIAS from our AIS area to meet one another, talk about their experience with the Alateen program, and share what makes being an AMIAS and working with Alateens so special. The group included AMIAS, and Al-Anon members who were interested in this service experience.

Patsy S. introduced an icebreaker activity called *Common Ground* that can be used with Alateens and was used to help attendees get to know each other. Those AMIAS attending represented a broad range of Al-Anon members. Some had been AMIAS for years, and others were new AMIAS. Members shared that even after training it takes time to be ready to work with an Alateen Group.

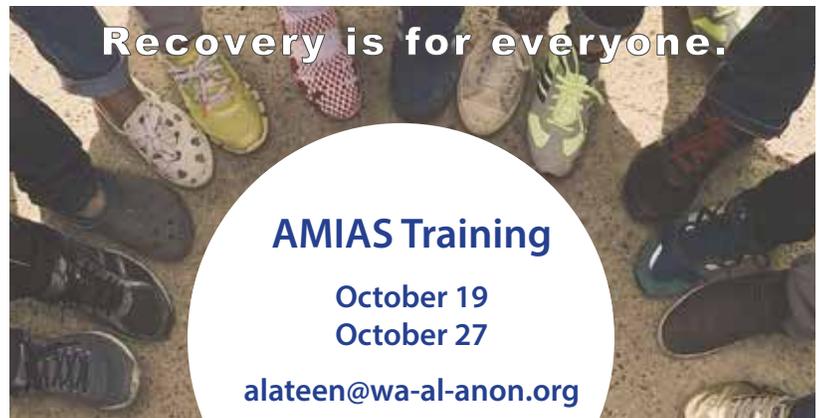
Members shared the following ideas when we talked about the benefits of the AMIAS role:

- The Alateens may not show it but they truly love and trust you.
- This is an opportunity to re-parent my teenager.
- You get to hear their stories and find the part of the program that will help.
- Now I can see what my life was like as a teenager.
- Alateen introduces that we did **not** cause alcoholism, we cannot control it, and we cannot cure it.
- You can see them grow and watch the friendships they make and the strong bonds they have with others in the program.
- You get to see teens help and respect each other.
- You see newcomers come to the door, start getting into the program, and become less isolated.
- You see the Alateen's willingness and courage to be vulnerable.
- You get to learn about the structure and what part the adult sponsors play.
- You see the level of understanding and the maturity of the teens.

Members also talked about the challenges:

- Confidentiality gets broken.
- Kids acting out in meetings.
- The AMIAS's temptation to control "their meeting," rather than to guide the meeting back to the program.
- The journey of anger management.

Each AMIAS provided information about how they would like to support Alateen. Many Al-Anon members talk about how their teen years were difficult and how they did not feel connected. Recovery is for everyone and our Welcome AMIAS Celebration was a great way to encourage and support our Alateens.



Meeting Updates

KAMA Gratitude Dinner Open to All

The Kent All Men's Al-Anon Family Group's (KAMA) 38th Annual Gratitude Dinner is on November 23. Dinner is at 6:00 p.m. followed by AA and Al-Anon speakers at 7:00 p.m.

Kent All Men's AFG is a group of men who join together to share their experience, strength, and hope using the 12 Steps, 12 Traditions, and 12 Concepts of Al-Anon.

The *Suggested Al-Anon Preamble to the Twelve Steps* includes the following: *The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.*

Part of changing our attitudes includes recognizing the good in our lives and celebrating our gratitude for those wonderful things. Our Annual Gratitude Dinner is one part of that celebration, and we cordially invite you to join us.

In the past, there has been some confusion because of the Group name, "Kent All Men's Al-Anon." The dinner is open to all: men, women, 12-Step members, and interested visitors.

Concept Four:

Participation is the key to harmony.

September AIS Board Meeting Summary

by BITS Editor Teresa H.

- Chair Eliza D. initiated a discussion of Concept 10 and double-headed management. A discussion of double-headed management as it relates to AIS followed, including the function areas of Alateen, outreach, and Group records.
- Following the report by Treasurer Linda H., the Board voted to recommend to Council that \$10,000 be transferred from the AIS checking account to a new certificate of deposit.
- The need for Director's and Officer's insurance was discussed. Vice Chair Doug L. and Treasurer Linda H. reported on their meeting with one agent who thought we did not need the coverage. The Board decided that further research was warranted.
- A task force will address the appropriate amount for the AIS ample (formerly termed "prudent") reserve as the 2020 budget is established.



Interesting in AIS Service?

Please consider serving as an Officer or Coordinator.

The election of new officers will be at the November Council meeting. Please see page 3 for a full listing of Officer and Coordinator positions.

In addition to those positions, AIS also needs: Phone Shift Volunteers and Office/LDC Volunteers.

Please contact : chair@seattle-al-anon.org

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 OPEN district18@seattle-al-anon.org	Note to District 18 Members: Information about your Business Meeting? Please send to: communications@seattle-al-anon.org
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

	August 2019	August 2018	2019 YTD
REVENUE			
Donations	1384.84	3453.77	9463.66
Fundraisers	0	0	0
Literature	2703.06	4118.12	25492.76
Misc.	.09	.08	.67
Total Revenue	4087.99	7571.97	34957.09
Cost of Goods Sold	1876.72	2832.53	17617.43
Gross Profit	2211.27	4739.44	17339.66
EXPENDITURES			
Merchant Fees	80.12	45.00	764.87
Event Expenses	0	122.52	389.48
Insurance and Licences	51.66	51.66	343.36
Equipment	0	88.06	71.00
Office Supplies	0	21.47	206.93
Outreach	22.60	2.00	204.07
Taxes	0	0	1000.51
Rent & Maintenance	625.00	-248.51	5032.84
Professional Fees	0	0	1777.50
Technology	221.65	754.12	1807.50
Volunteer Bus/Parking	69.50	48.25	339.25
Misc	0	-18.57	0
Total Expenses	1070.53	866.00	11937.31
NET REVENUE	1140.74	3873.44	5402.35

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.

Note: The Secretary position is vacant, and Chair Eliza D. stressed the importance of filling this position.

Treasurer's Report: Treasurer Linda H. reported that we continue to operate in the black. Linda H. pointed out that our ample reserve (the new terminology for "prudent reserve") reflects the changed circumstances of our all-volunteer AIS. This fall, a task force will work on strategies for dealing with a less-stressed budget. She also emphasized the importance of continued donations by Groups. Linda H. proposed a motion from the previous evening's Board meeting that \$10,000 from the checking account be used to buy another certificate of deposit. After discussion, the motion passed. Linda H. will put together a draft budget for presentation at the October Board and Council meetings. As part of this process, she welcomes input from AIS Coordinators about their needs.

Vice Chair's Report: Vice Chair Doug L. briefly described visits that he and Eliza are making to District business meetings, most recently in Renton and Auburn. He went on to talk about liability insurance for AIS officers. There are still enough questions to suggest that we need more information.

Chair's Report: Chair Eliza D. reminded participants that we need people who will volunteer for next year's many open positions: Chair, Vice Chair, Secretary, and Coordinators for Outreach, Communications, and possibly others as well. Eliza D. strongly urged that this message be carried back to Groups. These positions are scheduled to be filled at the November Council meeting. The Council voted to move ahead with an AIS fellowship event on March 7, 2020, celebrating Lois's birthday (no auction, just fellowship!) which Karen L. and Teresa H. have volunteered to chair. Eliza D. obtained feedback about the Resentment Bonfire, and Chris G. volunteered to check out dates for next year's bonfire.

Outreach Coordinator's Report: Ellen M. described her efforts at distributing information to several locations. Eliza D. mentioned the discussion at the Board meeting the previous evening about the role of the Outreach Coordinator, which is not outreach per se but coordinating with Groups and Districts in their outreach efforts.

AIS Office/LDC Coordinators' Report: Cindy G. described efforts to increase the number of office and phone volunteers.

Communications Coordinator's Report: Teresa H. reminded members to contact Communications if a meeting has a temporary change of date, location, or time so the change can be noted on the website homepage.

Alateen Liaison's Report: Kathy B. reported that we now have a current list of AMIAS and will have an AMIAS Welcome event on September 28. She submitted the paperwork for one new Alateen Group as part of the effort to start five new Alateen Groups over the next year. One issue is finding teens to be involved, and there were several suggestions from Council attendees.

Group Reports: Debbi W. talked about outreach efforts of the Terrace View AFG.

Old Business: ASL service for Deaf members was briefly discussed. The Council was open to further discussion and also welcomes an article in the BITS about the needs of the Deaf friends and family members of alcoholics.

2019-20 Al-Anon and Alateen Events Listing as of October 1, 2019

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

Oct 1	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Oct 3	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Oct 4-6	Weekend	WA Area Fall Assembly	Best Western Plus Lake Front Hotel 3000 West Marina Dr, Moses Lake	chair@wa-al-anon.org
Oct 5	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
Oct 10	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th St, Mercer Island	chair@seattle-al-anon.org
Oct 10	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>
Oct 11	Friday 7:00-8:30PM	GFA Vive Descubramos Nuevas Opciones	Jubilee REACH Center 14200 SE 13th Pl, Bellevue	
Oct 12	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Oct 12	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	district22@seattle-al-anon.org
Oct 14	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Oct 15	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)
Oct 17	Thursday 6:00PM	Terrace View AFG Speaker Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	6:00PM Potluck 7:00PM Speaker
Oct 19	Saturday 8:30AM	District 15 & 16 Business Meeting	St. Luke's Lutheran Church 3030 Bellevue Way NE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Oct 19	Saturday 9:00-4:30PM	WSO: Road Trip! You and Your Board Connect	DoubleTree by Hilton Seattle Airport 18740 International Blvd, SeaTac	al-anon.org/roadtrip
Oct 19	Saturday 12:00-3:00PM	AMIAS Webinar Training	Webinar	alateen@wa-al-anon.org
Oct 19	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Oct 20	Sunday 7:00PM	District 19 Business Meeting	Contact the DR	district19@seattle-al-anon.org
Oct 23	Wednesday 7:00-9:00PM	AIS Board Meeting	All Pilgrims Christian Church 509 E. 10 th – Chapel Rm, Seattle	chair@seattle-al-anon.org
Oct 23	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt. Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Oct 26	Saturday 8:30-10:30AM	West Seattle Saturday AM AFG Annual Pancake Breakfast	St John's Episcopal Parish Hall 3050 California Ave SW, Seattle	
Oct 27	Sunday 12:00-3:00PM	AMIAS Webinar Training	Webinar	alateen@wa-al-anon.org
Oct 28	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17th St SE, Auburn	district14@seattle-al-anon.org
Oct 31	Thursday 7:00PM	West Seattle Women Living in Focus AFG Speaker Meeting	Fauntleroy Church 9140 California Ave SW, Seattle	
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 16	Saturday 9:00-4:30PM	District 12: 12th Annual Recovery Workshop	Saint John's Lutheran Church 8602 Bridgeport Way SW, Lakewood	

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>

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of October 1, 2019

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

Directory Guide

AA = AA at Same Time & Place
 AC = Adult Children of Alcoholics Same Time & Place
 AL = Al-Anon at Same Time & Place
 ASL = American Sign Language
 AT = Alateen at Same Time & Place 45 = 45-Minute Duration
 B = Beginners Intro/Meeting 60 = 60-Minute Duration
 CH = Childcare Offered 75 = 75-Minute Duration
 FF = Fragrance Free 90 = 90-Minute Duration
 H = Handicap Accessible 135 = 135-Minute Duration
 O = 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
TUES 7:30PM 90/AL	EDMONDS ALATEEN SERENITY FOR YOUTH Edmonds United Methodist, 828 Caspers St, #113, Edmonds (Ages 12-19) #30639096 DIST 22
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AL/AA	LAKE HILLS ALATEEN #14119 St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

VASHON ISLAND MEETINGS

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

SEATTLE CENTRAL ZONE

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

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2 nd floor conference room) 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
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel) (In chapel/Feel free to bring lunch) DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (Edgewood Services office/Knock if Late) DIST 20
TUES 7:00PM 75/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 Peer Seattle, 1520 Bellevue Ave, Ste 100, Seattle (LGBT's Meeting) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

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

**We Need Phone Volunteers! Please contact
phones@seattle-al-anon.org to volunteer.**

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 (Side door at north of church) DIST 18
THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Childcare/Women's Meeting) DIST 19
THUR 7:30PM 90/O	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
FRI 10:30AM 90/H/AA	AUBURN FRIDAY 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**