

OCTOBER
2018



BITS Newsletter

Seattle Al-Anon Information Service

What Has Been the Value of Service Work in Your Personal Recovery?

WA Area, AIS, Districts, and many Groups rotate service positions at the first of the year. Please consider service at one of those levels. Below are quotes from Al-Anon members in our Area who have discovered that service to Al-Anon can be an unexpected boost to our own recovery from the effects of alcoholism.



SERVICE TOOK ME FROM A WORLD THAT WAS BLACK AND WHITE TO A WORLD OF GRAY AND THEN TO A WORLD FULL OF COLORS.

“Service has taught me my best is good enough and that completing service tasks perfectly is not required.

“It took me out of my comfort zone and helped me grow emotionally and spiritually. I have learned that in Al-Anon I can never give more than I receive and I get to work with great people while I do it.

“The friendships I have made, the confidence I have gained, and the lessons I have learned in recovery have made me a saner, more accepting, more grateful, more spiritual, and frankly, happier individual.

The opportunity to learn, practice, and improve within the safety of the Al-Anon service structure has helped me understand and practice my program on a new level.

“THE REWARDS ARE BEYOND MEASURE!

“I HAVE LEARNED TO TRUST MYSELF THEREFORE I CAN TRUST OTHERS.

“SERVICE HAS TAUGHT ME HOW TO BRING THE TRADITIONS INTO MY DAILY LIFE.

“I have learned that I can make mistakes and the world is not going to end, because Al-Anon service is a safe place to serve.

“Service has allowed me to reach a level of recovery that I never expected to see.

“SERVICE WORK HELPS ME LOOSEN MY GRIP, TO LET THINGS HAPPEN NOT ACCORDING TO MY PLAN, AND TO NOT OWN OTHERS' OPINIONS OF ME.

“I discovered that I could do something that I didn't think I was capable of.

It built my self-esteem, developed confidence, and helped me find my voice.

“IT IS TRUE THAT WHEN I GOT BUSY, I GOT BETTER.

“It has helped me make progress in reasoning things out in a professional, healthy manner.

“Service has shown me that I have worth...

“Prior to Al-Anon I gave financial support to many organizations but never my time or myself. I always felt like an outsider. Al-Anon service has taught me that to be part of the fellowship I have to give all and I'll get back even more.

IMPORTANT INFORMATION

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

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CONTACT AIS

For Up-to-Date Information
www.seattle-al-anon.org

To Order Literature

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

Order Pick Up Address

509 10th Ave E #100
 Seattle, WA 98102

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

Mailing Address

505 Broadway E #400
 Seattle, WA 98102-5023

To Speak with a Member

Call 206-625-0000

AIS Elections To Be Held at November AIS Council Meeting

by BITS Editor Teresa H.

The election of new AIS officers will be held at the AIS Council meeting at 7:30 p.m. on November 8th at Holy Trinity Lutheran Church located at 8501 SE 40th Street in Mercer Island. The four officer positions of Chair, Vice Chair, Secretary, and Treasurer will be voted on.

Current Chair Anessa N. has served three terms and will not be running for re-election. This is a particularly key role in AIS. The Officers have asked that all Al-Anon members

It's Time for Rotation of Service!

AIS and District elections are around the corner.
 Please consider supporting your Al-Anon program by serving at the AIS or District Level.

consider running for this office. When Anessa volunteered and was elected to serve, she had only been attending AIS Council meetings as her Group's Alt GR for a few months. Her dedicated service over the past three years is proof that you don't need specialized knowledge of the workings of AIS or of Al-Anon above the Group level. You don't need years of experience in Al-Anon. You just need to be willing to serve the fellowship in step with the Al-Anon Traditions and Concepts of Service.

Plenty of assistance is available for new Officers. In Al-Anon you don't have to work things out alone! Past Officers are very willing to lend assistance to the new trusted servants.

Currently, the Council and Board are working on updates to the AIS Standing Rules and Procedures Manual (SRPM) and hope to have the updates in place prior to the November Council meeting. Those changes include updating job descriptions for all AIS Officers and Coordinators. Updated information will be printed in next month's BITS. In the meantime, if you want to get familiar with the older descriptions, you can find our Bylaws and the SRPM on our website. Go to our website at www.seattle-al-anon.org, then to the Members page, and then click on the gold button for the Bylaws and Standing Rules and Procedures Manual.

Most Coordinators are the Coordinators of a committee tasked with handling a particular task within AIS. Even if you do not want to be a Coordinator, please plan on attending the November meeting and letting the Coordinator know that you would like to help.

If you have any questions, please email chair@seattle-al-anon.org.

WA Area Election of Officers October 6 at the WA Area Fall Assembly

Each Group Has a Vote!

Please send a representative from your Group.

Four Motions Plus Election of Officers

For information on the Motions and to review the Trusted Servant Profiles of those seeking an Area position, please contact your DR.

AIS Communications Policy: Anonymity on our AIS Website

by Communications Coordinator Teresa H.

At the September AIS Council meeting the subject of anonymity came up. It has been a long-time policy at AIS that personally identifiable information not be used on our website. That means no last names; no personal or business email addresses; no personal or business phone numbers; no personal or business addresses (other than PO Boxes); and no photos of members. That policy has recently been questioned by some of our members with the idea that a member can give their **permission** to have their anonymity broken.

Three recent examples are:

- Members who gave permission for photos of themselves to be used in an event flyer and on the event's website.
- Members who want to use their personal email address or phone number as the contact on an event flyer that will be posted to a website.
- Members who want a mailing address other than a P.O. Box listed as the place to send payments for events or for Tradition Seven donations.

So what do we do in Al-Anon when an issue like this comes up? We turn to our Al-Anon Conference-Approved Literature. The starting point for our research was our pamphlet titled *Why Anonymity in Al-Anon?* (P-33). That pamphlet has a copyright date of 1968, long before our Internet age. It lists a variety of media, but not the Internet. The authors would probably be astounded by what a search engine can bring up and by the technology of facial recognition.

The pamphlet emphasizes Tradition Twelve and Tradition Eleven and has excellent examples regarding the importance of anonymity and the difference between attraction versus promotion, but it doesn't offer explicit guidance on Internet issues.

So the next step in researching this issue was our newly published *Al-Anon/Alateen Service Manual 2018-2021*. Under Tradition Eleven (p. 41) it says, "The principle of anonymity acts as a restraint on members at the public level, to assure that no one will use Al-Anon for profit, prestige, or power. This means that at the level of press, radio, films, TV and the Internet, full names and faces of Al-Anon members are not used." On page 42 it suggests a script for open meetings that says, "...please do not post recognizable photos of identifiable Al-Anon, Alateen, A.A. members or their guests on websites accessible to the public, including unrestricted pages on social networking sites." Most of our Al-Anon websites, including our AIS website, are accessible to the public or have very weak security.

Page 34 of the *Service Manual* states: "In keeping with Tradition Eleven it is not appropriate to post members' names or phone numbers on public venues such as websites or posters." Page 120 regarding posters provides, "A local **Al-Anon service** (my emphasis) phone number, P.O. Box, website, email and/or office address, may be used as a point of contact." That seems to suggest not using personal or business phone numbers, addresses, and email addresses.

To resolve the email issue, many groups have set up their own email addresses. For example, the new West Seattle Alateen meeting set up their own email address of WestSeattleAlateen@gmail.com with the assumption that people can contact them at that address rather needing a phone number. Some Districts have switched to P.O. Boxes for receiving donations and event registration payments. If you need help with setting up an email account, please contact AIS Tech Coordinator Tatiana G. at tech@seattle-al-anon.org.

Editor's note: Both Why Anonymity in Al-Anon? and Al-Anon/Alateen Service Manual 2018-2021 are available at the Seattle AIS office.

AIS OFFICERS AND COORDINATORS

Chair

Anessa N.

chair@seattle-al-anon.org

Vice Chair

Eliza D.

vicechair@seattle-al-anon.org

Secretary

Cindy G.

secretary@seattle-al-anon.org

Treasurer

Linda H.

treasurer@seattle-al-anon.org

Archivist Coordinator

Abby H.

archives@seattle-al-anon.org

Communications Coordinator

Teresa H.

communications@seattle-al-anon.org

Fundraising Coordinator

Jennifer P.

fundraising@seattle-al-anon.org

Literature Dist. Center Coordinator

Karen L.

LDC@seattle-al-anon.org

Outreach Coordinator

Nigel L.

outreach@seattle-al-anon.org

Parliamentarian

Chris G.

parliamentarian@seattle-al-anon.org

Phone Volunteers Coordinators

Karen T. and Susan CH.

phones@seattle-al-anon.org

Policy Coordinator

OPEN

Tech Coordinator

Tatiana G.

tech@seattle-al-anon.org

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

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

Tools of the Program:

Remembering to Use the Tools in My Tool Box

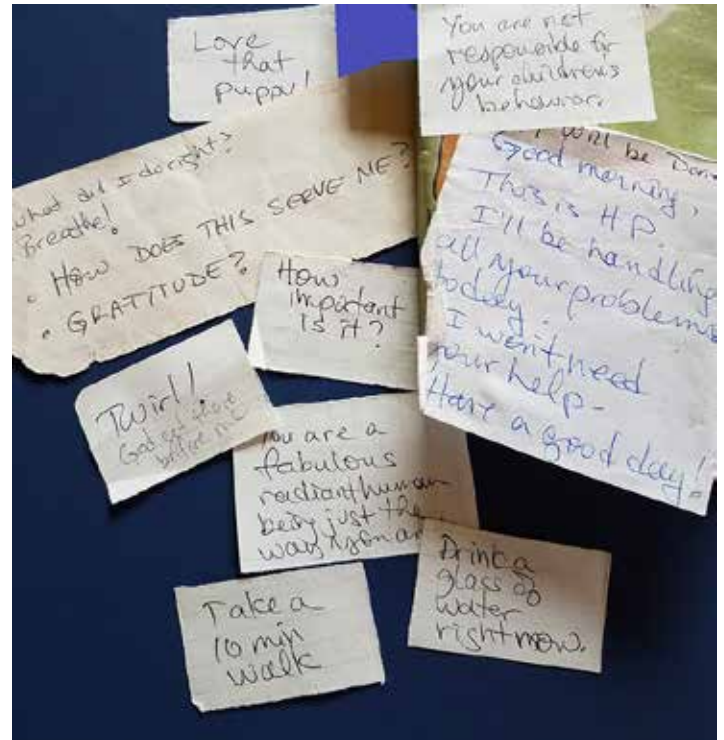
by Newsletter Contributor Blair B.

A key for me in working my Al-Anon program is remembering to use my tools! We have so many amazing tools in this program: the Steps, the Traditions, the Concepts, our slogans, fellowship, sponsorship, etc. However, it's easy for me to forget all this wisdom, especially in the thick of some of the situations that life can throw at me.

One day, I was meeting with a sponsee. We were talking about tools. Out of the blue, she said, "I know, let's make a tool box! Right now!" We were in a coffee shop, so she grabbed the nearest piece of paper (which just happened to be the paper sleeve that provides heat insulation on the coffee cup), cut it into small pieces, and started writing. "One tool I could use more often is 'Easy Does It,'" she said. So she wrote that down on a strip of paper. I found a spare piece of paper in my purse and followed suit. "God, get there before me," "gratitude!", "take a 10-minute walk," "drink a glass of water right now." Soon, we each had a little pile of "tools" written on strips of paper. She put her pile in a little folded "pocket" made from another coffee cup sleeve, and declared this as her "tool box." "Whenever I feel stuck," she explained, "I can reach into my tool box and pull out a tool. Whatever I find in there is bound to help in the moment."

These paper tool boxes are so handy, easy to slip into a pocket or a purse. Also, I've found myself adding new "tools" to mine as I'm inspired by new phrases, ideas, slogans, and thoughts I hear in meetings or glean from Al-Anon readings. I still carry my tool box in my purse, and have been adding to it over the years.

I just reached in there this morning, and here's the tool I pulled out: "Good morning, this is HP. I'll be handling all your problems today. I won't need your help. Have a good day!"



WSO Member Survey Results are Now Available

Many of our AIS members were among the 13,395 Al-Anon Family Group members who participated in the WSO 2018 Membership Survey. The specific objectives for the study were:

- Determine the demographic and sociographic profile of Al-Anon Family Group members;
- Identify the relationship between members and alcoholics;
- Measure the impact that alcoholism has had on members' lives;
- Determine the Al-Anon program's impact on the quality of life of its members.

Among the many findings were:

- The average age of a female participant when they attend their first meeting is 43. For males, it is 48.
- Over 20% of members have partners who are AA members.
- Members have, on average, attended meetings for 14 years.
- Of members with children over 18 still living at home; about 1 in 3 children have a drinking problem.
- 12% of members have a child who is under 18 living in their home.

To review the report for lots more findings, go to:

<https://al-anon.org/pdf/2018MembershipSurvey.pdf>

Thank You for Your Support of the Seattle Fall Conference

by District 21 SFC Coordinator Andrea T.

I'd like to take a moment to again thank all who supported the Seattle Fall Conference! I thank you for stepping up to create a panel, for sharing from your hearts, for registration on-line in advance, for your assistance in food preparation and in bringing snacks, for setting up chairs, for your precious volunteer contribution of time and self, and for giving to the Seventh Tradition plate as it was passed around.

And thank you to all who attended the event, and those who sent us your love. It was a wonderful expression of our Al-Anon community!

Please help us plan for the 6th Annual Seattle Fall Conference in 2019. Watch for a call for volunteers in the BITS sometime this winter. In the meantime, we would appreciate your thoughts, feedback, and support in putting together next year's plan! Please contact us at seattlefallconferencedist21@gmail.com.

Hope to see you next year!

Where to Send Donations

Service Arm 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 for you to enter your credit card information.

WASHINGTON AREA

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

or

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

AFG INC. (WSO)

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454
or

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

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

District 20

PO Box 31288
Seattle, WA 98103

District 21

PO Box 55306
Shoreline, WA 98155

District 22

PO Box 622
Mountlake Terrace, WA 98043

Please make checks payable to the service arm listed above.

Knowledge-Based Decision Making in Al-Anon Business Meeting Decisions by Newsletter Contributor Allen L.

WSO committees often use the knowledge-based decision making (KBDM) process to reach an informed group conscience. Because of the scale of the decision that the committees make (it is, after all, the World Service Office) the need for a formal process is obvious. How about our local meeting groups? Isn't this a bigger and more complicated process than we need for our simple issues?

Using a procedure to manage and focus the decision making process can give us some real benefits. When used properly KBDM can help insure that no one point of view dominates the discussion. It can help prevent the minority view

“My home group was debating an issue and I had pretty well decided how I wanted to vote, but someone speaking ahead of me made a point that changed my viewpoint...”

from being ignored in the excitement of the discussion. Finally, KBDM can assist in giving everyone enough information to make an informed decision.

Answering these sample questions about any issue confronting an Al-Anon Family Group will go a long way to helping members understand any issue and to make sure they have enough information to decide what is best for their unique group.

1. **What do we know about our members' needs, wants, and preferences relating to this discussion?**
2. **What resources are available to solve this issue?**
3. **What do we know about our "culture" or "environment" (technology, our Steps, Traditions, Concepts, spiritual principles) that relate to this issue?**
4. **Is there a minority opinion that should be considered?**
5. **What are the implications of our choices (pros and cons).**
6. **What do we not know about this issue that we wish we knew?**
7. **How do Al-Anon's three Legacies apply to this issue?**

One excellent tool to insure that the minority opinion is heard is to go around the room asking each member to express their opinion. Another benefit of polling the entire room is to help members who have had their opinions so marginalized in their personal lives that they no longer make the effort to share their ideas. They can discover that their thoughts and ideas are of value.

My home group was debating an issue and I had pretty well decided how I wanted to vote, but someone speaking ahead of me made a point that changed my viewpoint enough that I ended up changing my vote. When it was my turn to speak, I explained what had changed my mind and several people told me later that they too changed how they voted.

At the local meeting level issues are sometimes simple enough that the answers to some or all of these questions are obvious and consensus is easily reached. Running through the sample questions together with polling the room as part of a discussion can help everyone understand the decision and feel confident that a true consensus has been found.

How It Works For Me: Step Ten and JADE

by Newsletter Columnist Allen L.

Step Ten:

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

I have heard people refer to Step Ten as a maintenance step. Practicing a daily Tenth Step does indeed keep me current, but that's not all it does for me.

Some people like to think of 12-Step recovery work as "peeling an onion". Not a bad way to look at it since as I remove each layer of character defects another layer is revealed. The metaphor breaks down because once the onion is picked, it stops growing and changing while I am constantly growing and changing and part of that growth can be developing a new layer to deal with.

A few years ago my life changed dramatically because of outside influences. My responses to some of those changes were anger and resentment. The urge to lash out at everything in my life that didn't fit my old plan was almost overwhelming. Sometimes I caught myself rationalizing my behavior with "if they hadn't done such and such, I wouldn't have ..."!

"Suddenly I realized when I find myself making excuses and trying to justify what I have done, it is time to practice Step Ten and simply say I'm sorry." (*Paths to Recovery*, p. 105) I heard that described in a meeting as JADE: Justify,

"My responses to some of those changes were anger and resentment. The urge to lash out at everything was almost overwhelming."

Argue, Defend, and Explain (or sometimes Excuse).

When I catch myself *Justifying* why I said something I know I shouldn't have, *Arguing* why I am right, *Defending* my actions or words, or even *Explaining* or *Excusing* what I did or said; it is a pretty good indicator that I need to look at my actions.

This seemingly simple practice of testing my response to what is happening around me to see if I *Justified*, *Argued*, *Defended*, or *Explained* my actions can help me from reverting to old behaviors and from developing new bad habits. I call them bad habits because they are things I do without thinking before speaking. They don't serve to help me try to live up to the Al-Anon *Just for Today* bookmark saying: "Just for today: I will adjust myself to what is, and not try to adjust everything to my own desires."

Meeting Updates

New Spanish Speaking Meeting in Edmonds

GFA Hijos Adultos Libertad y Esperanza meets on Wednesday evenings at 7:00 p.m. at the Edmonds United Methodist Church. The address is 828 Caspers Street, Edmonds. It meets in Room 112. Please park in the back of the church and enter through the rear doors. The meeting is in test mode now to see if there is enough interest in the area for this meeting. Your support would be appreciated!

Will Your Meeting Be Held on a Holiday?

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

DISTRICT REP AND CONTACT INFO	DISTRICT BUSINESS MEETING INFORMATION
District 14 Eliza D. district14@seattle-al-anon.org	4th Monday at 7:00 PM Holy Family Catholic Church, 505 17th St SE, Auburn
Districts 15 Yvette O. district15@seattle-al-anon.org	3rd Saturday at 8:30 AM Grace Lutheran Church 9625 NE 8th St, Bellevue
District 16 Barbara P. district16@seattle-al-anon.org	Meets with District 15 See above
District 17 Katharine R. district17@seattle-al-anon.org	One-Time Change: October 13 at 12:30 PM Pritchard Hall, 99 Wells Ave S, Renton
District 18 Grita P. district18@seattle-al-anon.org	1st Wednesday at 7:00 PM Contact Grita for Location
District 19 Linda H. district19@seattle-al-anon.org	3rd Sunday at 7:00 PM Contact Linda for Location
District 20 Denise A. district20@seattle-al-anon.org	2nd Monday at 7:00 PM Denny Park Lutheran Church 766 John St, Seattle
District 21 Gary H. district21@seattle-al-anon.org	1st Tuesday at 6:30 PM Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle
District 22 Lynn T. district22@seattle-al-anon.org	3rd Tuesday from 6:30 – 8:00 PM St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline

Greater Seattle AIS Financial Activity Comparison

	August 2018	August 2017	2018 YTD
REVENUE			
Donations	3453.77	2427.56	14768.29
Fundraisers	0	351.03	3612.00
Literature	3992.12	2711.53	23899.70
Shipping	126.00	0	986.00
Misc.	.08	0	38.18
Total Revenue	7571.97	5490.21	43304.17
Cost of Goods Sold	2728.85	2232.06	17504.17
Gross Profit	4843.12	3258.15	25800.00
EXPENDITURES			
Payroll & Related	0	3012.08	11598.24
Office Supplies	60.45	30.17	607.48
Parking/Bus Fare	48.25	158.00	752.90
Insurance	41.66	0	305.70
Professional Fees	0	400.00	243.00
Technology	55.04	0	1008.04
Rent & Maintenance/Move	-248.51	866.17	7579.41
Telephone/Internet	137.29	241.86	1444.12
Postage	106.23	95.58	1247.57
Merchant Fees	45.00	-36.35	706.44
Event Expenses	83.54	83.92	797.53
Equipment (lease/purchase)	649.85	362.72	4393.29
Misc	-8.57	-99.03	35.01
Total Expenses	972.23	6028.10	30718.73
NET REVENUE	3870.89	-5115.12	-4918.73

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

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

**OUR FUNDING NOW COMES
PRIMARILY FROM:**

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

Brief Summary of the AIS September Council Meeting by Newsletter Editor Teresa H.

- Treasurer Linda H. reported that donations at the new office open house and the AIS Resentment Bonfire covered the expenses of those events.
- Karen L. reported that a survey of our phone volunteers resulted in a 50/50 split on the preference of live person on the phone or voicemail.
- The only challenge at the new office is with UPS deliveries since the office is only open one day per week. Karen L. is looking at options.
- LDC Coordinator Karen L. reported that the new office open house was a lot of fun. It was well-attended by members from all over the Seattle area and people stayed for food and fellowship. Donations totaled \$235 and there were a lot of literature sales as well. Plus, two new people signed up to volunteer in the office!
- Vice Chair Eliza D. reported that progress is being made on needed revisions to the AIS Standing Rules and Procedures Manual. It is hoped they will be finalized prior to the November AIS elections. Draft versions of Coordinator positions were handed out.
- Attendees had positive feedback about the Resentment Bonfire.
- It was approved that a small group of members be empowered to make a decision on what to do about the large copier since it needs to be moved out of the old office by September 30th.
- Discussed whether AIS should have an Alateen Coordinator moving forward or an Alateen Liaison.

Plan Ahead! Featured Events

**WA Area Fall Assembly
October 5-7**

**West Seattle Pancake Breakfast
and Speaker Meeting
October 20**

**District 18 Spaghetti Dinner and Speaker Meeting
October 21**

**AIS Board Meeting
October 27**

**Tricks and Treats of Al-Anon
October 29**

**Getting Busy & Getting Better
November 3**

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

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

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

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

For up-to-date information and to print flyers, go to the Events page at www.seattle-al-anon.org

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

Oct 2	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Oct 3	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
Oct 5-7	Weekend	WA Area Fall Assembly	Delta Hotel by Marriott 3105 Pine St, Everett	http://wa-al-anon.org/event/fall-assembly-2018/
Oct 6	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.org
Oct 8	Monday 7:00PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Oct 11	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
Oct 11	Thursday 7:30-9:00PM	Lake Hills Thursday Night Book Study – Opening Our Hearts	St. Andrew's Lutheran Church 2650 148 th Ave SE, Bellevue	lakehillsthursdaynite@gmail.com
Oct 13	Saturday 12:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Oct 13	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Oct 13	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian Ave N, Shoreline	
Oct 16	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 20	Saturday 8:30AM	West Seattle Pancake Breakfast & Speaker Meeting	Admiral Congregational Church 4320 SW Hill St, Seattle	Speaker 9:30
Oct 20	Saturday 8:30AM	Districts 15 & 16 Business Meeting	Grace Lutheran Church 9625 NE 8 th St, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Oct 20	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Oct 21	Sunday 6:00PM	District 18 Spaghetti Dinner & Speaker Meeting	Prince of Peace Lutheran Church 19030 8 th Ave S, SeaTac	district18@seattle-al-anon.org
Oct 21	Sunday	District 19 Business Meeting	Contact the DR, Linda	district19@seattle-al-anon.org
Oct 22	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
Oct 24	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Oct 27	Saturday 2:00-4:00PM	AIS Board Meeting	All Pilgrims Christian Church 509 10 th Ave E, Seattle	chair@seattle-al-anon.org Enter thru blue door on 10th
Oct 29	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152 nd St, Burien	district18@seattle-al-anon.org
Oct 29	Monday 7:00PM	Meadowdale AFG Tricks and Treats of Al-Anon	St. Hilda St. Patrick Episcopal 15224 52 nd Ave W, Edmonds	
Oct 31	Wednesday 7:00PM	Alderwood AFG Speaker Meeting	Maplewood Presbyterian Church 19523 84 th Ave W, Edmonds	
Nov 3	Saturday 12:00-5:00PM	District 20 Workshop Getting Busy & Getting Better	Queen Anne Lutheran 2400 8 th Ave W, Seattle	district20@seattle-al-anon.org
Nov 10	Saturday 6:00PM	Kent All Men's AFG (KAMA) 36th Gratitude Dinner	Holy Spirit Parish Education Bldg 314 3 rd Ave S, Kent	https://mensalanon.wordpress.com/gratitude-dinner/
Nov 15	Thursday 6:00PM	Terrace View AFG Speaker & Thanksgiving Potluck Meeting	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	Speaker at 7:00PM

Only the next occurrence of an event is listed.

Send event information and flyers to communications@seattle-al-anon.org

Greater Seattle Area Al-Anon Information Service

Al-Anon and Alateen Meeting Directory

Districts 14-22 as of October 1, 2018

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

Directory Guide

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

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

ALATEEN MEETINGS

MON 7:00PM 60/H/AA	WEST SEATTLE ALATEEN *NEW* #30708853 Tibbetts United Methodist, 3940 41 st Ave SW, Seattle (Ages 13-18) DIST 19
TUES 7:30PM 60/H/AA/AL	EDMONDS ALATEEN - SERENITY FOR YOUTH S. County Senior Ctr, 220 Railroad Ave, Edmonds (Meets upstairs/Ages 12-21) #30639096 DIST 22
WED 7:30PM 90/AA/AL	AUBURN WED NIGHT ALATEEN #52091 Zion Lutheran, 1305 17th St SE, Auburn (Auburn Way S at M St/Ages 11-19) DIST 14
WED 8:00PM 75/AL/AA	COURAGE TO BE ME ALATEEN #30600318 Queen Anne Lutheran, 2400 8th Ave W, Seattle (Ages 12-20) DIST 20
THUR 7:30PM 90/H/AA/AL	LAKE HILLS ALATEEN #14119 St. Andrew's Lutheran, 2650 148th Ave SE, Bellevue (Meets Downstairs/Ages 9-20) DIST 16

VASHON ISLAND MEETINGS

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

SEATTLE CENTRAL ZONE

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

SUN 12:00PM 90/O/H	PATHWAYS TO RECOVERY AFG #30536933 Seattle U Student Ctr, 901 12th Ave, #122, Seattle (Step Study) DIST 20
MON 12:00PM 90/O	CAPITOL HILL AFG #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2nd fl conf/Holidays@Victrola)DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG #62081 First Free Methodist, 3200 3rd Ave W, Seattle (Park in rear/North entry/Signs to Glen Rm) DIST 20
MON 12:05PM 45/O/H	SERENITY REFRESHER AFG #47697 YMCA, 909 4 th Ave, Seattle (In Chapel. Feel free to bring lunch) DIST 20
MON 7:00PM 60/O/H	MAGNOLIA MONDAY NIGHT FIRESIDE AFG #63177 United Church of Christ, 3555 W McGraw St, Seattle (Upstairs) DIST 20
TUES 7:00AM 60/O	OPENING OUR HEARTS AFG #30614923 Unity on Union Books, 2420 E Union St, Seattle (Central District) DIST 20
TUES 7:30AM 60/H	MORNING SERENITY AFG #30617450 AGC Building, 1200 Westlake Ave N, Ste 508, Seattle (In Edgewood Services Office) DIST 20
TUES 7:00PM 60/O	TUESDAY UNITY AFG #30592290 Unity on Union Books, 2420 E Union St, Seattle DIST 20
TUES 7:30 PM 60/O	DENNY PARK FAMILY AFG #27198 Denny Park Lutheran, 766 John St, Seattle (Ring Bell for Entry) DIST 20
WED 8:00PM 90/O/AT/AA	QUEEN ANNE AFG #14319 Queen Anne Lutheran, 2400 8th Ave W, Seattle DIST 20
THURS 7:00AM 90/O/FF	FOCUS ON GRATITUDE AFG #30503143 Seattle U Student Ctr, 901 12th Ave #122, Seattle (Jolly Rm-1st Floor/Street parking) DIST 20
THURS 7:30PM 90/O/AC	MADISON MADRONA AFG #46407 Epiphany Church, 1805 38th Ave, Seattle (Upstairs/Parish Hall/Adult Child last Thurs) DIST 20
FRI 8:00PM 60/H	FRIDAY NIGHT LGBT AFG #14299 Seattle Support Groups, 115 15th Ave E #201, Seattle (LGBT's Meeting/O'Neil Room) DIST 20
SAT 10:30AM 60/O/H	HOW IMPORTANT IS IT WOMEN AFG #30578357 2400 8th Ave W, Seattle (Women's Meeting /McGraw St entry only/Upstairs) DIST 20

NORTH ZONE

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

SUN 8:30AM 90/O/H/ASL	SUNDAY AM FRESH START AFG #43260 UW School of Social Work, 4101 15th Ave NE, Seattle (Room 301/ASL 1 st , 3rd & 5 th Sundays) DIST 20
SUN 7:00PM 90/O/H	BALLARD SUNDAY NITE AFG #14300 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle DIST 21
MON 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
MON 4:30PM 60/O	3RD PLACE LITERATURE STUDY AFG #30518096 Lake Forest Presbyterian, 17440 Brookside Blvd NE, Lk Forest Park (No meeting on legal holidays) DIST 22
MON 7:00PM 90/O/H	MEADOWDALE AFG #49029 St Hilda St Patrick Episcopal, 15224 52nd Ave W, Edmonds DIST 22
MON 7:30PM 90/O/H/AA	RICHMOND BEACH AFG #14320 Aurora Ch of Nazarene, 1900 N 175th St, Shoreline (Closed meeting on 2nd Monday of month) DIST 22
MON 7:30PM 90/O/H	SALMON BAY CANDLELIGHT AFG #41889 Ballard First Lutheran, 2006 NW 65th St, Seattle (Havvik Hall behind parking & house office) DIST 21
MON 7:30PM 90/O/H	LAKE CITY MONDAY NIGHT AFG #44358 Lake City Presbyterian, 3841 NE 123rd St, Seattle (1 Block off Sandpoint Way) DIST 21
TUES 10:00AM 90/CH/B/H	HIGHLAND TUESDAY AFG #14311 St Dunstan's Episcopal, 722 N 145th St, Shoreline (Free Childcare/Paddington Nursery Entry) DIST 21
TUES 6:30PM 60/O	KEEPING IT SIMPLE 2 AFG #30589803 North Seattle Friends, 7740 24th Ave NE, Seattle (Fireside Rm/Bsmt entry-back/lot off 25th) DIST 21
TUES 7:30PM 90/O/H/AA	VIEW RIDGE OPEN AFG #41334 Sandpoint Community Church, 4710 NE 70th St, Seattle (Park in rear/Rear entrance) DIST 21
TUES 7:30PM 90	NORTH END MEN'S #500659 St David's Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Men's Meeting) DIST 22
TUES 7:30PM 90/O/H/AT/AA	EDMONDS AFG #500668 S. County Senior Ctr, 220 Railroad Ave, Edmonds (Upstairs) DIST 22
WED 7:00AM 60/O/H/AA	HOPE FOR TODAY AFG #502461 St Paul's United Church of Christ, 6512 12th Ave NW, Seattle (Meets Mon, Wed & Fri) DIST 21
WED 6:00PM 60/O/H/B	FRIENDS AFG #30611010 North Seattle Friends, 7736 24 th Ave NE, Seattle (Side bldg. north of church) DIST 21
WED 7:00PM 90/O/H	SUNSET AFG #14327 Woodland Park Methodist, 302 N 78 th St, Seattle (Enter from rear parking lot) DIST 21
WED 7:00PM 60/O	WEDNESDAY BACK TO BASICS AFG #501477 Bethesda Lutheran, 23406 56 th Ave W, Mountlake Terrace DIST 22

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

SPANISH LANGUAGE MEETINGS

MON 7:00PM 90/O	GFA UN REGALO PARA MI #30607125 St Matthew Church, 123 L St NE, Auburn DIST 14
TUES 7:00PM 90/O/CH	VIDA NUEVA GFA #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
WED 7:00PM 90/O/H	GFA HIJOS ADULTOS LIBERTAD Y ESPERANZA *NEW* Edmonds United Methodist, 828 Caspers St Rm 112, Edmonds (Park & Enter in Back of church) DIST 22
WED 7:00PM 135/O/H/AC	SOLO POR HOY GFA #30591116 First United Methodist, 2201 NE 4 th St, Renton (Downstairs) DIST 17
THURS 7:00PM 90/H/AC	GFA HIJOS ADULTOS UNIDAD 30675103 United Methodist, 16540 NE 80 th St, Redmond (Room 104) DIST 15
FRI 7:00PM 90/O/CH	VIDA NUEVA AFG #65270 Kent Lutheran, 336 2 nd Ave S, Kent (Free Childcare/use back door) DIST 14
FRI 7:00PM 90/O/B	GFA VIVE #30581849 Jubilee Reach Center, 14200 SE 13 th Pl, Bellevue DIST 16

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•Email your order to LDC@seattle-al-anon.org

SOUTH ZONE

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

SUN 6:00PM 90/B/H	ENUMCLAW SUNDAY NITE AFG #53679 Hillside Community Church, 24015 SE 436 th Way, Enumclaw DIST 14	WED 7:00PM 90/O	COURAGE TO CHANGE AFG #62852 Mt Baker Park Presbyter, 3201 Hunter Blvd S, Seattle (Speaker 4 th Wed) DIST 19
SUN 7:30PM 90/H/AA	AUBURN SUNDAY NIGHT AFG #14111 Holy Family Catholic, 505 17 th St SE, Auburn (Enter main church on 17 th St SE) DIST 14	WED 7:30PM 90/H/AT/AA	AUBURN WEDNESDAY NIGHT AFG #14109 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 10:30AM 90/H/AA	MONDAY MORNING JUMP START AFG #63297 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14	THUR 12:30PM 90/H	SOUND SERENITY AFG #45476 Grace Lutheran, 22975 24 th Ave S, Des Moines (Side door at north of church) DIST 18
MON 1:30PM 60/O/H	MONDAY AT A TIME AFG #30597929 Highline United Methodist, 13015 1 st Ave S, Burien DIST 18	THUR 6:30PM 90/CH/H	W SEATTLE WOMEN LIVING IN FOCUS AFG #44646 Fauntleroy Church, 9140 California Ave SW, Seattle (Free Childcare/Women's Meeting) DIST 19
MON 6:30PM 90/O/H	SALTWATER AFG #3051248 Saltwater Unitarian-Universalist, 25701 14 th Pl S, Des Moines DIST 14	THUR 7:30PM 90	RENTON THURSDAY NIGHT AFG #14286 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
MON 7:00PM 90/O/AA	JUST FOR TODAY AFG #30512114 Brooklake Community Church, 629 S 356 th St, Federal Way DIST 14	FRI 10:30AM 90/H/AA	AUBURN FRIDAY AM AFG #23848 Zion Lutheran, 1305 17 th St SE, Auburn (Auburn Way at M St) DIST 14
MON 7:00PM 90/O/H	BURIEN TURNING POINT AFG #49260 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien (Speaker on 5 th Mon) DIST 18	FRI 7:30PM 90/O/H	BURIEN FRIDAY NIGHT AFG #14302 St Elizabeth's Episcopal, 1005 SW 152nd St, Burien DIST 18
MON 7:00PM 90/O	RENTON MONDAY NITE AFG #50914 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	FRI 7:30PM 90/O/H	KENT ALL MEN'S AFG #14217 Holy Spirit Church, 327 2nd Ave S, Kent (Men's Meeting/Library/enter in back) DIST 14
TUES 10:00AM 90/O/H	RENTON TUESDAY MORNING AFG #14290 First United Methodist, 2201 NE 4 th St, Renton (Lower lot & entrance) DIST 17	SAT 8:00AM 90/O	PATHS TO RECOVERY AFG #63247 St John, 4210 SW Hanford St, Seattle (Enter SE door on corner) DIST 19
TUES 12:30 PM 75/O/H	TUESDAY REBOOT AFG #30619812 Fauntleroy Church, 9140 California Ave SW, Seattle (Meets in library) DIST 19	SAT 8:30AM 90/O/CH/H	WEST SEATTLE SATURDAY MORNING AFG #37671 Admiral Congregational, 4320 SW Hill St, Seattle (Free Childcare/ Basement entry) DIST 19
TUES 7:00PM 90/O	TUESDAY NITE LIVING THE LEGACIES AFG #30629713 Pritchard Hall, 99 Wells Ave S, Renton DIST 17	SAT 9:00AM 90/O/B	CHANGING ATTITUDES AFG #53678 Wayside Church of Christ, 2000 SW Dash Point Rd, Federal Way DIST 14
TUES 7:00PM 60/O/H/AA	STEPS TO SERENITY AFG #65354 Des Moines Methodist, 22225 9 th Ave S, Des Moines DIST 18	SAT 9:30AM 90/O	SATURDAY MORNING OPEN BREAKFAST AFG #66395 Rainbow Café, 112 E Main St, Auburn DIST 14
TUES 7:00PM 90/O	PARENTS AND FRIENDS AFG #30543700 St Matthew Episcopal, 123 L St NE, Auburn (Parent Focused Meeting) DIST 14	SAT 10:00AM 90/O/H	UPWARD BOUND AGAIN AFG #14331 Genesis Global Spirituality, 233 S 156 th St, Burien DIST 18
WED 10:30AM 90/CH	WEDNESDAY MORNING SUNSHINE AFG #25474 Light of Christ Church, 2400 SW 344 th St, Federal Way (Free Childcare) DIST 14	SAT 10:00AM 90/O/H	EXPECT A MIRACLE AFG #14216 Kent United Methodist, 11010 SE 248 th St, Kent DIST 14
WED 1:30PM 90/O/H	LET IT BEGIN WITH ME AFG #30600898 Highline United Methodist, 13015 1 st Ave S, Burien (Use side entrance/basement) DIST 18	SAT 10:00AM 90/O	RENTON FOURTH STEP STUDY GROUP AFG #61102 Pritchard Hall, 99 Wells Ave S, Renton DIST 17
WED 7:00PM 90/O/H	MAPLE VALLEY WEDNESDAY NIGHT AFG #62618 Light of Life Lutheran, 28505 216 th Ave SE, Covington (Behind church/park pavement/pre-school) DIST 17	SAT 10:30AM 90/H	RENTON SATURDAY MORNING AFG #37673 Valley Church, 16431 SE Renton-Issaquah Rd, Renton (Room 207) DIST 17
WED 7:00PM 90/O/H	EXPERIENCE, STRENGTH, HOPE AFG #30519364 Fairwood United Methodist, 15255 SE Fairwood Blvd, Renton DIST 17	ONCE A MONTH SPEAKER MEETINGS	
		2nd SAT 7:30PM 90/O/H	M.E.S.H. 2 nd SATURDAY SPEAKER AFG #503944 St David Emmanuel Episc, 18842 Meridian Ave N, Shoreline (Meets ONLY on 2 nd Saturday) DIST 22
		3rd SAT 7:30PM 90/O/H	H.E.A.R. SPEAKER MEETING AFG #30507169 The Hillside Church, 930 E James St, Kent (Meets ONLY on 3 rd Saturday) DIST 14

EAST ZONE

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

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

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

CONTACT INFORMATION FOR NEIGHBORING DISTRICTS

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