

SEPTEMBER
2019



BITS Newsletter

Seattle Al-Anon Information Service

New Event for All Greater Seattle Area AIS AMIAS by BITS Editor Teresa H.

The Seattle AIS AMIAS 2020 Welcome will be at the Greenwood Branch Library on September 28th from 2-4 p.m. The event is for all certified AMIAS in the Greater Seattle AIS area. Its purpose is to act as an orientation and networking event for the AMIAS Class of 2020. Note: The "2020" refers to the 2019-2020 school year - not to future AMIAS. AMIAS stands for Al-Anon Member Involved in Alateen Service.

The event is an opportunity to:

- learn how we can support an AMIAS in getting started
- learn how to stay connected with the local AMIAS community
- listen as other AMIAS share their experience, strength, and hope
- learn how we can help with keeping your certification current
- get answers to your questions from other AMIAS

It is hoped this event will help all AMIAS get off to a running start in serving our Seattle area Alateens. More AMIAS are needed. Without Al-Anon member service, there is no Alateen.

For further information about the AMIAS 2020 Welcome or about becoming an AMIAS, please email alateen@seattle-al-anon.org.



Seattle AIS
AMIAS 2020
Welcome

Saturday, September 28th
2:00-4:00 PM
Greenwood Library
Community Room
8016 Greenwood Ave N
Seattle

WA Area Fall Assembly Motion for Consideration by BITS Editor Teresa H.

The Washington Area Fall Assembly is in Moses Lake on the weekend of October 4-6. The Fall Assembly is one of WA Area's three annual Assemblies. The other two are Pre-Con 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 <http://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 expense for our Delegate to attend the World Service Conference for 2020.

In addition to the motion, Group representatives will be asked to provide input on a discussion item to extend the Pre-Con Assembly business meeting to 1½ days.

WA Area Secretary Kimberly H. has provided the following background for the motion:

Every year the Group Representatives (GRs) vote whether to pay the full or equalized expense to send the WA Area Delegate to the World Service Conference (WSC). This motion once again affords the opportunity for the GRs to make a decision in this matter.

The Equalized Expense is calculated by the WSO based on an average of the cost for each Delegate to attend the WSC, then offset by funds from WSO's General Fund, the amount of which is determined annually by the Board of Trustees. Therefore, the equalized expense is somewhat less than the actual average cost of sending a Delegate to the WSC.

The Full Expense for the Delegate to attend the WSC is the average cost without subtracting the offset amount from WSO's General Fund. For more information about the position and duties of the WSO Delegate, see your Service Manual on pages 146 - 148.

The Area Treasurer and Delegate will be notified this fall of the 2020 equalized and full expense amounts. Therefore, those proposed amounts will likely be available for discussion and vote

Labor Day Cancellations

Please visit our website for the latest information about meeting cancellations and location changes for September 2.
www.seattle-al-anon.org

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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

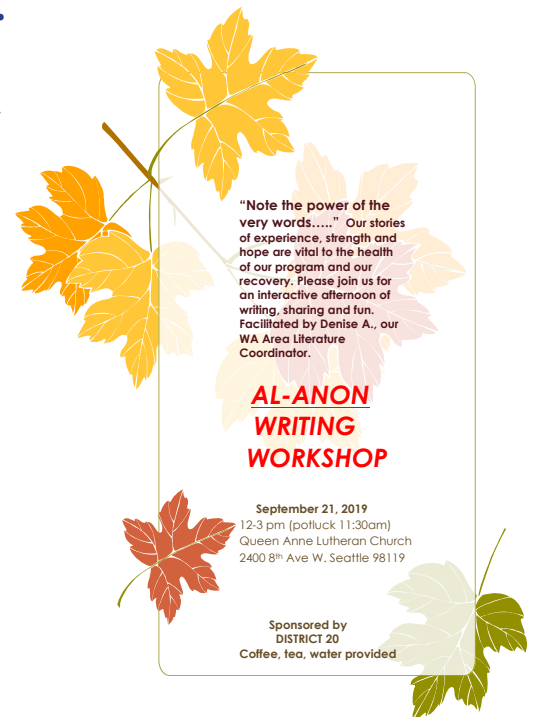
To Speak with a Member

call 206-625-0000

District 20 Offers Writing Workshop by BITS Editor Teresa H.

Month after month, WSO asks for members to share their experience, strength, and hope for a variety of publications such as the monthly *Al-Anon* magazine, the *Forum*, as well as for publication in new Conference Approved Literature including new and revised books and the annual Outreach magazine, *Al-Anon Faces Alcoholism*. In addition, WA Area is looking for stories to share on their website and AIS always needs writers for the *BITS*.

In response to that need, District 20 is offering a 3-hour writing workshop on September 21 for members interested in sharing their Al-Anon experience, strength, and hope in written form. The workshop, led by WA Area Literature Coordinator Denise A., will be interactive. Members don't need to have any previous writing experience.



WA Area Speakers Convention Is Packed with Speakers and Workshops by BITS Editor Teresa H.

The Annual WA Area Speakers Convention is a weekend packed with 12 speakers, 6 workshops, and time for fellowship. It is September 13-15 at Clark College in Vancouver, WA. The keynote speaker will be the Executive Director of WSO, Vali F. Programs start at 7:00 PM on Friday and the last program ends at 11:30 AM on Sunday.

Last year I attended my first WA Area Speakers Convention. I had found the name of the event confusing when I first heard about it. I thought it was a convention for members who regularly speak at speakers meetings! Not so. This event is for all Al-Anon and Alateen members. Last year's speakers were wonderful, as was the one workshop that I attended. It was a great time for fellowship with members from around the state and beyond as well as for help in guiding me in my Al-Anon recovery.

For further information, please go to: <http://wa-al-anon.org/event/2019-washington-area-speakers-convention/>. You can also print a registration form by clicking on the event on our AIS Events website page. As this year's theme says: "We Can't Do This Alone."

WA Area Fall Assembly Motion

Continued from Page 1

by GRs at Fall Assembly. For 2019 the equalized expense was \$1612 and the full expense was \$2443.

The argument IN FAVOR of this motion could be Al-Anon's Tradition 7: Each group ought to be fully self-supporting.... An argument AGAINST this motion could be the unknown of whether WA Area would have the funds available to pay the full expense.

As an Area we are obligated to pay at least the equalized expense. A "Yes" vote indicates WA Area will pay the full expense to send the Delegate to the WSC. A "No" vote indicates WA Area will pay the equalized expense.



Out of the Toolbox

by BITS Columnist Callie D.

First Things First and the Magic of Meetings

For the first time in 2 years, I would have the run of the house! I have anticipated this week for months with visions of cleaning and organizing my space, relaxing on the deck, and cooking healthy meals! My own little glorious “Staycay”! However, life happened, and my dream got sucked into a perfect storm of challenges! I was in the middle of filling out an exhaustive and invasive personal history questionnaire for a job when my car broke down! As a rideshare driver, that means double trouble! I practiced “First things first” because I knew the packet had a looming deadline.

I felt a moment of heady relief after the packet was turned in, but then the car issue spun and popped to the forefront like a vibrating BINGO ball blasting up through the shoot demanding attention. In addition, I was pulled in all directions regarding what to do around the house, while trying to “enjoy myself” just became one more obligatory “chore.” It’s rather ironic to try to force oneself into enjoyment since real joy generally enters in where there is a welcoming open space.

The critical voices were on overtime when a sane thought flashed through the chaos; “You need a meeting!” It was sweet relief to share my “Experience, Strength, and Hope” while listening to other fellow travelers. I felt myself relax into the couch and allow the emotions to surface, tears to flow, and, surprisingly, laughter to bubble up! Being cocooned in the “safe space” of Al-Anon allowed my mind, body, and spirit to exist in the present moment, gaining some perspective on my circumstances.

Today is my last day. I tried to get my most challenging dog into the bath, and she tried to bite me. I took out some stinky garbage with puppy pads and dog

“Being cocooned in the ‘safe space’ of Al-Anon allowed my mind, body, and spirit to exist in the present moment, gaining some perspective on my circumstances.”

poop, and the bag ripped right as I lifted the lid to the can. I tried to savor a meal on the deck that I scrubbed, and a hornet kept flying into my bowl while my dogs begged incessantly, then I heard myself swearing over the smooth jazz I had playing in the background.

My car repairs were pricey, yet I am grateful to have my wheels back. I have had Mrs. Doubtfire moments of clutching an air guitar broom while cleaning to classic rock. I have made at least one healthy meal but also had Oreos for breakfast. The dogs and I have had moments of exuberant play; dancing and barking while I sang at the top of my lungs! I’m using the tools that make my life whole and scrapping the dysfunction that keeps me trapped in old patterns!

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-Coordinator

Cindy G. and Elizabeth G.

LDC@seattle-al-anon.org

Outreach Co-Coordinator

Elizabeth B. and Ellen M.

outreach@seattle-al-anon.org

Phone Volunteer Coordinator

Karen T.

phones@seattle-al-anon.org

Tech Co-Coordinator
Jeffrey M. and Tatiana G.

tech@seattle-al-anon.org

AIS BOARD

The AIS Board is made up of a representative, usually the DR or Alt-DR, from each of our 9 Districts plus the Officers and Coordinators listed above. AIS 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.

I Just Don't Fit In

by BITS Columnist Allen L.

Most kids go through a phase where they feel “special” and feel as if they don’t “fit in.” That’s the appeal of the Harry Potter novels. They tap the thought that almost all kids think at some time when they are growing and changing. They don’t fit in, in part, because they are still learning who they are (or will become) and how that person connects with others.

Since all the other kids around them are going through the same “growing pains,” their social landscape is shifting, and that leaves them all feeling like they just don’t fit in. They have outgrown their old space and not yet found their new one.

At the same time, they are beginning to discover their potential, talents, and interests that will become their unique skills and abilities. Part of that discovery is learning that they can do things on their own without the help of parents or siblings. Going through this kind of growth for the first time leaves them feeling as if they are the only person to have those feelings.

In Al-Anon, we make the same kind of journey as we work the Steps. I have heard it said that the alcoholic stops growing when they start drinking, and when they stop, they have to grow through

A True Amends

by BITS Columnist Fawn B.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

“I’m sorry that you . . .” “I didn’t mean to . . .” “You misunderstood my . . .” How often have we seen some public personality step up to the microphone and squirm their way through a scripted speech with those phrases? Or maybe we’ve heard similar words from a friend or loved one. Or perhaps we’ve even used these half-hearted apologies ourselves. (That was before we found Al-Anon, of course!)

By the time we reach Step Nine, hopefully, we have a better understanding of amends. “We keep the focus on ourselves and take responsibility for our actions and behaviors,” *Reaching for Personal Freedom* (p. 47). By keeping the focus on ourselves, we don’t fall into old habits of putting the onus of our lives at the feet or in the hands of another. To say “I’m sorry you . . .” or “My intentions were . . .” implies it was someone else’s reaction and not our behavior that is at fault. And, we miss the gift.

The gift of amends is seeing ourselves clearly, perhaps for the first time in a long time. When we are honest about our part and take responsibility for our behavior, we put the past in its true perspective. We face our misguided efforts to control the disease of alcoholism. We lift the heavy burden of guilt we have been hauling around. We grow up. We accept our mistakes. We move forward.

Once we have taken a clearheaded look at our part, have assessed our behavior, and are ready, finally, to make our amends, perhaps the other person won’t or can’t hear it from us. That may happen.

all they missed. I believe we do much the same thing in Al-Anon.

I believe that when we lose ourselves in taking care of the other person or people in our lives, we stop growing ourselves. When I stopped focusing outside myself, I had to work through all the issues and growth that I missed while I focused on others.

As I rediscovered my skills and abilities, I also found that lost specialness that is “me.” At the same time, that person that I had always been but had lost awareness of didn’t fit in the same place. As my true self is revealed, my connections change, and this shifting sand is frightening and uncomfortable. That’s why our sponsors may tell us not to make any major changes in our life until we stabilize in our true self.

Sometimes it’s hard to see that I’m not really changing but rather returning to the person I really was all along but had lost sight of while I took on all the problems but my own.

I suspect that’s the appeal of the Harry Potter books for me and many other adults. I see my younger self making that same journey from dependent child to independent adult. The same journey I began when I started down the path of the 12 Steps.

But, making meaningful amends is still possible. “If we wish to be free from the terrible, suffocating weight of guilt, we must take whatever action is necessary to make amends for the harm we have caused. Only then will we find real relief,” *How Al-Anon Works* (p. 60).

The possibilities to make meaningful amends are endless. For example, if you want to make direct amends to your children, but, they can’t or won’t hear it from you, volunteer at P.I.C.C. or Little League or help out another parent with their kids. If you harmed a loved one who has passed away, commit to stopping the behavior

“The gift of amends is seeing ourselves clearly, perhaps for the first time in a long time.”

that caused the harm, or deepen your practice of encouraging and understanding those who still suffer from the disease. Our literature also suggests writing a letter to your loved one that you share only with your sponsor. Perhaps an ex-spouse is on your amends list. But, you aren’t sure how to approach them without churning the waters. Who knows, they might show up at your home group and also want to make amends. (True story!)

It’s not easy facing ourselves squarely, without excuses, without focusing elsewhere. But, when we do, things shift and soften; our shoulders aren’t as slumped, our hearts not as guarded. We contribute to more justice in the world. We may even move toward the relationship that we have hoped for with our Higher Power, ourselves, and others.

Where to Send Donations

Service Arms and Instructions

AIS MAILING ADDRESS

505 Broadway E #400
Seattle, WA 98102-5023

or

Pay online by emailing your Group name and number along with the amount you wish to donate to LDC@seattle-al-anon.org. You will then receive a

QuickBooks payment request to enter the credit card information.

WASHINGTON AREA

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

or

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

AFG INC. (WSO)

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454-5617

or

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

District 14

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

Districts 15 & 16

PO Box 1602
Bothell, WA 98041

District 17

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

District 18

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

District 19

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

District 20

PO Box 31288
Seattle, WA 98103

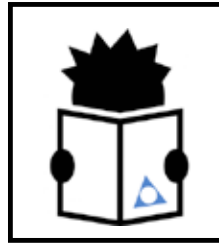
District 21

PO Box 55306
Shoreline, WA 98155

District 22

Send email to district22@seattle-al-anon.org to request their address

Please make checks payable to the service arm listed above.



Our AIS Office/LDC Stocks Hundreds of CAL Publications by BITS Editor Teresa H.

As a book-lover, every visit to our Seattle Area AIS Office/Literature Distribution Center has been inspiring to me. I always see a new pamphlet that I had not noticed before or I am reminded of a book that I haven't read yet. Here are a couple of pamphlets that I have come across.



Al-Anon Sharings from Adult Children (P-47): The lingering effects of a parent's alcoholism are described in personal stories. It includes a section on how adult children apply the Twelve Steps.

Three Views of Al-Anon--Alcoholics Speak to the Family (P-15): I was surprised to find this pamphlet which includes "An Open Letter from an Alcoholic" and other insightful essays from A.A. who recommend Al-Anon to the families and friends of alcoholics.



Mail-In Deadline for Road Trip! Is September 30th by WA Area Delegate Kathy D.

Greetings Friends and Family!

Hope you have enjoyed your summer and are looking forward to the opportunities for us to gather together this fall! In addition to the WA Area Speakers Convention and Fall Assembly, there is another event that I want to invite you all. On October 19th members of the WSO Board of Directors and Trustees will join us in SeaTac for a very special event entitled "Road Trip! You and Your Board Connect." This gathering is designed to give members a chance to get to know/connect with/learn from Board members about what they do, and talk about topics that were submitted by our Area.

As your Delegate, I have a unique opportunity to interact and share with these dedicated members, and I am confident that you will find them as open, warm, friendly, and engaging as I have. I am very proud that WA Area was selected for this event! I hope you will join me!

Editor's Note: The deadline for registration by mail is September 30th. Members may also register online at <https://www.eventbrite.com/e/2019-road-trip-you-and-your-board-connect-registration-61932817725>

Volunteers are needed to take our out-of-town guests on tours around Seattle the day after Road Trip, on Sunday, October 20th. Contact your GR for further information.

ROAD TRIP!

YOU AND YOUR BOARD CONNECT

Meeting Updates

GFA Un Regalo Para Mi Correction

Un Regalo Para Mi added a second meeting day last month. Unfortunately, AIS listed it on the wrong day. It is on Thursdays at 10:00 a.m. On the Meeting Directory dated September 1, it is listed out of order due to a technical problem. A corrected Meeting Directory will be posted to the website on September 10. Please help support this new Spanish-speaking meeting.

Madison Madrona AFG Has a New Start Time

Madison Madrona AFG has changed their start time from 7:00 p.m. back to 7:30 p.m. Member Jeremy S. reports: "For many years our Group has met at 7:30 p.m. After a Group conscience at our business meeting, our Group decided to try starting our meeting a half-hour earlier at 7:00 p.m. Some members had expressed an earlier time would work better for them and it would allow us to have a full meeting time even on the same night as our business meeting. After a trial run of 3 months, we took another Group conscience at our business meeting and decided to return to our 7:30 p.m. start time. Our meeting rotates between Step, Tradition, Concept, Tools, and an Open Topic."

Women's Friday Wallingford AFG Celebrating 2nd Anniversary

Women's Friday Wallingford AFG invites you to join them in celebrating their 2nd anniversary as we host the MESH Speakers Meeting, Saturday, October 12th at 7:30 p.m. It is held at St David Emmanuel Episcopal Church, 18842 Meridian Ave N, Shoreline. Women's Friday Wallingford AFG meets on Fridays from 7-8:00 p.m. at Wallingford Presbyterian Church, 1414 N. 42nd Street, Seattle. This meeting is literature-based. On the 4th Friday of each month the Group reads together from the new book, *Intimacy in Alcoholic Relationships*. A warm welcome awaits you.

Laurelhurst Thursday Evening AFG Has Disbanded

Laurelhurst Thursday Evening AFG that met on Thursday evenings has disbanded. Julie C. reported: "Our meeting has steadily dwindled in membership of those willing to take responsibility for keeping the doors open."

"Open" and "Closed" Meeting Designations Revised by BITS Editor Teresa H.

From the WSO Website: "The AI-Anon Meeting Type designation, which previously referred to whether the meeting was open to visitors or closed to attendance by members only, often confused members and newcomers. It has been replaced by the term Meeting Attendees, and the options have been changed to "Families and Friends Only" and "Families, Friends, and Observers Welcome" on the WSO Group Records Forms." AIS has changed the description of the "O" designation in our printable Meeting Directory.

AIS needs volunteers!

Phone Shift Volunteers

AIS Secretary

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

Office / LDC Volunteers

BITS Backup Editor

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

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

Greater Seattle AIS Financial Activity Comparison

	July 2019	July 2018	2019 YTD
REVENUE			
Donations	1817.76	1658.25	8078.82
Fundraisers	0	200.00	0
Literature	2507.89	2679.51	22789.70
Misc.	.00	.09	.50
Total Revenue	4325.65	4537.85	30869.02
Cost of Goods Sold	1885.69	1911.09	15830.56
Gross Profit	2439.96	2626.76	15038.46
EXPENDITURES			
Merchant Fees	61.85	100.76	684.75
Event Expenses	0	0	389.48
Insurance	41.66	41.66	291.70
Equipment	0	25.00	71.00
Office Supplies	10.99	52.44	206.93
Outreach	40.50	28.53	181.47
Payroll and Payroll Taxes	0	0	0
Rent & Maintenance	625.00	625.00	5408.35
Professional Fees	0	0	1777.50
Technology	221.05	417.36	1585.85
Volunteer Bus/Parking	38.25	62.00	269.75
Misc	0	.23	0
Total Expenses	1039.30	1378.19	10866.78
NET REVENUE	1400.66	1248.11	4171.68

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 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

August 8th AIS Council Meeting Summary

by BITS Editor Teresa H.

Treasurer's Report: Copies of the Treasurer's report were passed around in her absence. Chair Eliza D. mentioned that a question about the amount of our prudent reserve had come up the previous month. Teresa H. suggested that be addressed during our upcoming budgeting process.

Vice Chair's Report: Vice Chair Doug L. distributed a one-page draft handout about AIS for use by the Chair and Vice-Chair in visits to District business meetings and asked for reactions or suggestions.

Chair's Report: Chair Eliza D. asked for Resentment Bonfire volunteers. She also reported on her experience at the recent AWSC in Walla Walla. WA Area is looking for volunteers to act as tour guides for out-of-area visitors attending Road Trip 2019. She also asked for input about AIS participation in AA's Seattle Conference. After discussion, it was determined that participation should be at the District and Group levels. Continuing discussion of possible AIS support of ASL was tabled until next month.

LDC Coordinators' Report: Co-Coordinator Cindy G reported that there are now six regular office volunteers, but we need more. Elizabeth G will be talking with three potential volunteers next month. There are also four remote email volunteers who process orders when the office is not open, who do one-week shifts that rotate. Doug L said that he and another office volunteer, Julie R., had been discussing this position with Cindy G and Elizabeth G, and have agreed to takeover as LDC Co-Coordinators for a one-year term starting next January.

Communications Coordinator's Report: Teresa H. reported the AIS website is set up so that a volunteer does not need any specialized knowledge to update the site, so that it is much easier to find volunteers to fill in. She also reported that we now have a contact email for almost every Group within AIS. Any change to a Group record at WA Area is copied to Communications so that this information can be synced with our local information. She reminded attendees that if a Group is not listed at the WA Area site, it is because the Group has no valid mailing address. She also asked for guidance on the use of "closed" and "open" meeting terminology that has led to much confusion. These terms have now been officially changed at WSO to make the meaning clear, and have been replaced by "family and friends only" and "family, friends, and observers welcome," as options for "meeting attendees". After discussion, it was decided AIS simply change the wording in the Meeting Directory guide. That means no changes are necessary to individual Group records.. A discussion followed of how Groups can ask for support from fellow members via the BITS. In the past, meetings were simply listed as "Needs Support." Now the Group is asked to provide information about their Group. That additional information makes the context clearer, and this makes requests much more effective. In this spirit, it was suggested to have a collection of stories of how individual Groups have dealt with difficult issues. Finally, Teresa H. mentioned that her term as Communications Coordinator ends on January 1. A volunteer has agreed to update the website and the Meeting Directory. However, AIS still needs someone to create the monthly BITS.

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

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)

Sept 3	Tuesday 6:30-8:00PM	District 21 Business Meeting	Calvary Christian Assembly 6801 Roosevelt Way NE, Seattle	district21@seattle-al-anon.org
Sept 4	Wednesday 7:00PM	District 18 Business Meeting	Contact the DR, Grita	district18@seattle-al-anon.org
Sept 5	Thursday 6:30PM	District 17 Business Meeting	Pritchard Hall 99 Wells Ave S, Renton	district17@seattle-al-anon.org
Sept 7	Saturday 7:00PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	noreservationspeakermeeting.com
Sept 9	Monday 6:00-7:30PM	District 20 Business Meeting	Denny Park Lutheran Church 766 John St, Seattle	district20@seattle-al-anon.org
Sept 11	Wednesday 7:00-9:00PM	AIS Board Meeting	All Pilgrims Christian Church 509 10 th Ave E, Seattle	chair@seattle-al-anon.org
Sept 12	Thursday 7:30-9:00PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	chair@seattle-al-anon.org
Sept 13-15	Weekend	WA Area Speakers Convention	Clark College – Gaiser Hall 1933 Fort Vancouver Wy, Vancouver	wasc2019planningcommittee@gmail.com
Sept 13	Friday 7:00-8:30PM	GFA Vive: Descubramos Nuevas Opciones	Jubilee REACH Center 14200 SE 13 th Pl, Bellevue	
Sept 14	Saturday 7:00-8:30PM	Voices of Hope Speaker Meeting	Faith Episcopal Church 20295 Little Valley Rd NE, Poulsbo	
Sept 14	Saturday 7:30PM	MESH Speakers Meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	
Sept 15	Sunday 7:00PM	District 19 Business Meeting	Contact the DR, Linda H.	district19@seattle-al-anon.org
Sept 17	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)
Sept 20-22	Weekend	Serenity on the Sound	Seabeck Conference Center 13395 Lagoon Dr NW, Seabeck	Serenityonthesound2019@gmail.com
Sept 21	Saturday 8:30AM	District 15 & 16 Business Meeting	St. Luke's Lutheran Church 3030 Bellevue Wy NE, Bellevue	district15@seattle-al-anon.org district16@seattle-al-anon.org
Sept 21	Saturday 12:00-3:00PM	District 20 Al-Anon Writing Workshop	Queen Anne Lutheran Church 2400 8 th Ave W, Seattle	district20@seattle-al-anon.org
Sept 21	Saturday 7:30PM	H.E.A.R. Speaker Meeting	Hillside Church 930 E James St, Kent	
Sept 23	Monday 7:00PM	District 14 Business Meeting	Holy Family Catholic Church 505 17 th St SE, Auburn	district14@seattle-al-anon.org
Sept 25	Wednesday 7:00PM	Courage to Change AFG Speaker Meeting	Mt Baker Park Presbyterian Church 6201 Hunter Blvd S, Seattle	
Sept 28	Saturday 2:00-4:00PM	AIS AMIAS 2020 Welcome	Greenwood Library Community Room 8016 Greenwood Ave N, Seattle	alateen@seattle-al-anon.org
Sept 30	Monday 7:00PM	Meadowdale AFG Special Event	St. Hilda St. Patrick Episcopal 15224 52 nd Ave W, Edmonds	
Sept 30	Monday 7:00PM	Burien Turning Point AFG Speaker Meeting	St. Elizabeth's Episcopal 1005 SW 152 nd St, Burien	
Sept 30	Monday 7:30PM	Parents for Serenity AFG Speaker Meeting	Holy Trinity Lutheran Church 8501 SE 40 th St, Mercer Island	
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 19	Saturday 9:00-3:00PM	WSO: Road Trip! You and Your Board Connect	DoubleTree by Hilton Seattle Airport 18740 International Blvd, Seatac	delegate@wa-al-anon.org

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 September 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 Labor Day Info on Web #64446 St. Mark's Cathedral, 1245 10th Ave E, Seattle (Admin Entry/2 nd fl conference room) DIST 20
MON 12:00PM 90/O/H	QUEEN ANNE MID DAY AFG Labor Day Info on Web 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 7:00PM 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 on 9/1, 9/15, 9/29, 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
	Remember to send changes to WA Area
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
THURS 10:00AM 90/O	GFA UN REGALO PARA MI NEW St Matthew Church, 123 L St NE, Auburn NOTE: MEETING LISTED OUT OF ORDER 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 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

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 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
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 AM 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

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

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/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 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**

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