



the bits newsletter

Seattle Al-Anon Information Service

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August 2023

From ME to Alateen

by Kara R

It feels good to be an AMIAS (Al-Anon Member Involved In Alateen Service). Early in my recovery I wondered, if I had found Alateen when I was younger, my life would have been easier.

I remember one day when I was 16. My mother and I had just moved, again. Previously, we had been living in a motel; now we had a 2-bedroom apartment in Redmond. We had a roommate I didn't get along with and I was attending the third high school in two years. It was the middle of the afternoon and my mother was drunk and mentioned getting another beer. I was so upset about my life, probably, that I took a beer out of the refrigerator, opened it, and grabbed her. I held her small body while trying to force her to drink it but instead poured the beer on her face and cried "you love this beer so much, drink it!"

Growing up was unstable, lonely, and confusing. There were no good relationships

in my family as it was clear that we were all on different levels. My stepfather, who also drank all day, and my half-sister were on the top level of the family. My mother and I were on the bottom level. My mother would move around the Seattle area and she took me with her.

In adulthood, my life continued to be difficult partly because I was so critical of others and myself. I considered every person I knew to be above me or below me in some way. All my relationships suffered. I was lonely. I had secrets and my emotions would always get the best of me. I was the victim in every misstep. I didn't know how to get close to a higher power and I even developed health problems.



I found Al-Anon in my 40's. The people in the room were the opposite of me in behavior. After a few meetings I decided to tell the story about my mom and the beer. I had never told anyone that story and I expected a huge reaction. The group was silent and listened. When I finished, the only thing I heard was "Thank you for sharing." And the next person went. It felt good not to get a reaction, not to be judged.

In Al-Anon my story is not so surprising or unique. Slowly, I accepted that my thinking was similar to an alcoholic and could be changed.

After a few years in Al-Anon I was eager to help start an Alateen meeting sponsored by my home group. With the help of other members, it was simple. Now I wonder maybe one day a kid like I was walks in. I hope that kid sees some friendly faces. And now maybe that kid's life will be a bit easier.

2nd Annual Garden Party – ICE CREAM SOCIAL

August 20, 2023 2-5pm

by Karen L - Chair

Back by popular demand, the AIS office and garden will be open Sunday, August 20th at the All Pilgrims Church in the Capitol Hill neighborhood from 2pm to 5pm. About 70 people attended last year, and we would love to have even more visitors in 2023. This year will be another opportunity to catch up with Al-Anon friends and meet new ones.

The new daily reader, "A Little Time for Myself" will be available to purchase! Play AIS Bingo for a chance to win a copy. Everyone who gets 5 squares in a row gets their choice from our special literature basket and one member will win the new reader at the 4:00pm drawing. Plus, take a look at the 150+ pamphlets in English and Spanish. After many years of volunteering at the Literature Distribution Center, I still found a pamphlet last month that I've never really noticed before.

A new addition this year is Archives! We have been going through the many boxes. We found duplicates of 20 to 50 year-old Forums and other publications that you can take home and share with your Group. We also have many speakers on cassette tapes.



AIS ICE CREAM SOCIAL
Back Together Again

Sunday – August 20, 2023 ~ 2:00 - 5:00 PM

See Al-Anon friends and meet new members!

Join us in the Garden at the AIS Office at All Pilgrim's Church
Enter at 509 10th Ave East, Seattle
(back of church)

- Purchase Conference Approved Al-Anon books or pamphlet in English and Spanish or order ahead at LDC@seattle-al-anon.org to pickup your order
- Build your ice cream sundae or Root Beer Float
- Play AIS Bingo

Come rain or shine: We'll move to the large hall if it rains

Sound Transit is 3 blocks from church
Free street parking
Bus stops on 10th Ave E and Broadway
Pay parking lots available across the street

Want to volunteer at the event or have questions?
email Chair@seattle-al-anon.org

Dig out those players from the 70s and 80s and have your very own speakers meeting!

Of course, Ice Cream Sundaes and Root Beer Floats will be center stage in the garden! You can return to the ice cream table as many times as you want. We won't keep track, although I know of one member last year who was pretty proud of their number of returns.

Street parking is free on Sundays. Paid parking is available in the building across Broadway from the church and at QFC. The weather should be great and if not, there's plenty of room inside the church hall. Hope we see you!



[Order the Forum Magazine](#)



Al-Anon's monthly magazine features timely sharings from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery. Experience and insight you won't find anywhere else!

Has Your Meeting Changed?

- Gone back to meeting in person
- Become hybrid or concurrent
- Has a new physical location
- Made other changes that members need to know about
- Has an alternate Holiday Schedule
- Has disbanded

Please send all meeting changes to the WA Area Group Records Coordinator <https://wa-al-anon.org/meeting-changes/> Changes and Updates are made Weekly. (Seattle AIS is automatically cc'd in the change request)

If you have any questions or concerns regarding the Seattle AIS updated meeting schedule, please contact meetingdirectoryeditor@seattle-al-anon.org

NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.

Families and friends are suffering too.

Do you worry about how much someone drinks?

Al-Anon and Alateen can help.

Join the Alateen Zoom Meeting Monday Nights At 7 pm!

AL-ANON.ORG

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

1. Go to the Play Store app on your phone
2. Search for and download "Al-Anon Family Groups" app
3. Open the app and create your account
4. At the bottom, click on "Meetings"
5. Under "Meetings" search for "WA Area Alateen Room"
6. When it is time for the meeting, the "Join" button will be red. Click on "Join"

Lanyards Available For \$5

August 2023 AWSC

SATURDAY AUGUST 5, 2023
9 AM - 5 PM

**23909 Crystal Lake Road
Woodinville, WA 98077**

LOCAL HOTELS:
Hampton Inn & Suites 19211 Woodinville Snohomish Rd, Woodinville, WA 98072-(425) 788-9247
Residence Inn by Marriott 11920 NE 195th St, Bothell, WA 98011-(425) 485-3030
Holiday Inn & Suites 3850 Monte Villa Pkwy, Bothell, WA 98021-(425) 398-9700
Country Inn & Suites 19333 N Creek Pkwy, Bothell, WA 98011-(425) 354-4997
McMenamin's Anderson School 18607 Bothell Way NE, Bothell, WA 98011-(425) 398-0122

**TO REGISTER OR FOR MORE INFORMATION EMAIL
DISTRICT15@SEATTLE-AL-ANON.ORG**

Breakfast, lunch, snacks, coffee, tea and water provided. Donations gratefully accepted.

WANTED

Phone Volunteers



Requirements:

- > Desire to help others
- > Limited cell phone and internet savvy

Benefits:

- > Satisfaction from helping others
- > On the job training
- > Flexible hours

To Volunteer or get more information please send an email to phones@seattle-al-anon.org or call 206-625-0000 and leave your contact information.

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.



Battery Recharge

by Milton H

Before being exposed to Al-Anon, I always seemed to be running on a low battery. I got very little sleep and always seemed to be on-the-move, resulting in often feeling tired and run down. I would get up early in the morning and depart for the office before the alcoholic woke up. I was also prone to working late and being engaged in multiple volunteer and sports activities. These behaviors were coping mechanisms of avoidance of the alcoholic. When my battery was lowest, however, similar to my vehicle not starting, my behavior was prone to explosive outbursts, or at the least, poor misguided actions. Often resulting in self-induced crises.

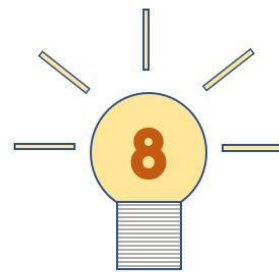


Living in the future is attempting time travel.

Anonymous

Tradition Eight

Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.



Relating still to the car battery analogy, there are still times when my battery gets really low and the starter goes click, click, click; I'm on the edge of explosion. At these times talking to my sponsor is like getting a jump start. He helps bring me back from the brink before I do or say something stupid, dangerous or destructive.

Fortunately, today I seldom feel run down on a daily basis. By practicing the Legacies and attending meetings my life tends to keep a fairly full battery. More specifically, I liken attending meetings regularly with my new all-electric car. Unlike a regular gas auto, there are not refueling stations on every corner. So, when that battery gets low, my anxiety levels spike the closer to empty I get. To combat the potential explosion, or is that implosion, every couple of days I plug in, keeping my energy topped off.

As I hear often, and wholeheartedly believe to be good for me, I will "keep coming back."

EASY Alateen Outreach Event

Panel Speaker Meeting

Wednesday September 6th
From 6:30 PM to 8:30 PM

Snacks and drinks will be provided
Feel free to bring an appetizer/snack &/or dessert

This is an open event, so everyone is invited
bring along your family and friends!

Maplewood Presbyterian Church
19523 84th Ave W Edmonds 98026
(corner at 196th St)



**Horas de Aperatura
de Seattle AIS**
El Primer SÁBADO del Mes

11 AM - 3 PM

All Pilgrims Church
509 10th Ave E. Seattle, WA 98102

¡Únate a nosotros para disfrutar de golosinas,
café y compañerismo! Sin oradores, solo
mucha literatura aprobada por la Conferencia
para echar un vistazo y/o comprar y ver a los
amigos! ¡Los recién llegados y veteranos todos
son bienvenidos!

Recogida en la acera disponible.

Nota: Ingrese por la 10th Ave por la PUERTA AZUL (NO por
la Broadway). PRESIONE EL TIMBRE DE AL-ANON.
Estacionamiento gratis en la calle. Hay dos sitios que se
paga el estacionamiento que es QFC y E. Republican entre
Broadway y Harvard.
Voluntarios: ¿Te necesitamos? ¡Por supuesto!
Envíe correo electrónico al
vicechair@seattle-al-anon.org




AIS Council Meeting

The next Council meeting is Thursday, August 10th, 2023, 7:30-9:00 pm. Click the AIS website 2023 *Calendar* link on the *Events* page (<https://www.seattle-al-anon.org/events>) for the zoom information.

AIS Board Meeting

Thursday, October 19th, 2023, 7:00-8:30 pm. Click the AIS website 2023 *Calendar* link on the *Events* page (<https://www.seattle-al-anon.org/events>) for the zoom information.



Seattle AIS Office Hours
First SATURDAYS of Every Month

11 AM - 3 PM

All Pilgrims Church
509 10th Ave E. Seattle, WA 98102

Join us for treats, coffee and fellowship! No
speakers, just lots of Conference Approved
Literature to browse/buy and friends to see.
Newcomers and Long Timers Welcome!

Curbside pickup available!

Note: Enter on 10th Ave via the BLUE DOOR (NOT on
Broadway). PUSH THE AL-ANON DOORBELL. Free street
parking available. Paid Parking at the QFC or on E.
Republican between Broadway and Harvard.
Volunteers: Do we need you? Of course we do: Email
vicechair@seattle-al-anon.org for more info




Concept Eight

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.



Need a Free Newcomer Packet?

Anyone local to Seattle who is a newcomer and wants an individual newcomer packet (or in Spanish, too!), please send an email to outreach@seattle-al-anon.org with the name and mailing address.



Out of the
Toolbox
by BITS Columnist Callie D.

Loving Someone from a Distance Part II



In a previous post I wrote about an encounter with a fellow traveler...while I was actually “travelling.” We were sharing our “experience, strength and hope,” when he uttered these wise words; “...sounds like you need to love them from a distance.” I rolled that version of “detachment” around in my mind for the remaining drive home. How can I implement it without feeling guilty or like I have somehow abandoned the relationship with the alcoholic? Over time I have been exploring different ways of applying that concept.

Recognizing the glaring dysfunction and one sidedness of our interactions was key to allowing myself to limit exposure to the poisonous atmosphere that alcoholism tends to generate. As with other trips, returning home after hours of driving, I waited in the darkness until the lights went out. There is good reason for this practice, even though it is exhausting and frustrating to have to navigate this way.

Sadly, within the increasing impairment, just about any encounter with the alcoholic has become harmful to my wellbeing. They often badger me with questions, or villainize me for something that happened while I was away. They rush to dump bad news on me, and/or demand that I share my personal information or gossip about other people. If I don't comply with the response they want, rage and criticism routinely erupt from them, shattering my peace.

It has been excruciating to accept the reality of how damaged my loved ones have become within their disease. For years I operated from vulnerability and openness, approaching them as if we were on mutual ground. Too many times I would walk away with my heart crushed and my mind spinning with bewilderment.

I have also felt responsible to soothe the alcoholic and to try to lift their mood. What a dance of futility, as alcohol is a depressant, and alcoholics often swathe themselves in self-pity! I finally recognize that I am powerless over the behavior and moods of the alcoholic!

Indirect contact tends to be the best way for me to “love” someone from a distance. I have found that notes and texts written concisely and diplomatically are a good way to communicate. I perform quite a few “acts of service,” being mindful to act out of choice, and not subjugating myself to the alcoholic’s demands or manipulations. Limiting direct contact also gives me more capacity to “Live and Let Live.”

It may sound counterproductive, but “focusing on myself” engenders healthier love for others. I was a natural born “caregiver” and “rescuer” for most of my life. But it doesn’t do the alcoholic, or me, any good to join their orbit around the bottle.

July 2023 AIS Council Meeting Minutes (Summary, not yet approved)

Meeting Opened at 7:30 PM with the Serenity Prayer

Attendance: 20 individuals

Introductions: all

Readings: Concept 7 by Ginny

Secretary: Kathy K: June Council Meeting minutes accepted as presented.

Chair: Karen L:
August AWSC (Area World Service

Committee Meeting) Aug 5:

AIS has a vote at this meeting and Karen will attend. Some districts do not have a DR and the attendance will be around 30 people. There is a GR petition for Fall Assembly to be a hybrid meeting instead of in person. Karen plans to vote for a hybrid meeting if there is a vote. She recommends groups talk to their DR for more information.

Ice Cream Social: August 20th 2-5pm: Solveig has posted the flyer. There will be a committee lead meeting Aug 2. We need 1 more set up person. Arden may need another person as well.

Meeting information:
Karen is working on info for the Board Meeting. She notes that groups had previously been about 50/50 split in terms of zoom versus in-person/ hybrid. We are now 60% in some version of in-person which will likely increase literature sales.

Treasurer: Gary H: Seattle AIS remains financially stable. He will be presenting to the Board what he feels our ample reserve and checking accounts should be in terms of both reserve and actual operating monthly costs. The finance committee met prior to the Board Meeting next week to discuss the appropriate amounts for the ample reserve and checking. We do have excess funds in each that can be used for outreach.

Vice Chair Report: Dave M: July Open House Report: 4 people came and were engaged in fellowship with some literature sold. There was a thorough cleaning and inventory of the literature in the office as well. Two people are needed to staff the office during the openings. He is sending thank-you notes to groups and individuals who are donating.

Coordinators:

LDC: Mary R. The new daily reader has arrived, “A Little Time For Myself” available in Spanish and English. We have 1 case each

and it is selling briskly. Three more cases have been ordered.

Linda has been doing inventory and keeping everything in stock. We have an overstock of pamphlets (WSO has changed the look of the pamphlets). We are making them available for free. We are offering free copies of the 2018-2021 AI-Anon/Alateen Service Manual and the 2018-2021 AI-Anon Groups at Work. Most of the contents are the same as the 2022-2025 version.

We still need 2 more shipping volunteers for Thursdays to do shipping.

We were asked to report on the top 10 sellers in CAL books for the first 6 months of 2023.

1. How AI-Anon Works
2. Courage to Change
3. 2022-2025 Service Manual
4. Hope For Today
5. Reaching For Personal Freedom
6. ODAT
7. Paths to Recovery
8. Spanish 2022-2025 Service Manual
9. In All Our Affairs
10. Transforming Our Losses

Phones: Dave M (outgoing Coordinator): It was a very quiet month. There were 32 calls in June with 16 days having no calls but there have been 32 calls in July already. There are only 11 active volunteers. 71% of calls needed assistance in regards to needing meeting information, general information, and occasional calls from professionals. He is recruiting new volunteers in September and asks that we continue to recruit at the group level.

Tech: Pierre J: It has been very smooth with no problems. Please contact him if we need any help.

Outreach: Solveig W: Reminder: There is a Newcomer's Meeting (zoom) sponsored by D16 on the 2nd and 4th Friday night 7:00-8:15 pm. She encourages all to attend to provide service to newcomers. They do answer questions at the meetings. She has been sending out newcomers packets. She

welcomes feedback on outreach ideas to help determine how AIS should spend money this fall.

She would like to gather more information from groups in regards to outreach ideas. There are not a lot of groups doing outreach currently. She thinks money grants to groups doing outreach for literature may be a good use of surplus AIS funds.

She asks the following questions.

1. How did you hear about AI-Anon?
2. Have you seen outreach information?
3. Any ideas for how to do outreach activities at the group level.

The information table in Milton was staffed locally and another event in Tacoma that members from Pierce County will do.

Communications: Jackie T: The new Meeting Directory Editor is trained and doing a great job, as is everyone.

Old Business: In the latest revision of the By-Laws, Archives was made part of Communications and is 80% organized. There will be an archive table at the Ice Cream Social, as there is surplus material that can be given away. Jackie will staff it.

New Business: none

Next Council Meeting: Thursday, August 10th, 2023 from 7:30-9:00 PM

Next Board Meeting: Thursday, July 20th, 2023 at 7:00PM; Ample reserve discussion.

Adjournment: AI-Anon/Alateen Declaration at 8:29 PM

Submitted by Kathy K, Secretary

Thank you for your donations and your support of AIS!

Our funding now comes primarily from:

*Donations by Members, Groups, and
Districts

*Literature Sales

Please send all AIS mail, including checks for
literature orders and donations, to:

Seattle AIS

505 Broadway E #400
Seattle, WA 98102-5023

[Donate Now](#)

And More ...

MEETING SCHEDULE: registered Al-Anon
groups in the Greater Seattle Area. Hybrid,
Concurrent, and in-person meetings are
listed

MEETING SCHEDULE

Please visit our **Members** section for the
most up-to-date information on:

- [List of AIS Officers and Coordinators](#)
- [Where to Send Donations](#)
- [District Representatives and Business Meeting Information](#)
- [AIS Financial Information](#)
- [Calendar of Events](#)

Meeting News

News from the Meeting Directory Editor

The following changes were made from June
15 through July 30.

- Wednesday, 7:00 PM, Alderwood AFG,
Changed to Alderwood/Edmonds AFG {7/10}
- Monday, 7:30 PM, Salmon Bay Candlelight
AFG, Changed to Hybrid meetings 1st
Monday of each month, all other meetings
Zoom only {7/13}
- Saturday, 10:00 AM, Expect a Miracle,
Changed Zoom ID to 876 3344 8523 {7/14}
- Saturday, 11:00 AM, Search for Serenity,
Changed Email
to searchforserenitybellevue@gmail.com
{7/22}
- Saturday, 10:00 AM, Expect a Miracle,
Changed Zoom link and meeting ID to 867
9195 0378 {7/26}

Best,

Wren B
Seattle Al-Anon Information Service
Meeting Directory Editor
