



the bits newsletter

Seattle Al-Anon Information Service

[NEW TO AL-ANON?](#)

[FIND A MEETING](#)

December 2023

Seattle AIS Sound Transit Winter Ad Campaign

by Solveig W - Seattle AIS Outreach
Coordinator

Are you curious what happens to your AFG
group's Seattle AIS donations?

Our annual budget goes directly toward
supporting Seattle Area friends and families
of alcoholics. Seattle AIS is a non-profit
corporation that serves WA Area Al-Anon
Districts 14-22. Through your donations, our
modest budget pays for digital
communications software for answering
Newcomer phone calls and texts, our website
infrastructure, our Capitol Hill office rent,
insurance, business software and other back-
office expenses to support our Conference
Approved Literature (CAL) service. Our
Volunteers do the rest!

One of our largest budget expenditures is for
Outreach. How can friends and family find Al-
Anon if they don't even know we exist? Every
year Seattle AIS pays for an Al-Anon Winter
Awareness Advertising Campaign in the
Seattle Area (King County) to spread the
word to prospective Newcomers about what
Al-Anon is, how it works, our Seattle Area
meetings and the Literature Distribution
service we offer.

Over the past two years, Seattle AIS
implemented a digital advertising Outreach
campaign. We ran digital ads that appeared
on various websites on the internet as well as
YouTube and Spotify that reached over a
million people each winter.

This year, we are trying something new!



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.



SCAN ME

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

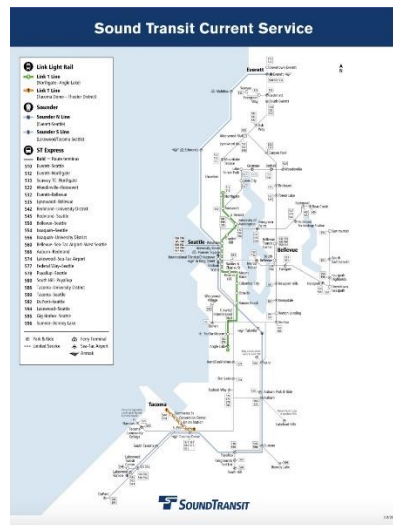
206-625-0000

AL-ANON.ORG

The AIS Council is pleased to announce a WSO-approved Al-Anon awareness campaign in both English and Spanish on Sound Transit trains and express buses. Sound Transit has given us a public service discount by matching our ad dollars 1:1. The Al-Anon Sound Transit ads will run from November 14, 2023 through February 4, 2024 and again next winter 2024/25. The campaign appears on Sound Transit trains and express buses that serve people commuting to and back from Seattle up to Everett down to Dupont Circle and out to Issaquah as well as other Seattle area suburbs.

or email outreach@seattle-al-anon.org for more information.

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



NO TODOS LOS QUE ESTÁN
ATRAPADOS POR EL ALCOHOL
SON ALCOHÓLICOS.

La familia y los amigos
también están sufriendo.

¿Se preocupa de cuánto
bebe otra persona?

Al-Anon y Alateen pueden ayudar.

Grupos de familia Al-Anon
Ayuda y apoyo para los familiares y amigos de las adicciones

206-625-0000

AL-ANON.ORG

Over the next two years, Seattle AIS will spend approximately \$10,000 on these Sound Transit 17" x 11" inside ad cards. Our ad directs people to the Seattle AIS phone number and online to special Newcomer landing pages on <https://www.seattle-al-anon.org> via scannable QR codes.

Thank you for a Fun, Successful and Rewarding Year!

by Karen L - Outgoing Chair

If you wish to print these Sound Transit ads for your own AFG to use, you can find the digital files in both English and Spanish on the Seattle AIS OneDrive.

Thank you for a Fun, Successful and Rewarding Year!

Also, don't forget our free Outreach bundle is available to Seattle Area AFG groups (Districts 14-22 only, please). Many more Outreach resources are available at <https://www.seattle-al-anon.org/outreach.html>

By any measurement I can think of, from attendee and volunteer numbers to financials to fun factor, I think Seattle AIS has succeeded in 2023! Last month I would have proudly said “and we did this while consciously aligning our policies and practices more with the Al-Anon Traditions

and Concepts.” Today, as I reflect, I wonder, is it really BECAUSE we practiced Al-Anon’s Legacies that we accomplished so much? My sponsor and service sponsor would probably tell me it’s the spiritual part of the program at work.

What I do know is that our success wouldn’t be possible without the “Village” of dedicated members that make the magic happen with their service and fill our spiritual buckets.

THANK YOU to the wonderful Village that includes:

Alt Group Reps/Group Reps and Alt District Reps/District Reps that come to monthly council meetings and quarterly board meetings to learn about, discuss, guide and direct AIS policies and programs.

Officers and Coordinators that devote their time and skills in each of their areas as well as participate in the organization’s well-being. The committed Volunteers that deliver AIS services, such as, all the information on the AIS website, BITS, literature orders, the open houses and answering the phones month after month.

Highlights of our 2023 accomplishments:

AIS will spend \$5,000 for a Sound Transit ad campaign! This is our largest Outreach investment ever, made possible by the solid financial performance this year and our excess ample reserve fund. English and Spanish ads will be in Sound Transit trains and buses this holiday season.

We opened the AIS office that had been closed since 2020, for fellowship, literature purchase and pickup on the first Saturday of each month. Come by to see the nearly 200 pieces of literature available for purchase!

The 2023 Ice Cream Social was as successful as 2022. This year we added a BINGO contest. With sufficient volunteers, we plan for this event to return again in 2024.

We will sell over \$25,000 of Conference Approved Literature this year! In the previous 3 years, we have not exceeded \$15,000. Thank you to the Groups ordering literature as they return to in-person meetings, the new daily reader, and the fabulous National Spanish Conference.

We will beat our budgeted net income through a combination of donations, literature sales and reduced overhead costs. We have spent funds carefully, consciously and wisely. Thank you to the Groups and members that made 2023 our largest year for donations in several years.

Rotation of Service: about 60% of our service positions are filled by members new to these positions and 60% are serving for their first time in AIS. Fresh eyes and new ideas keep AIS moving forward, not to mention broaden our AIS community. Are you considering a new or different service opportunity? If so, come join the fun!

What’s coming in 2024:

Congratulations and THANK YOU to Dave M, the Chair for 2024!

Gary H and Kathy K are willing and were re-elected to return in 2024 for a second year as Treasurer and Secretary respectively. YAY!

THANK YOU for Coordinators returning for year 2 in their positions: Mary R and Linda H as Co-LDC (Literature) Coordinators, Solveig W as Outreach Coordinator and Pierre J as Tech Coordinator.

WELCOME to Heather R, our new Phone Coordinator.

We currently do not have anyone in either the Vice-Chair or Communications Coordinator positions! Both positions would provide

excellent opportunities to get involved at the AIS service level.

Lastly, I loved being the AIS Chair for the past 2 years. It wasn't always easy, but it has been very rewarding. Have you heard the quote "You can't keep it if you don't give it away"? The Epilogue in Paths to Recovery, p 339 says "We find that when we serve each other and the fellowship, we can only give away those aspects of recovery we learn to practice in our own lives. As we serve ... our own recovery expands, and we have more and more to give away." I have learned and grown by serving. THANK YOU for the opportunity to grow and practice Traditions and Concepts in the safe, supportive Seattle AIS community. I hope all of you will also take the opportunity to experience the fun and rewards of Seattle AIS so you have even more to give away.

Karen L
2022-2023 Chair
(2024: a happy LDC Shipping Volunteer)



[Order the Forum Magazine](#)



Al-Anon's monthly magazine features timely sharing's 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

2 Men, One Meeting

by Clif H, BITS Editor



In this month's BITS you will see that 2 men submitted articles about their individual experiences at a common meeting in November. These men share the background of having been affected by alcohol, each having different life experiences, resulting in different personal take-aways from the meeting. Years ago, our home group was experiencing a drop in membership and while discussing this as a problem one of the members said what has become a guiding principle for me: "People will be at the meeting they are supposed to be at." In the same way the following articles describing the same meeting show that we each hear what our Higher Power wants us to hear.

1 meeting, two men, two different stories.

Candlelight

by Allen L

At my men's meeting the topic chair did something very different; he handed out a bunch of LED tea candles and turned out the lights! It took some time for my eyes to adjust

to the dimness just as it took a little time for my mind to adjust to this different approach.

As the meeting progressed I found that the topic chair's comment that it would be like talking around the campfire was not far off. The dim and indirect lighting seemed to highlight the other men's faces giving a special depth to their sharing.

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

I seemed to hear a different level of openness and honesty in the shares. Perhaps it was just my listening differently because I couldn't see the visual distractions. Perhaps it was the extra layer of anonymity that the darkness provided but whatever the reason that men's candlelight meeting was, for me, a powerful "spiritual experience".

A special thanks to that topic chair who brought a fresh outlook to our meeting.

Candlelight Meeting

by Clif H

Last week at my home group meeting, a men's meeting, the topic lead for the night decided on candle-light sharing. I had not previously experienced such a thing at a regular Al-Anon meeting. For safety purposes, of course, he brought a box of electric tea lights. This provided an unexpected atmosphere. Having grown up in the 60's attending many church services where candle-light services were regular events, I personally had an unexpected reaction to the announcement. Was it fear?

Concern? I've yet to put a name on it, but it was about as visceral a reaction as I've had in recent years. My experiences as a child, and those more recently as a grandparent, certainly don't hold any negative memories or negative feelings in my conscious memory. So, why would I have such a reaction in the safest place in the world for me? I find this puzzling.

The topic for the night was Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. As I sat quietly listening to the topic chair and throughout the shares of the others, I became slowly less enmeshed in my initial feelings. I dearly loved the way several described prayer as speaking to my higher power, whereas, meditation was spoken of in terms of listening for his guidance. Sure, I'd heard these same words used to describe prayer and meditation in the past, however now, in the context of this unusual candle-lit room, they had taken on altered meaning for me. While I did not share during the meeting, as I was busy in self-evaluation and recovering some of my own memories of the positive events in my life as the result of meditation and quality listening. My most memorable experience resulted in, quite literally, as a young adult, the difference between life and death.

As I was first working Step Two: Came to believe that a Power greater than ourselves could restore us to sanity, I drew upon that memory to solidify my belief in my Higher Power.

While writing this article, I've done a considerable reflection on the experience of the candle-light meeting, and I find that the greatest value to me of this meeting did not take place during the hour-long sharing's, but

instead, in the evaluation of the feelings it invoked. The unnamable feeling got my attention and my job was to listen. I thoroughly believe that my Higher Power sent a message through the Topic Lead and my fellows that shared, that He remains with me.

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

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"

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

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.



"My Experience Strength and Hope" (M.E.S.H.)

by Gary H and Lar F

The My Experience Strength and Hope (M.E.S.H.) Al-Anon Speaker meeting is looking for your group's support as the meeting host. M.E.S.H. is a monthly in-person speaker meeting held on the second Saturday of each month at the St David Emmanuel Episcopal Church at 18842 Meridian Ave N, Shoreline (District 22).

The meeting has been suspended for several years and just re-started in November. The meeting is supported by groups in nearby districts; a different group hosts the meeting each month by finding one AA and one Al-Anon speaker, setting up the meeting space with help from the coordinators and other M.E.S.H. friends, bringing snacks, brewing coffee, and providing script readers. Typically, four volunteers from your group is plenty to host the meeting, but groups often make it a fun social event. This is a fun and easy way to perform a group service activity. Please email the M.E.S.H. coordinator at <mailto:mesh.coordinator@gmail.com> if your group is interested in hosting.

2nd Saturday MESH Speaker Meeting AFG
IN-PERSON ONLY, 90 minutes
Families, Friends, & Observers Welcome
District 22 Group 503944

St David Emmanuel Episcopal Church
18842 Meridian Ave N, Shoreline
98133

--
mesh.coordnator@gmail.com

"My Experience, Strength, and Hope"

M.E.S.H.



MONTHLY SPEAKERS MEETING

Saturday, December 9, 2023 at 7:30 PM

Hosted by The Hope for Today
Al-Anon Family Group, Seattle, WA.

2nd Saturday MESH Speaker Meeting AFG
St David Emmanuel Episcopal Church
18842 Meridian Ave N, 98133

IN-PERSON ONLY, 90 minutes
Families, Friends, & Observers Welcome

Please join us on the 2nd Saturday of each month as
An AA Speaker and an Al-Anon Speaker share:

AA Speaker: Janet R..
Al-Anon Speaker: Ken B.

**CANDLE
LIGHT
DINNER**

Renton Thursday Night AFG invites you
to our annual Candlelight Dinner and
Meeting

Please bring a potluck dish, a candle,
and gratitude

St. Luke's Episcopal, 99 Wells Ave. S, Renton WA 98057
Thursday, December 14, 2023
Potluck dinner starts at 6:30pm
Meeting 7:30-9pm

World Wide Fellowship - H.E.A.R.

by Dave M

I have often heard the phrase “the Worldwide Fellowship of Al-Anon” but have to admit, never thought much about it! The concept always seemed kind of ethereal and of no consequence to me to say the least.

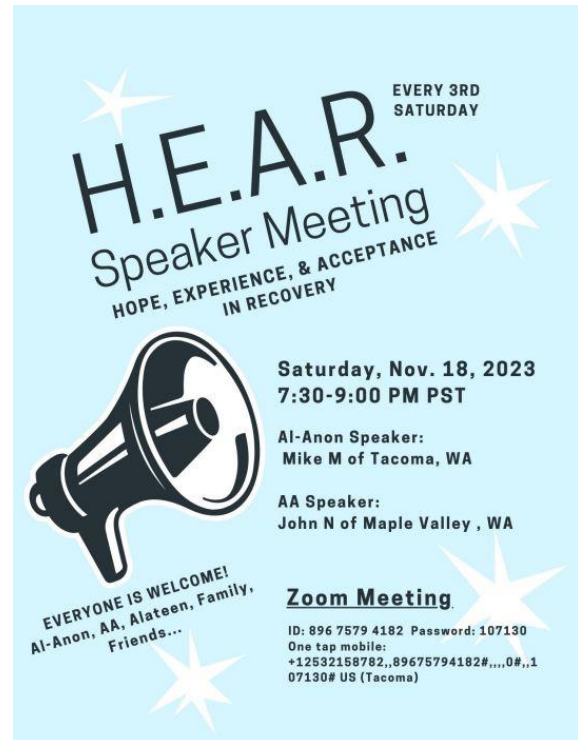
My reality changed abruptly early during the Covid 19 pandemic! A good friend of mine was invited to be the guest Al-Anon speaker at a meeting hosted in London, England! Really? Really! We ‘traveled’ via Zoom to the meeting early one morning. The people had different accents but the language being spoken was definitely Al-Anon! The message of hope is universal regardless of geographic location.

Two and a half years later, the H.E.A.R. Speaker Meeting will be beaming in a couple of speakers from New Zealand to share their experience, strength and hope. One speaker will share their Al-Anon experience, while the other will share their AA experience.

Through the miracle of technology and the WSO website, during the pandemic, one of the speakers was able to locate our meeting and has been attending regularly since then.

The meeting will take place on December 16th at 7:30 pm PST. Invitation link is: <https://us02web.zoom.us/j/89675794182?pwd=UDNuWnZkOXRSM1AwdVc3UjF5QW9YU09>

Please join us and celebrate “the Worldwide Fellowship of Al-Anon!”




EVERY 3RD SATURDAY

H.E.A.R.

Speaker Meeting

HOPE, EXPERIENCE, & ACCEPTANCE
IN RECOVERY



Saturday, Nov. 18, 2023
7:30-9:00 PM PST

Al-Anon Speaker:
Mike M of Tacoma, WA

AA Speaker:
John N of Maple Valley, WA

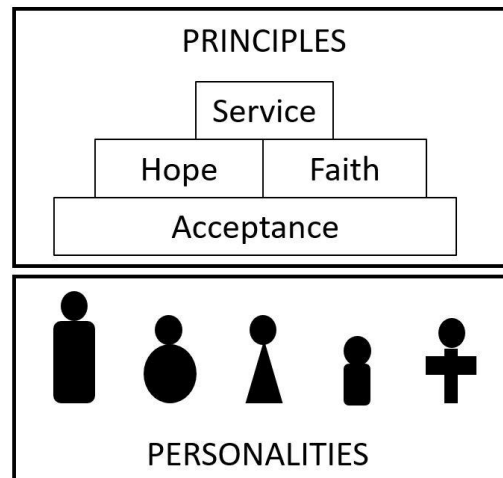
Zoom Meeting

ID: 896 7579 4182 Password: 107130
One tap mobile:
+12532158782,,89675794182#,,,,0#,,1
07130# US (Tacoma)

EVERYONE IS WELCOME!
Al-Anon, AA, Alateen, Family,
Friends...

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.



Thank you to all the groups and individuals who purchased nearly 8 cases of the long-awaited new daily reader, "A Little Time for Myself", in November. Just as AIS was about to order more, WSO announced that it was unfortunately out of stock again. WSO anticipates receiving more from the printer by late December, at which point AIS will order as soon as we are notified. Therefore, it looks like it will be January before we can get them.

We have a few left and will continue to fill orders as long as they last.

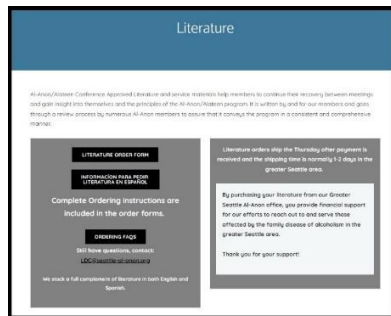
Access to Al-Anon Literature

by Mary R - LDC Co-Coordinator

Do you like a quick easy access to Al-Anon Literature?

Seattle AIS/LDC offers an easy way to purchase Al-Anon Literature for yourself and/or your group. In English and Spanish. We have all the Literature available.

Purchase Literature - GREATER SEATTLE AL-ANON AND ALATEEN (seattle-al-anon.org)



At our Literature Distribution Center in Seattle, you can order literature from an on-line form and have it delivered to you at your address. (See more ordering details at the end of this message)
Or you can come pick it up on the first Saturday of the month.
(See the flyer in the BITS).
We have volunteers ready to take your order via e-mail at LDC@seattle-al-anon.org, and more volunteers to pack it up and ship it to you.

As life does there are always changes in our personal lives. Right now, life has changed for some us in LDC. We NEED VOLUNTEERS to facilitate your literature orders.
The two positions are Home Volunteer and Shipper.
The Home Volunteer takes as little as an hour a day, computer access, and as the title implies you don't even have to leave home to do it.
The Shipper position is 2-3 hours in the office, generally once a month.
Both positions come with training, assistance, and fellowship with other volunteers.
This is an easy way to perform service in Al-Anon, and grow your personal program.
Please contact Mary R or Linda H at LDC@seattle-al-anon.org if you would like to join us.

Ordering note.
Download the order form from the web site Purchase Literature - GREATER SEATTLE AL-ANON AND ALATEEN (seattle-al-anon.org) to your desktop, fill it out completely, then attach it to an email and send it to LDC@seattle-al-anon.org.

When LDC receives it, we will process an invoice and email the invoice to you. It will have the Review and Pay Now button on it. After you review, click that button and follow the credit card instructions.

AIS Council Meeting

The December Council meeting is cancelled. At the November meeting, the Council voted to cancel the December 14th meeting and instead have a Potluck at the December 2, 2023 Open House at the Seattle AIS office from 11:00-3:00. It will be an opportunity to thank and meet the 2023 and 2024 Council members. Bring your favorite dish. All members are welcome!

Click the AIS website 2023 Calendar link on the Events page (<https://www.seattle-al-anon.org/events>).



Saturday Dec 2, 2023
11 AM - 3 PM
Masks **OPTIONAL**
All Pilgrims Church
509 10th Ave E. Seattle, WA 98102
OPEN OFFICE POTLUCK
Join us for food, fellowship and to browse and buy literature - and say thanks to the 2023 Volunteers and welcome the 2024 Trusted Servants! Bring a side, main or dessert.
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 Twelve

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

- (1) that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
- (2) that no Conference member shall be placed in unqualified authority over other members;
- (3) that all decisions be reached by discussion, vote and whenever possible by unanimity;
- (4) that no Conference action ever be personally punitive or an incitement to public controversy;
- (5) that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

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.

Season of Change

I have often felt disloyal for even thinking about changing jobs or allowing a relationship to come to a close. This pattern was embedded in me at an early age. I must stay and keep trying, no matter how crazy or unresolvable the situation is.

Growing up in the turmoil and cruelty of an alcoholic home, I lived for the sporadic crumbs of care and stability. I remember feeling so loved just being able to sit by my mom or dad on the couch during a TV show, without being rejected or reprimanded.

I have nearly twisted myself into a pretzel to try to “save” a relationship. I have given that “benefit of the doubt” too many times, instead of trusting my gut that told me something wasn’t right. The deceitful mind game of “intermittent reinforcement,” where I’d get hooked back in by a scrap of decent behavior. I wanted to believe the best...but that often turned into magical thinking or a fantasy.



Photo by Callie D

I have learned in my recovery that not everything is meant to go on indefinitely. In fact, seasons of jobs, relationships, interests, and even specific 12 step meetings may no longer be a good fit as one evolves. Some relationships and situations just have a natural conclusion. But as an adult child of alcoholics, I have generally felt guilty or like I’ve failed when something ends.

One of the first things I heard in the rooms was, “Don’t accept unacceptable behavior.” But even when I have been able to avoid direct exposure, the alcoholic can get to me by leaving a demeaning note, or vicious voicemail. I knew I could no longer navigate all the emotional whiplash of their reactivity, and other damaging behaviors directed at me.

I have recently approached a very challenging situation with the alcoholic, in a different way. I was terrified that things would just get worse! I was diplomatic, called their bluff, and addressed the natural consequences of their actions in writing. They didn’t like that result so they backpaddled out of their accusations!

This last year I finally decided to “put the focus on myself.” In previous years, my life and focus had been sucked into the vortex and bottomless pit of alcoholism. I knew I needed to gather the “courage to change” and schedule long overdue wellness appointments and set stronger boundaries.

I have overhauled my nutrition, gone from hypothyroidism to optimal levels, lost over 20 pounds, and am working on my insulin resistance. I have also executed some “necessary endings” regarding unhealthy situations. I am still deeply affected by the disease of alcoholism, but I will continue to gain ground, “One day at a time.”

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

Meeting Opened at 7:30 PM by Karen L
Chair

Attendance: 18 individuals

Introductions: all

Readings: Concept 11, Mary R

Secretary: Kathy K: Reading and Approval
of the October Minutes.

Chair: Karen L, Chair: There will be a WSO
Webex for AIS and LDCs on Nov, 29th, 2023.
This will be an informational session and
opportunity for answers to questions
regarding literature and sales.

Area and Electronic Meetings changes and
impacts on AIS:

The passage the Fall Assembly motion which
will authorize districts to admit electronic
meetings formed during the pandemic and
who wish to stay in a local district, a
mechanism for admittance to a district. This
will impact AIS in terms of the meeting
directory. The districts are still working on the
process of criteria for admittance and AIS will
wait to hear from the districts.

November Elections: All officers listed below
were nominated and elected by anonymous

poll of the eligible voting Council members
attending this meeting.
Incoming Chair: Dave M
Vice Chair: no candidate but we can continue
to look
Secretary: Kathy K
Treasurer: Gary H
Coordinators will be appointed by the Chair.

Treasurer: Gary H: Financial reports:
Seattle AIS remains financially stable. He
provided in great detail the proposed 2024
budget, with excellent comparisons to the
current year's budget and expenditures.
Action Item: Motion to approve the 2024
budget as presented. Motion Passed.
There were 16 in favor and 1 opposed with 0
abstention.
Minority opinion against was that they would
like to see the budget passed in January
rather than now and thinks revenue will be
higher than projected in the budget.

Vice Chair Report: Dave M: The office was
open in Nov. The fellowship was appreciated
and they sold some literature. He is sending
thank you notes to groups and individuals
who are donating.

Coordinators:

Phones: Dave M (outgoing Coordinator): 39
calls were received with 26 (68%) being Al-
Anon related. 80% of the calls were between
9:00 am and 5:00 pm weekdays. There were
4 voice messages and 5 texts, all were
responded to. The new phone coordinator
Heather R has started training and there will
be an article in the November BITS
requesting additional volunteers.

Communications: Jackie T: She reminds
us that any holiday changes to meetings
should be sent to the Meeting Directory
Editor at meetingdirectoryeditor@seattle-al-anon.org.

Outreach: Solveig W: The Sound Transit Campaign will run in Nov 11 through Feb 4, 2024 and again the same dates next year. There are both English and Spanish versions of the ads. There is a dedicated QR code that we can track to determine the effectiveness of the campaign as well as our phone number. The QR code will direct people to the Newcomers page of the AIS website. She showed us an example of the ads which are 17" x11" in size and are placed above the seats in buses and light rail. She is excited to see if it will increase web and phone traffic. The length of this campaign is 2 weeks longer than the digital campaign of last year.

200 Al-Anon pamphlets were given to AA Intergroup.

She is still answering emails and sending out newcomers packets.

LDC: Mary R: LDC now has the daily reader "A Little Time for Myself" B34. They have processed and shipped all the pre-purchased and wait list orders. They are receiving and processing new requests daily. They did receive donations of books and pamphlets from 2 groups that are no longer meeting. The first Saturday office openings continue to go well.

They are drastically in need of at least one Home Volunteer for LDC and would like one more volunteer for the Thursday office literature shipping. Training for both is provided electronically or on site.

Tech: Pierre J: All is going smoothly. He is going to meet with Linda and edit the pdf book list.

Old Business: Volunteers needed for LDC Home shipping and Thursday shipping from office.

New Business: Karen recommends cancelling the December Council Meeting as there is not much year-end business and the year-end budget numbers will not be available then. The November financials can be sent by email. Via poll the vote was to cancel the December Council Meeting.

She suggested a year-end potluck at the December 2 office opening and polled via zoom and a majority would like to do this.

Seventh Tradition: <https://www.seattle-al-anon.org/donationinfo.html>

Next Council Meeting: There will be no December Council meeting. Next meeting will be January 11, 2024 at 7:30 PM

Next Board Meeting: TBD

Adjournment: Al-Anon/Alateen Declaration at 9:07 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](#)
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Meeting News

News from the Meeting Directory Editor

The Holidays are right around the corner. Please note that you DO NOT need to submit a meeting directory request for meetings that still plan on meeting. Only submit these requests if your meeting is CANCELED or CHANGED for the Holidays.

Here are the updates from the meeting directory:

- Saturday, 7:30 PM, MESH 2nd Saturday Speaker AFG, This meeting resumes on 11/11/23 and will be in-person only {11/1}

- Thursday, 7:00 PM, New Horizon AFG, This meeting is closed 11/23 for the holiday {11/9}
- Saturday, 9:30 AM, Saturday Morning Open Breakfast AFG, This meeting is closed and no longer running {11/9}
- Monday, PM, Magnolia Monday Nite Fireside AFG, This meeting has a new Zoom ID and passcode {11/9}
- Thursday, 10:00 AM, Kirkland Morning AFG, This meeting is now FFAOW {11/20}
- Sunday, 7:00 PM, Bothell Sunday Nite AFG, This meeting is closed 12/24 and will resume after the holiday {11/20}
- Thursday, 7:00 PM, New Horizons AFG, This meeting is Zoom Only on 11/23 {11/20}
- Thursday, 10:00 AM, Issaquah Day AFG, This meeting is Zoom Only on 11/23 {11/20}
- Thursday, 6:30 PM, Women Living in Focus AFG, This meeting is Zoom Only on 11/23 {11/20}
- Friday, 10:00 AM, Friday Morning Highlands, Meeting is now concurrent. No in-person meetings on the 2nd Friday of each month {11/20}

Best,

Wren B
Seattle Al-Anon Information Service
Meeting Directory Editor
