



the bits newsletter

Seattle Al-Anon Information Service

NEW TO AL-ANON?

FIND A MEETING

March 2023

Ready for Newcomers?

by Solveig W, Outreach Coordinator

Without in-person meetings, newcomers may feel even more lost, and in need of a little extra attention. Addressing the needs of the newcomers requires some thinking out of the box during this time. There is no virtual Newcomers Packet. Here are some ideas that you might consider.

1. Take advantage of the excellent New To Al-Anon tab on the WSO website. <https://www.seattle-al-anon.org/new-to-al-anon.html> It has lots of answers for the newcomer. You can post a link to the page in your chat box for newcomers. Or you can actually take screenshots from that page and post them in your Zoom meeting. If you are using a breakout room for newcomers (see number 4 below), this becomes especially helpful. There is now a newcomer orientation meeting the second and fourth Fridays of every month from 7-8 PM. Email al.anon.handshake@gmail.com to get the Zoom Link.

2. Many Groups have established a Group

email account. That email address can be shared in the chat window as a place where newcomers can ask questions or chat with a member of the Group - much like they might after their first in-person meeting.

3. Many Groups open the meeting 15 minutes in advance of their start time and stay 15 minutes after to welcome and answer questions from newcomers.



4. Zoom allows you to have a breakout room. Groups can offer to have the newcomers move to a breakout room where a group of members who have volunteered in advance will hold a smaller meeting that includes readings specific to newcomers.

5. Read one of the readings for newcomers under Section D of Optional Readings from the *Al-Anon/Alateen Service Manual* (p. 23, depending on the version.) The second one is Understanding Ourselves. It is the replacement for the older Newcomers Welcome that some groups in our area use. Understanding Ourselves is a good

introduction to Al-Anon and also a good reminder of our Al-Anon principles for established members. Since the Service Manual can be downloaded for free, you could email or text it to newcomers if you choose not to read it in the meeting. You can download it from this link <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

6. Ask members who are willing to take calls from newcomers to enter their phone numbers in the chat window.

7. For both newcomers and established members who are looking for literature, you can provide this link for ordering literature while our Literature Distribution Center is closed (The LDC is open now on the first Saturdays of each month from 11 AM - 3 PM) <https://seattle-al-anon.org/literature.html> is open 24 x 7 also. In addition, you can direct Newcomers to the outreach@seattle-al-anon.org email address for a free newcomer literature packet and it will be mailed to them.

8. Share the Seattle AIS website link so newcomers have access to the latest, most complete meeting Al-Anon and Alateen schedules. <https://www.seattle-al-anon.org/meetings.html>

Has your Group come up with another way to welcome newcomers during this time? Do you have another idea? Please let us know so that we can pass it along. outreach@seattle-al-anon.org

BITS Seeking Poetic Contributors

April is US National Poetry month, and it would be great to have the opportunity to print multiple poems in the April BITS. Would you be willing to create an Al-Anon poem for inclusion? Poems on the Steps, Traditions, or Concepts are wonderful. So are free-form poems addressing your experience, strength, and hope of recovery.

Please submit your entries to newslettereditor@seattle-al-anon.org



Spring Fling
Hosted by District 23
"Fellowship Blossoms"



Saturday
March 11th 2023
11am to 3pm

Suggested Donation \$10.00

Potluck Soup and Salad Lunch
Speakers TBA
Dessert Dash
Tables for Individual Groups to Fundraise if desired

Questions please contact
Committee Chair, Linda L.,
Speakers Bureau Coordinator
and GR for Easy Does It
speakersbureau@dist23.org

Word of Life Church
9028 51st Ave NE
Marysville WA 98270

Sign up sheet to volunteer available now!

Al-Anon/Alateen

50th Annual Burien Little Assembly

EVENT SCHEDULE District 14

March 11, 2023 -10:30 a/m – 5 :30 p/m

In person and online

Brooklake Church - Federal Way, WA
629 S 356th St.

Subject: AA's Three Legacies- "Our Common Solution"
Burien Little Assembly also features Al-Anon Family Groups Panels, an Al-Anon speaker and an Alateen speaker.

Al-Anon/Alateen

50th Asamblea Anual de la Pequena Burien

CALENDARIO DE EVENTOS Distrito 14

11 De Marzo de 2023 10:30 a/m – 5:30 p/m

En persona y en linea

Iglesia de Brooklake- Federal Way, WA
629 S 356th St.

Asunto: Los tres legados de AA: "Nuestra solucion comun"
Burien Little Assembly tambien cuenta con participacion de grupos de familiares Al-Anon Con participacion de oradores: Al-Anon y Alateen Paneles, un altavoz Al-Anon y un altavoz Alateen.

Letting Go isn't a Single Event

March 25, 2023

Noon – 6:00 PM

Doors open 11:30 AM

Renton Community of Christ Church

701 Monroe Ave NE

Breakout room 1

12:15 – 1:00

Breakout room 2

1:15 – 2:00

Breakout room 3

2:15 – 3:00

Potluck Dinner

Bring a dish to pass
3:15 – 4:15

Recovery Skit

4:30 – 4:45

AA Speaker

5:00 – 5:30

Al Anon Speaker

5:30 – 6:00

Hosted by Renton Thursday Night AFG

ASTAR SAVE THE DATE

APRIL 14-16, 2023

STARTING AT 5 PM

AT: www.lazyfcamp.org

ALATEEN SPONSOR TRAINING AND RECOVERY WEEKEND (ASTAR) is for any Al-Anon Member who is interested in serving or supporting Alateens.

We plan to:

- Have fun
- Do training
- Enjoy the beautiful surroundings
- Focus on Recovery
- Enjoy Good Food

FOR MORE INFORMATION:

Eliza D. alateen@wa-al-anon.org

Michael S Alateen safety@wa-al-anon.org

KENT ALL MEN'S AL-ANON FORT WORDEN WEEKEND

June 2 – 4, 2023

Arrival: Friday, June 2nd at 4:00 p.m.

Departure: Sunday, June 4th at 12 noon

The 40th Annual K.A.M.A. Fort Worden Weekend is packed with remarkable meetings, lasting fellowship, spiritual growth and recovery that goes on and on and on.....



With all that there is still time for games, music, good food and yes, the Saturday night bonfire.

An experience not to be missed and then made a tradition!

Set aside the first weekend in June and join us!

Al-Anon/Alateen Service Manual 2022-2025 is in stock

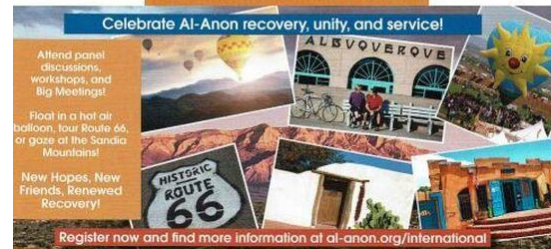
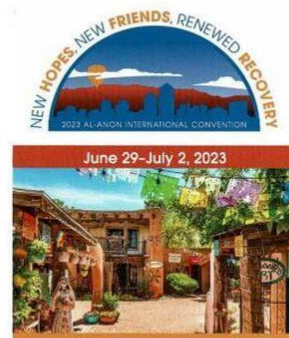
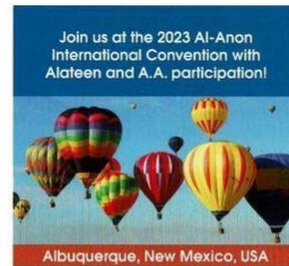
By Linda H, LDC Associate



The long-awaited print version of the **Al-Anon/Alateen Service Manual, 2022-2025** became available through WSO last week. Service Manuals are now in the AIS office. A downloadable version is still free at al-anon.org, but many Al-Anon members in service positions still prefer a paper copy they can carry to meetings and assemblies. The price is \$11.00.

You can order the manual from our website (\$11.00 + sales tax + \$6.00 shipping). This is a considerable savings over ordering from WSO where the shipping cost is \$10.00. Members are encouraged to avoid the shipping cost by purchasing their new manual at one of the open office Saturdays, currently scheduled for March 4 and April 1. AIS will also be staffing a literature table at WA Area PreCon in Chelan on April 1, and Service Manuals may be purchased there.

WSO has not received the Spanish version of the Service Manuals yet. We hope to have them in stock about mid-March.



Phone Volunteer Opportunity

Volunteer Opportunity to Answer the Seattle AIS 24-Hour Phone Line

- Sign onto the Zoom app on one's smartphone
- Provide meeting information
- Share one's ESH (experience, strength, and hope) in the Al-Anon program

If you can do all of the above, then Phone Service (3-hour slots or overnight) might be FOR YOU! Contact phones@seattle-al-anon.org

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.



Center of the Universe

by Allen L

In Al-Anon I learn to give the other person the dignity to make their own choices. Even or especially when their choice is not what I think is best for them or for me.

While I'm always sensitive to bringing non-Conference Approved Literature to meetings, I often find wisdom in the oddest places. Watching a YouTube video I heard the following statement: "There is no personal experience that you were not at the center of."

That might seem obvious at first glance. I'm living my life and the things that happen around me are banging up against my progress toward my goals. Sometimes helping, sometimes hindering and sometimes just passing me by. The problem for me is that I am constantly evaluating what bumps into my life around "does it help or hinder me."

To expand on giving the other person the dignity to make their own choices implies that I need to accept that they are just doing what seems best to them. Without regard to how that might impact me. They are not doing it too me any more than a thunderstorm is trying to ruin my picnic!

In other words: I am not the center of the universe!

The *Forum* is now available electronically!

Get Al-Anon's monthly magazine from nook.com, as an electronic subscription. [Item Detail \(al-anon.org\)](http://al-anon.org)

Readable on Nook eReaders, or, with a free Nook app, on iPads, iPhones, iPod touch handhelds, Android phones (version 2.1 and later), Android tablets, Windows PCs, Mac, and via Web browsers.

Al-Anon does not endorse Nook or any outside enterprise. Currently available only from Nook. Al-Anon may offer The *Forum* through other e-book vendors in the future.

The *Forum* continues to be available in hard copy by subscription, directly from the WSO website. [Subscribe to the Forum](http://al-anon.org)

2023 Seattle AIS Office Opens!



First Saturdays of the Month
11 AM - 3 PM

February 4
March 4
April 1

Seattle AIS Office
All Pilgrim's 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!

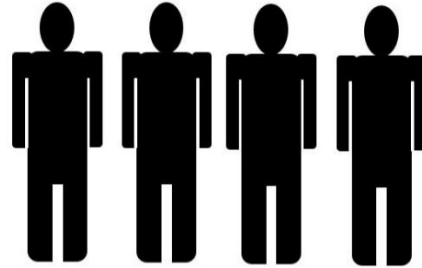
Note: Enter on 10th Ave via the BLUE DOOR (NOT on Broadway). PUSH THE AL-ANON DOORBELL. Free street parking available. Paid Parking at the QFC or on E. Republican between Broadway and Harvard.



Volunteers: Do we need you?
Of course we do! Email
chair@seattle-al-anon.org
for more info

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.



AFG

A Thought for the Day

If you keep repeating old behaviors, they are not old behaviors.

2023 Abriendo la Oficina de Seattle AIS!



Los Primeros Sabados del Mes
11 AM - 3 PM

Febrero 4
Marzo 4
Abril 1

Oficina de Seattle AIS
All Pilgrim's 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!

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
chair@seattle-al-anon.org
para más información

AIS Council Meeting

The next Council meeting is Thursday, March 9, 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.

A Moment of Anxiety

by Lecter H



One day, not so long ago, my spouse and I were out in public. We were participating in a team sports activity. The results of her efforts appeared to not be rewarding of the quality of her inputs. She was getting more and more frustrated with the situation. This was happening at a time when a number of family challenges were presenting themselves as a backdrop to our lives. At one point, she reached into her purse and pulled out her wallet. Her face was askew like I haven't seen it in a long time. She stalked away in the general direction of 'the bar'.

For one (brief) moment my heart leaped and thudded. A feeling I haven't had in a long time. Was today the day that the disease won the next battle within her? As she walked away, I knew in that instant that I had no control over her next action.

Within that brief moment, my mind ran rapidly through the first three steps. I was powerless over alcohol and my life had become unmanageable. Only a power greater than myself could restore me to sanity, and I had the option to let him take care of me. I knew in that instant that I would be ok, no matter what she did or where she went. Both my sanity and my serenity returned. Had she taken four steps, five, or was it a dozen, when I turned back around to mind my own business?

As it turned out that day, my higher power took care of me. And hers took care of her. I'm grateful for both.

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.

DO YOU WORRY ABOUT HOW MUCH SOMEONE DRINKS?

Al-Anon can help.



Al-Anon and Alateen are mutual support programs for those affected by someone else's drinking.

Find out more at a meeting in King County

Speak with an Al-Anon member at 206-625-0000



seattle-al-anon.org

Al-Anon Family Groups Do's and Don'ts

DO...

Forgive
Be honest with yourself
Be Humble
Take it Easy – Tension is Harmful
Play – Find recreation and hobbies
Keep on Trying whenever you fail
Learn all the facts about Alcoholism
Attend Al-Anon meetings often
Pray

DON'T...

Be Self-Righteous
Try to dominate, nag, scold or complain
Lose Your Temper
Try to push anyone but yourself
Keep bringing up the past
Keep checking up on the alcoholic
Wallow in self-pity
Make threats you don't intend to carry out
Be over-protective
Be a doormat

Alcoholism the Family Disease (P-4)



Concept Three

The right of decision makes effective leadership possible.



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



Out of the Toolbox

by BITS Columnist Callie D.

Keep It Simple



A few years back I was at an Al Anon speaker meeting where the local Alateens had a fundraiser selling handmade items. I picked up this golden bookmark sporting the well-known slogan: Keep It Simple. One of several Al Anon slogans that remind me to slow down a little and take life as it comes.

Life can quickly become overwhelming and stressful living around the manifestations of alcoholism. The alcoholic often chooses to ignore anything they don't want to deal with. I can't unsee all the problems that are piling up as a result of the alcoholic's irresponsibility. Then comes the complexity of trying to navigate the murky landscape of what is "caring" and what is "enabling."

It's a lot easier to spot enabling within other people's dynamics. If I'm not directly involved; the over responsibility, rescue, and

pillow fluffing become obvious! I can relate to the agony and desperation of trying to do everything possible to try to "save" my loved one. In hindsight, I have volunteered or been manipulated into taking over many of the alcoholic's responsibilities!

One way to "simplify" a thorny issue is to get some emotional distance, and figure out if I am making decisions based on fear, obligation, or guilt. The "FOG" is the trifecta of codependency! I also find that praying for insight, wisdom, and guidance often helps to calm my mind and organize my thoughts.

It then becomes a lot easier to see the "fence lines" of boundaries and responsibilities. Stepping back, I can see where I became entangled in the alcoholic's obligations. It is painful and frustrating to stand by and watch the insanity unfold, to put in the work to meet someone halfway in their best interests, and watch them squander it all. The progression of disordered thinking and behaviors in the alcoholic, sometimes takes me down the rabbit hole as well.

Other ways that help me simplify daily life is to be mindful of my inner thoughts. Am I employing magical thinking as I "hope" that the alcoholic will follow through, this time? Do I have realistic expectations about the relationship? Am I assuming an active drinker will behave like a sober person? Am I violating my own internal boundaries by compulsively risking interaction during the "drinking hours"?

I find that daily journaling encourages an emotional release and a way to authenticate my experiences. It helps me to spot dysfunctional patterns in my behavior in addition to milestones of personal growth. So many of my past entries focus on the alcoholic. My goal this year is to shift my attention back to *my* journey, and include the spontaneous moments of joy and fun!

[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!

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

Meeting Opened at 7:30 PM with the Serenity Prayer

Attendance: 29 individuals

Introductions: all

Readings: Concept 2

Secretary: Kathy K: Approval of January Minutes: Heather R. moved that the Meeting Minutes be accepted as presented. Mary R. seconded. Motion Passed with 3 abstentions.

Chair: Karen L: AWSC will be held February 25 and Karen will attend. There will be 2 primary issues: 1. Will Assemblies be held as hybrid meetings? Karen will support a hybrid assembly. 2. What will be the WA Area policy concerning (potential) PEM overlay? 3. International World Service Conference held June 29-July 3, 2023, Karen suggested we

consider the idea of a "watch party" as there is now a virtual option to attend the conference. She has inquired about this idea with WSO and they are supportive but request each individual pay the requested amount for the virtual conference. If the AIS office was open Saturday July 1 we could provide a space to attend virtually. Action: none, gather more information and discuss next month. Discussion: Consider a 7th tradition on site but likely most people would not pay for the entire event.

Treasurer: Gary H: He has submitted excise taxes and notes we were charged penalties but the issue was resolved and we should be refunded. 1: Statement of Activity Comparison: Donations are favorable to last year. Shipping is now counted as revenue. 2. Statement of Financial Position: Appropriate cash on hand, as well as prudent reserve. 3. Greater Seattle and AIS Donations: Gary would like AIS to consider if we want to continue to list group names alongside the group's donation amount. The current list does not show how often a group is making a donation or the size of the group. Should we consider removing the group name in order to eliminate any comparison of the size of donation. The question of group accountability was raised as most group donations are not associated with any email but they can check with AIS to make sure the donation was made. Action: There was a group conscience taken: 13 people voting to have the policy remain as is; 6 persons wanting to remove the names of groups. Minority opinion expressed and one suggestion via Chat to list donations by Group number. No final decision was made.

Vice Chair Report: Dave M: The February open house on Sat 2/4/2023 was a success. There were 20-25 people attending, There were Literature sales of approximately

\$700.00 and a local AFG which has disbanded donated \$400.00 of literature to the office. We are fully staffed for the March and April openings.

Coordinators:

LDC: Mary R and Linda H: Home and office volunteers are scheduled through March. Another volunteer has come forth for home during the open office event. They are training a new volunteer for office next month but need 1 more to be fully staffed.

Communications: Jackie T: The current Events policy has been changed to place events that do not have flyers on both the Events page and Master Calendar. This is a change from placing them on the Master Calendar only. The Events policy clarification purpose is to provide a clear policy for sustainability and consistency.

Phones: Dave M (outgoing Coordinator): The coordinator position is open. The zoom phone transition has been successful. Phones were staffed 73% in January with 3 new volunteers but we have lost 4, so we are still in need of 4 more. There were 68 calls in January with 50 that were Al-Anon. Calls were 82% between 10:00 AM and 4:00 PM M-F.

Outreach: Solveig W: The digital ad campaign for 2022/2023 has finished, targeting newcomers in the AIS greater Seattle area. Results Summary: The results are difficult to compare to last year. The details show that we are reaching the right audience who are interested in learning more about Al-Anon.

Tech: Pierre J: He is still getting acquainted, but is looking into changing Broadband service to save money.

Old Business: Need a phone coordinator

New Business: none identified

Next Council Meeting: Thursday, March 9, 2023 from 7:30-9:00 PM

Next Board Meeting: Thursday, April 20, 2023 at 7:00PM

Adjournment: Al-Anon/Alateen Declaration at 8:55 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 big news this month is that Alateen is back! In January we had only one active Alateen meeting in the AIS area. Now we have 4!

We moved all meetings that are still listed as "Suspended Due to Covid" to the very bottom of the Meeting Directory to increase the usability of the directory. If you were/are a member of one of the groups listed as suspended and know the meeting is not going to restart, please notify WA Area by

filling out the form on their website. AIS will then be automatically notified and will remove the meeting from our directory.

We also deleted the physical address for meetings that are meeting electronically only after having reports of members showing up at the physical locations. The city where the meeting was previously held in-person is still listed in case someone is looking for a particular meeting that they used to attend in-person and would now like to go to that same meeting electronically.

Here are the meeting changes for February thru February 25.

- Friday, 7:30 PM, **TGIF AFG:** Changed meeting time {updated 2/17/2023}
 - Wednesday, 7:00 PM, **Sunset AFG:** 5th Wednesdays In-Person Only {updated 2/17}
 - Monday, 7:00 PM, **Lake City Monday Night AFG:** Disbanded
 - Thursday, 7:00 PM, **GFA Hijos Adultos Unidad,** Location Change and In-Person Only {updated 2/1 and 2/21}
 - Thursday, 6:30 PM, **Madison Madrona AFG,** Changed start time and meeting room {updated 2/2}
 - Wednesday, 7:00 PM, **Edmonds Alateen Serenity for Youth (EASY),** Reopened 2 Wednesdays per month
 - Thursday, 3:30 PM, **Sammamish Plateau Alateen,** NEW Alateen meeting
 - Thursday, 7:30 PM, **Renton Thursday Night Alateen,** NEW Alateen meeting
 - Saturday, 10:30 AM, **Renton Saturday Morning AFG,** In-Person Only with Face Masks Optional
-