



BITS

July
2017

Greater Seattle Al-Anon Intergroup Council Inc.
1402 3rd Ave Ste 803 — Seattle WA 98101-2118

Fort Worden Men's Weekend

Finding Happiness Whether the Alcoholic is Drinking or Not

Last year I had the wonderful opportunity to attend my first Fort Worden Men's Weekend, organized by the KA-MA group. I had no idea what I was getting into, I only knew I was full of fear and anxiety. I had no idea what would it be like spending 3 days and nights with 85 men. Having only been in Al Anon two short years I was afraid of people finding out just how difficult my life had become and I was sure there was no way I could keep up my façade of perfection for three full days. Isolation had always been one of my best defenses.

During the many group meetings leading up to the retreat I heard my fellow Al-Anon brothers speak passionately about the potential for life changing growth as a result of attending this event – spiritual growth, bonding, step work, and shared stories of courage, strength and hope. It is these last three – courage strength and hope - that I really discovered at my first Fort Worden Weekend.

You see, I'd always heard you could find contentment and even happiness, whether the alcoholic was drinking or not. But I never knew how to get there. It was during one of the group sessions when I heard a courageous young man, probably in his twenties, share his story of recovery, that I realized he was talking about changing himself, and not the alcoholic. I realized I was trying to find happiness by getting my alcoholic to stop drinking rather than identifying things I could control in my life that would make me happy and working on those things. Sitting in the large hall at Fort Worden I started thinking about all the things I enjoyed that I had stopped doing because I was too busy trying to control an alcoholic's life.

Returning from the weekend, I set my path on focusing my energies on improving my health, my relationships with others in the program and my spiritual growth. I slowly came to realize I didn't need to be ashamed because my life was not perfect. I no longer needed to hide the fact my life had become unmanageable. I began engaging in activities I'd long forgotten – spending time with friends, work on projects that brought me joy, and building a relationship with my higher power. I focused on controlling the things I could control and letting go of the rest. By accepting progress, and not expecting perfection, I was able to rebuild a life I feared had been lost forever.

A Grateful Al-Alon Member

4th Annual AIS RESENTMENT BONFIRE & COOKOUT

English/Spanish Bilingual Event



August 27th, 2017

Potluck at 6:30 PM & Bonfire Meeting at 7:30 - 9:30 PM

Lincoln Park - Shelter 2 & Fire Pit

8011 Fauntleroy Way SW, Seattle

What to bring:

- * Potluck BBQ. Please bring a dish!
- * Folding chair if needed for support
- * Flashlight
- * Resentments to Burn

What's provided:

- * Hotdogs, Buns, Condiments
- * Marshmallows & S'mores
- * Plates, Utensils
- * Markers and Wood for Writing Out Resentments

7th Tradition
Donation
Observed

Park in lot next to Vashon Ferry
Come up the Trail Marked with
This Logo



Questions:
Contact AIS Office at 206-625-0000
ais@seattle-al-anon.org

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District Representative Information - District and AIS Meetings

14	Eliza D	206-625-0000 district14@seattle-al-anon.org	4th Mon 7:00 pm	Holy Family Catholic Church 505 17 th St. SE, Auburn	Auburn
15	William W	206-625-0000 district15@seattle-al-anon.org	3rd Sat 8:30 am	Grace Lutheran Church 9625 NE 8th St, Bellevue	Redmond/ Kirkland/Bellevue
16	Stefanie J	206-625-0000 district16@seattle-al-anon.org	3rd Sat 8:30 am	Meets with District 15 (see above)	Bellevue/ Issaquah
17	Katharine R	206-625-0000 district17@seattle-al-anon.org	1st Thur 6:30 pm	Pritchard Hall 99 Wells Ave South, Renton	Renton
18	Grita P	206-625-0000 district18@seattle-al-anon.org	1st Wed Time: TBA	Call or email Grita	Burien
19	Linda H	206-625-0000 district19@seattle-al-anon.org	3rd Sun 7:00 pm	Call or email Linda	West Seattle
20	Denise A	206-625-0000 district20@seattle-al-anon.org	2nd Mon 7:00 pm	Denny Park Lutheran 766 John St, Seattle	Seattle Arrive early for easy entry
21	Gary H	206-625-0000 district21@seattle-al-anon.org	1st Tues 6:30 pm	Calvary Christian Assembly 6801 Roosevelt Wy NE, Seattle	Ballard/Shoreline/ Lake City
22	Lynn T	206-625-0000 district22@seattle-al-anon.org	3rd Tues 6:30-8:00 pm	St. David Emmanuel Episcopal 18842 Meridian Ave N, Shoreline	Edmonds/Lynnwood (Thru glass doors/ nursery)
AIS	Anessa N	206-625-0000 chair@seattle-al-anon.org	2nd Thurs 7:30-9:00 pm	Holy Trinity Lutheran (upper lot) 8501 SE 40th, Mercer Island	All of King County

2017 AIS Officers and Coordinators

Chair	Anessa N	206-625-0000	chair@seattle-al-anon.org
Vice Chair	Gordy B	206-625-0000	vicechair@seattle-al-anon.org
Secretary	Soren S	206-625-0000	secretary@seattle-al-anon.org
Treasurer	Geri O	206-625-0000	treasurer@seattle-al-anon.org
Alateen Coord.	Olivia G	206-625-0000	alateen@seattle-al-anon.org
Archivist	OPEN		archives@seattle-al-anon.org
BITS Editor	Allen L	206-625-0000	bits@seattle-al-anon.org
BITS Mailing Coord.	Charlene T	206-625-0000	mailing@seattle-al-anon.org
Fundraising Coord.	Mary R	206-625-0000	thespark@seattle-al-anon.org
Literature Coord.	Kathy C	206-625-0000	literature@seattle-al-anon.org
Office Manager	Sandy L	206.625.0018	ais@seattle-al-anon.org
Parliamentarian	Chris G	206-625-0000	parliamentarian@seattle-al-anon.org
Policy Coord.	Bob F	206-625-0000	policy@seattle-al-anon.org
Outreach Coord.	Karen & Ann	206-625-0000	outreach@seattle-al-anon.org
Speakers Bureau, East	Kathy C	206-625-0000	speakereast@seattle-al-anon.org
Speakers Bureau, South	Bruce S	206-625-0000	speakersouth@seattle-al-anon.org
Speakers Bureau, North	Scott B	206-625-0000	speakernorth@seattle-al-anon.org
Volunteer Coord.	OPEN		volunteers@seattle-al-anon.org
Web Editor	Pene K	206.625.0018	web@seattle-al-anon.org

NEEDED!

Archivist

Volunteer

Coordinator
(Oversees scheduling of
24/7 phone volunteers)

**Daily Phone
Schedulers**

**Office & Phone
Volunteers**

Contact:
Anessa N
AIS Chair

THANK YOU!

Contact the AIS Office

ais@seattle-al-anon.org
24 Hour Phone Line: 206.625.0000
Office Message Line: 206.625.0018
Website: www.seattle-al-anon.org

Office Hours: Monday through Friday
9:30am - 3:30 PM
Office Address: 1402 3rd Ave #803

NOTES from the CHAIR

Dear Greater Seattle Al-Anon family:

As I continue to learn about the recovery tool of service through practice, and recently at the fabulous Summer Service Assembly in Seabeck last month, I would like to pass on some of what I have learned. At SSA, I attended workshops on how to share our stories at various outreach events, leadership, KBDM (knowledge based decision making), and fundraising. Other members shared their experience, strength and hope around these issues and also personal recovery experiences throughout the workshops and meetings. I had the pleasure of talking and listening to some of you who attended. What a fantastic event and truly wonderful people. I am privileged to have a program and to be part of this community. I continue to think about how I can apply these concepts in my service at AIS and in my meetings, particularly as someone who spent

most of her life trying to be invisible. It feels good to be able to show up and be part of; Al-Anon has given me that opportunity.

For the first several years in Al-Anon, I would not have even considered going and spending a weekend with other Al-Anons. Just being in meetings felt uncomfortable much of those early years. Somehow I mustered up the courage to attend a 4th step workshop a few years ago. It changed my life and my program. Getting that intensive amount of program, being surrounded by people who cared and understood about living with alcoholism flipped a switch for me. I realized how deep my denial was and that I had been isolating to protect that denial. As a friend put it, I was finally ready to get honest. I feel so grateful for my Higher Power gently guiding me to that workshop, to the sponsor I connected with a few months later, and all the growth, recovery, and even the pain that has helped me to feel safe to show up as myself.

NOTES from the OFFICE

The AIS office will be closed July 3 and 4. The Vance Building is locked on Holidays

Did you know that in addition to literature on hand, the AIS office has resources for groups, treasurers, members, packets to start a new group, and display boards that can go to events or into the community when doing outreach.

Summer is a great time to step up your service. There is always a need at the AIS office. We have had 3 phone volunteers and 1 office volunteer step up this month.

Thanks to the BITS crew who come on the 3rd Thursday each month and fold and prep the newsletter for mailing. More hands are always welcome!! They start at 9:30 in the 6th floor conference room and work until done. Laughter and food and a job well done are the hallmarks of this group!

Do join them on July 20 and Aug 17!
(bus fare is reimbursed)

Let the AIS office know if your group is planning a speaker or potluck!

Deadline for the August BITS is July 13th at AIS Council Meeting

Yours in service

Sandy L
AIS Office
ais@seattle-al-anon.org
206.625.0018

There are so many opportunities for each of us to show up in our groups, at our Seattle AIS, Al-Anon events and service committees, and in our personal lives. I invite you to consider trying something outside your comfort zone, whether it be taking on a new service position, attending a different meeting, or going to an Al-Anon workshop or event. Please see page 7 for a calendar of upcoming events this summer. I look forward to celebrating and growing in recovery with you this summer!

There are two important changes in the work at AIS 1) a new website is being planned; 2) the office lease expires Aug 2018 with likely considerable rent increase so we need to consider alternative space. Committee members are needed for both projects!

Anessa N
AIS Chair
347.249.8379
chair@seattle-al-anon.org

OFFICE COUNTS

Calls for May 2017	
Al-Anon / AT Info /AIS	94
Literature Orders	27
Community Outreach	6
AA / NA / Other	13
Email Requests for Info	9
TOTAL	149

Sales for May 2017	
Literature	35
Donations	26
Spare Change Cans	6
Spring Auction	2
BITS Subscription	2
TOTAL	71

Where to Send Donations
Local AIS, Your District, WA Area, WSO

Al-Anon Information Service Make Check Payable to AIS	AIS 1402 Third Ave #803 Seattle, WA 98101
Washington Area Make Check Payable to WA Area	Carla S. B. 206-625-0000
World Service Organization Make Check Payable to WSO	WSO 1600 Corporate Landing Pkwy Virginia Beach, VA 23454
District 14 Make Check Payable to District; 14	District 14 district14@seattle-al-anon.org
District 15 Make Check Payable to District 15	District 15/16 AFG PO Box 1602 Bothell, WA 98041
District 16 Make Check Payable to District 16	District 15/16 AFG PO Box 1602 Bothell, WA 98041
District 17 Make Check Payable to District 17	Massy A. district17@seattle-al-anon.org
District 18 Make Check Payable to District 18	Grita P district18@seattle-al-anon.org
District 19 Make Check Payable to District; 19	Linda H. district19@seattle-al-anon.org
District 20 Make Check Payable to District 20	District 20 PO Box 31288 Seattle, WA 98103
District 21 Make Check Payable to District 21	District 21 PO Box 55306 Shoreline, WA 98155
District 22 Make Check Payable to District 22	Dana E. district22@seattle-al-anon.org

AIS May Income vs Expense

	May 2017	Year to Date
BITS Subscriptions	\$36.00	\$60.00
Can Appeal	\$10.00	\$980.11
Regular Donations	\$1,898.27	\$9,722.81
Spare Change	\$286.99	\$564.25
Events	\$0.00	\$0.00
Literature Sales	\$2,783.16	\$16,694.85
Total Income	\$17,652.75	\$40,810.35
Literature Cost	\$1,311.80	\$11,633.88
Total Expenses	\$5,978.84	\$28,098.41
NET INCOME	\$10,362.11	\$1,078.39

May 2017 Donations by District

Dist	Name	Amount
14	Kent All Men's AFG	\$125.00
14	Auburn Fri AM AFG	\$23.00
16	Parents for Serenity AFG	\$ 250.00
16	Coal Creek AFG	\$10.00
18	Sound Serenity AFG	\$10.00
18	Monday at a Time AFG	\$60.00
19	West Seattle Sat Morning AFG	\$130.00
20	District 20 Purchases	\$20.00
20	Freemont AFG	\$0.41
20	Sun AM Fresh Start Open AFG	\$4.86
20	How Important Is It AFG	\$450.00
21	Highlands Friday AM AFG	\$100.00
21	Friends AFG	\$50.00
21	Opening Our Hearts AFG	\$20.00
21	Sunset AFG	\$150.00
22	Terrace View AFG	\$30.00
22	Alderwood AFG	\$50.00
	AIS Council Meeting	\$39.00
	Personal Donations	\$376.00
	TOTAL DONATIONS	\$1,898.27

May 2017 Spare Change Collection

Sound Serenity AFG
Denny Park Family Group AFG
Auburn Friday AM AFG
Issaquah Day AFG
Friends AFG
Meadowvale AFG
Kent All Men's AFG
Keeping It Simple 2 AFG
Lake City Monday Night AFG
Newport Study AFG



(FORMORLY KNOW AS THE CAN APPEAL)

CORRECT TIME	FRI 8 PM	LGBT FRIDAY NIGHT AFG (gay & lesbian) Seattle Area Support Groups and Community Center 115 15th Ave E (rm#201-the O'Neill Room) Seattle, WA 98112	Dist #20
MEETING NEEDS SUPPORT	TUE 7:30 AM	MORNING SERENITY AFG Edgewood Services, The AGC Building, 1200 Westlake Ave N Ste #508, Seattle, WA 98109	Dist #20
MEETING NEEDS SUPPORT	SAT 9:30 AM scent free	SATURDAY MORNING FRESH START AFG Universal Congregational Church 4515 16th Ave NE, (Pilgrim Rm), Seattle, WA 98105 (Park at lot on 16th, across street - enter basement corner door at 16th Ave and NE14th ST)	Dist #20
MEETING NEEDS SUPPORT	THUR 7:30 PM	EASTSIDE PARENTS AFG Faith United Methodist Church	Dist #16
MEETING MOVES TO A NEW LOCATION AND TIME	FRI 7 PM	GFA VIVE (Spanish) Beginners Jubilee Reach Center 14200 SE 13th Place, Bellevue, WA 98007	Dist #15
MEETING MOVES TO A NEW LOCATION	MON 7 PM	SUELTA LAS RIENDAS Y ENTREGASELAS A DIOS Genesis Global Spirituality Center 233 S 156th St, Burien, WA 88148	Dist #18
NEW NAME FOR CHURCH	SAT 7:30 PM	3rd SATURDAY SPEAKERS AFG Hillside Church (was Kent Nazarene) 930 James St, Kent WA 98031	Dist #14
MEETING NEEDS SUPPORT	TUES 7:30 PM	DENNY PARK FAMILY GROUP AFG Denny Park Lutheran Church (Ring Bell) 766 John St., Seattle, WA 98109	Dist #20
DISTRICT 15 / 16 ADDRESS		PLEASE NOTE: the District 15/16 mailing address was listed in error. The correct address is now listed on page 4. PO Box 1602, Bothell, WA 98041	
NEW ALATEEN MEETING	MON 7:30 PM	LAKE CITY ALATEEN Lake City Presbyterian Church 3841 NE 123rd ST, Seattle, WA 98125-5799	Dist #21
NOT IN SESSION ON LEGAL HOLIDAYS—Will meet on July 3rd	MON 4:30 PM	3rd PLACE LITERATURE STUDY AFG Lake Forest Park Presbyterian Church 17440 Brookside Blvd NE, Lake Forrest Park, WA 98155	Dist #22
MEETING ON VACATION JULY 7,14,21	FRI 6:30 PM	KIRKLAND FRIDAY NIGHT LITERATURE STUDY AFG Lake Washington United Methodist Church 7525 132nd Ave NE, Kirkland, WA 98033	Dist #15
WILL MEET ON JULY 4	TUE 12:45 PM	TUESDAY REBOOT AFG Limber Yoga 6019 California Ave SW. Settle WA	Dist #19
MEETING LOCATION CHANGE	WED 7:00 PM	ALDERWOOD AFG Maplewood Presbyterian Church 19523 84th W (corner of 196th), Edmonds, WA	Dist #22
MEETING MOVES TO NEW TIME	WED 7:30	AUBURN WEDNESDAY NITE AFG Zion Lutheran Church 1305 17th St. SE, Auburn, WA	Dist #14
MEETING MOVES TO A NEW TIME	WED 7:30 PM	AUBURN WEDNESDAY NITE ALATEEN AFG Zion Lutheran Church 1305 17th St. SE, Auburn, WA	Dist #14

AIS Council Meeting Second Thursday of Every Month at 7:30 PM

All AI-Anon members are welcome & encouraged to attend,

In person, by phone, or by Skype

Holy Trinity Lutheran Church, 8501 SE 40th St, Mercer Island, WA 98040

West Seattle's Women Living in Focus
 Al Anon Family Group's 3rd Annual
**SUMMER POTLUCK &
 BONFIRE OF BURNING SHAME**



Let the sun set on your shame

**Wednesday, August 2, 2017
 5:30 - 8:30 PM**

**Lincoln Park - Shelter #3
 8011 Fautleroy Way SW
 Seattle, WA 98136**

- * NOT a women-only event - all are welcome
- * No childcare available however children under supervision are welcome
- * This is a social event - not a regular Al Anon meeting
- * Please bring a dish or snack to share and a folded chair, if you have one
- * The Seventh Tradition will be observed

Directions from I5 North/South: Take the West Seattle Exit, follow the signs to Fautleroy Way SW. Continue going straight on Fautleroy Way SW until you reach Lincoln Park. The park is on the right-hand side of the street just before the Vashon Ferry Terminal. Nearest parking lot is at the 2nd lot on the right. Sheltered site is located on the South end of the park right next to the water. Limited disabled parking however there is a load/unload zone near the shelter

NOTES from the BITS EDITOR

The right to feel

Early in my Al-Anon journey someone gave me an insight that has saved me from countless opportunities to beat myself up. They taught me that I am not responsible for how I feel, only for how I act on those feelings.

There are so many times when I feel hurt or angry and think "I don't want this to bother me" or "I thought I was over this". Instead thinking that there is something wrong with me, now I remind myself that when something I have no control over happens (a song on the radio or someone else's words) that it's normal for me to feel some feelings in response. I give myself permission to feel those feelings and remember that as long as I don't vent them on my friends, family, or even random strangers there really is nothing wrong.

I found this idea supported by the January 24th reading in *Courage to Change*. "I have a right to what I want and to feel the way I feel. I may not choose to act on those feelings or desires, but I won't hide them from myself. They are part of me".

Allen L
 BITS Editor
 206-625-0000
bits@seattle-al-anon.org

Lake City Monday ALATEEN

MEETING!

Monday nights at 7:30pm

Lake City Presbyterian Church

3842 NE 123rd Street (one block off Sandpoint Way)

Seattle, WA 98125

Lake City Monday Night Al-Anon

meets in same location





July 1	Saturday 7 PM	No Reservations Speakers Meeting	Swinomish Gymnasium 17311 Reservation Rd, La Conner	John L oreservationspeakersmeeting@gmail.com
July 3 - 4	Mon-Tues	AIS Office Closed		
July 8	Saturday 7:30 PM	MESH Speaker Meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	Ann P mesh@seattle-al-anon.org
July 8	Saturday 7-8:30 PM	Voices of Hope Speaker Meeting/ Open Al-Anon w/AA participation	Poulsbo First Lutheran Church 18920 4th Ave, Poulsbo	Jan S 206-625-0000 Potluck at 6:30 PM
July 13	Thursday 7:30-9 PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th ST, Mercer Island	All Members Welcome 206.625.0018
July 15	Saturday 7:30 PM	H.E.A.R Speaker Meeting w/AA participation	Hillside Church 930 E. James St, Kent	hear@seattle-al-anon.org
July 15	Saturday 6 PM	Fundraising Taco Feed & Speakers Meeting	Kirkland 7th Day Adventist Church 6400 108th AVE NE, Kirkland, WA	lakehillsthurs- daynite@gmail.com
July 16	Sunday Noon-3 PM	District 18 Picnic	Seahurst Park 1600 SW Seahurst Park Rd, Burien	Grita district18@seattle-al-anon.org
July 21 - 23	Weekend	WAAC (WA Area Alateen Conference)	Lazy F Ranch 16170 Manatafn Rd., Ellensburg	Carrie waalateen@gmail.com
July 22	Saturday 11-3 PM	District 15-16 Annual Al-Anon & Alateen Summer Barbecue & Picnic	Luther Burbank Park (Area C) 2040 84th Ave SE, Mercer Island	district15@seattle-al-anon.org
July 26	Wednesday 7 PM	Courage To Change AFG Speaker Meeting	Mt. Baker Presbyterian Church 3201 Hunter Blvd S, Seattle	
July 31	Monday 7 PM	Meadowdale AFG Speaker Meeting	St. Hilda's Episcopal Church 15224 52nd Ave W., Edmonds, WA	
Aug 2	Wednesday 5:30-8:30 PM	West Seattle's Women Living in Focus Potluck & Bonfire of Burning Shame	Lincoln Park - Shelter #3 8011 Fauntleroy Way SW, Seattle, WA	Open Meeting Women, men, families
Aug 4 - 6	Weekend	No Reservations 10th Anniversary Registration suggested	Swinomish Gym 17311 Reservation Rd, La Conner	2017NoResWeekend@seattle- al-anon.org
Aug 5	Saturday	AWSC for WA Area District Reps	TBD	
Aug 10	Thursday 7:30-9 PM	AIS Council Meeting	Holy Trinity Lutheran Church 8501 SE 40th ST, Mercer Island	All Members Welcome 206.625.0018
Aug 12	Saturday 7-8:30 PM	Voices of Hope Speaker Meeting/ Open Al-Anon w/AA participation	Poulsbo First Lutheran Church 18920 4th Ave, Poulsbo	Jan S 206-625-0000 Potluck at 6:30 PM
Aug 12	Saturday 7:30 PM	MESH Speaker Meeting	St. David Emmanuel Episcopal Church 18842 Meridian N, Shoreline	Ann P mesh@seattle-al-anon.org
Aug 12	Saturday 7:30 PM	H.E.A.R Speaker Meeting w/AA participation	Hillside Church 930 E. James St, Kent	hear@seattle-al-anon.org
August 17	Thursday 7 PM	Terrace View AFG Speaker and Potluck	Gloria Dei Lutheran Church 3215 Larch Way, Lynnwood	
Aug 24 - 27	Weekend	Northwest Fellowship of the Spirit	Fort Worden 200 Battery Way, Port Townsend	www.nwfots.org
Aug 27	Sunday 6 PM	AIS 4th Annual Resentment Bonfire	Lincoln Park, Shelter 2, 8011 Fauntleroy Way, Seattle	206.625.0018 ais@seattle-al-anon.org
Aug 30	Wednesday 7-8:15 PM	Alderwood AFG Speaker Meeting	Maplewood Presbyterian Church 19523 84th Ave W, Edmonds	
Aug 31	Thursday 6:30 PM	Women Living in Focus 5th Thursday Women's Speaker Meeting	Fauntleroy Church 9140 California SE, Seattle	
Sept 8 - 10	Weekend	WA AFG Speaker Conference	Green River College Auburn	district17@seattle-al-anon.org
Sept 15 - 17	Weekend	Serenity on the Sound - Al-Anon Weekend Hosted by Districts 15/16	Seabeck Conference Center 13395 Lagoon Drive NW, Seabeck	serenityonthesound2017@ gmail.com
Sept 28	Thursday 6:30 PM	Women Living in Focus 5th Thurs Speaker Meeting	Fauntleroy Church 9140 California SW, Seattle	
Sept 29	Friday 7:30 PM	Seattle Men's AFG 5th Fri Speaker Meeting	Calvary Assembly 6801 Roosevelt NE, Seattle	
Sept 30	Saturday 12-9 PM	4th Annual Seattle Fall Conference AA w/Al-Anon program all day	Ballard Church 1460 NW 73rd St, Seattle	Kim H 206.625-0000 AIS office-Help wanted
Oct 6 - 8	Weekend	WA Area Fall Assembly	TBD	wa-al-anon.org
Oct 28	Saturday 5 PM	AIS Fall Auction	St. Andrew's Lutheran Church 2650 148th Ave SE, Bellevue	auction@seattle-al-anon.org
Oct 31	Monday 7-8:15 PM	Meadowdale AFG Speaker Meeting	St. Hilda's Episcopal Church 15224 52nd Ave W., Edmonds, WA	
Nov 3 - 4	Friday & Saturday	NW TEAM 2017	Holiday Inn - Portland Airport 8439 NE Columbia Blvd, Portland, WA	nwteam2017.org

THE DEADLINE for Aug, 2017 BITS is the AIS COUNCIL MEETING, July 13, 2017

Mark Your Calendar for the NEXT AIS COUNCIL MEETING on Thursday July 13 from 7:30 -9 PM
at Holy Trinity Lutheran Church, 8501 SE 40th St., Mercer Island, WA 98040

NEXT AIS BOARD MEETING, Sunday Set 23, 2017 at 12 PM - Location TBD (AIS Office) 1402 3rd Ave. Seattle WA 98101

BITS Subscription (Mail to AIS)

(Name) _____

(Address) _____

(City and State) _____

(Full Zip Code, please)

(phone number optional)

Suggested donation 1 year – \$ 8.00
2 years – \$15.00 3 years —\$21.00
Canada add US\$5 annually.
All other foreign add US\$10 annually.

Group Donations to AIS:

Payable to: AIS \$ _____

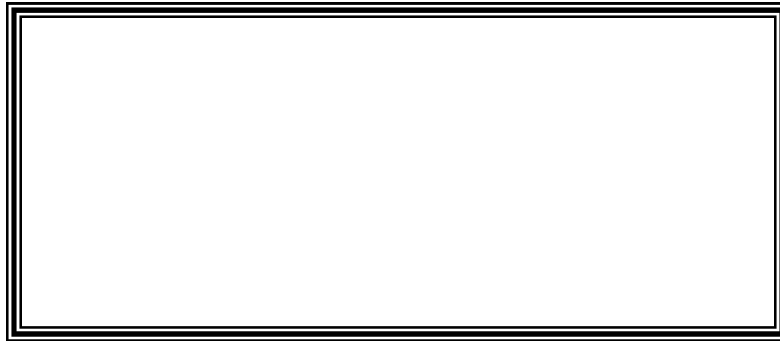
(Group Name or Meeting Location)

(Meeting Day & Time)

Group ID # _____ District # _____
(if known) (if known)

THANK YOU for your Support !!!

Mail to: AIS Office
1402 3rd Ave., Room #803, Seattle, WA 98101



RETURN SERVICE REQUESTED

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SEATTLE WA
PERMIT NO. 468

1402 Third Avenue #803
Seattle, WA 98101-2118