



the bits newsletter

Seattle AI-Anon Information Service

[NEW TO AL-ANON?](#)

[FIND A MEETING](#)

February 2024

New AIS Website

by [Teresa H](#)

In November the AIS Communications committee received a surprise. When we tried to renew the email marketing service used for communicating with our BITS newsletter subscribers, we were informed the service was being discontinued. That provider was the same company we used for our website platform. Further investigation determined that the website service was not going to be updated going forward by the parent company. That meant that our website would lose functionality over time.

The Communications Coordinator Jackie T and the Communications committee along with the AIS Treasurer Gary H, AIS Tech Coordinator Pierre J, and I met to discuss the situation. We decided that since we had to change email services that we would move both the marketing service and the website service to a new provider. Research in advance of that meeting, along with the past experience of three of the four

Communications editors with one of the other highly-rated providers was valuable in choosing a new provider.

We also had a deadline since we were losing our email marketing service at the end of December. Our Newsletter editor Clif H sped up the production of the January BITS so that the email notification could go out before the end of December. We needed to be on the new platform in time for the February BITS email notification. Our Web Editor Evelyn then took on the huge job of creating a website on the new platform. For those members not familiar with building websites, the old website could not simply be copied. It had to be built from scratch on the new platform. After many hours and late nights, the new website is up and running. If you are reading this newsletter on your computer or a device, you are on the new website.



Photo by Callie D

The site address remains the same. You will see some changes from the old site, most obviously on the Events page. Our intention was not to make many big changes at this time. We will await a new Communications Coordinator before the committee possibly addresses more significant changes.

A big thanks to all who helped in this huge effort. The teamwork on this project has been phenomenal!

We are aware that the transition to the new website may not be perfect. Like many other aspects of our lives, this is a journey. Please provide comments and feedback on the new site to Communications@Seattle-Al-Anon.org.

From the Forum

Why I Go To Al-Anon

People sometimes ask me why I still go to Al-Anon since most of the alcoholics and addicts in my life are either in recovery or have died. I always tell them that I still need Al-Anon because of our son's drinking. Then, I tell them stories about the things he says and does that concern me. For example, for many years, his living room furniture included only a recliner and a TV. In my mind, the purpose of that setup was to allow him to play video games and drink until he fell asleep.

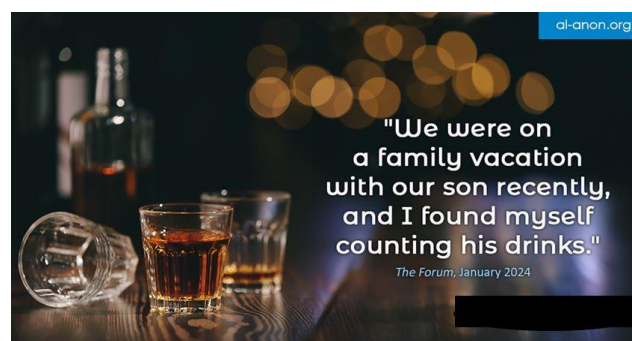
We were on a family vacation with our son recently, and I found myself counting his drinks. I knew exactly how many drinks he ordered at restaurants and how many cans of beer were in the refrigerator each morning and each evening. It finally struck me that

maybe I've been defining the problem incorrectly.

For years, I've been saying the problem is his drinking. But maybe the problem is really my preoccupation with his drinking. In Al-Anon, I've learned that I have no control over anyone else's drinking. There's nothing I can do to convince someone to stop drinking. But learning how to stop worrying and obsessing about someone else's drinking is a problem Al-Anon can help me solve.

By Denise R., Minnesota

The Forum, January 2024



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[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

Donations support the AIS mission: thanks for a great 2023!

by Gary H – AIS Treasurer



Greater Seattle Area Al-Anon Information Service (AIS) was blessed to receive \$15,430 in donations during 2023, exceeding by over \$2000 both our expectations and the donations in the prior year.

AIS could not fulfill its mission without the generosity of groups, districts, donors at events, and individual donors. Robust donations in 2023 have supported the AIS Mission. We have been able to reach out to newcomers through a new two year, \$5,000 per year Outreach Campaign consisting of placards on Sound Transit. We have continued as a Literature Distribution Center, selling literature to members both online and through bricks-and-mortar sales once per month at the Capitol Hill office. We have supported several Fellowship events including the Ice Cream Social. We have the

resources to become more financially efficient by paying for annual rather than monthly technology subscriptions. We support a first-class website that serves 3000+ monthly visitors in the Greater Seattle Area and throughout the world.

Your donations are key to these achievements. While AIS's literature sales do bring in a net income on paper (\$4,600 on total sales of \$28,000), that income does not completely cover the rent and technology costs necessary to support those sales. Donations are AIS's main source of income.

A few details:

64 Groups donated a total of \$12,486.

29 individuals donated a total of \$1,431.

An additional \$1,513 came in from Districts and Events, including the International Spanish Convention.

Thank you to our donors, 2023 was a great year!

Heard at a Meeting

It isn't Service if what you are doing is upsetting others. It is more likely an attempt at control.



AFG

Seattle AIS Office Hours

First SATURDAYS of Every Month

11 AM - 3 PM

Masks **OPTIONAL**

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

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.



Tradition Two

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.



Concept of the Month

by Allen L

Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

When I was a Group Representative (GR) we were discussing a topic before a vote at the Area Assembly and one member was adamant that all the group members should be involved in the group conscience. While this sounds like a good idea, in practice many members just didn't seem to care. In talking with my sponsor, he shared that in his experience most members just want to come to meetings and focus on their personal growth using the 12 Steps.

An advertisement for Al-Anon Family Groups. On the left, three green beer bottles are shown with silhouettes of a man, a woman, and a child behind them. The background is dark. On the right, there is text in white and yellow. At the bottom left, there is a list of steps to join a meeting. At the bottom right, there is a box with the text 'Join the Alateen Zoom Meeting Monday Nights At 7 pm!' and the Al-Anon logo and website address.

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.

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"

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



Reading the Al-Anon Service Manual I found my sponsor's viewpoint supported in the section on Concept Two: "Also, we recognized that the average member, preoccupied with group life and personal Twelfth Step work, knew little if anything about Al-Anon's

worldwide activities. Few Al-Anon members realized how much their group membership and unity were due to the little-noticed activities of our headquarters office.”

Individual Groups elect a GR who carries the group conscience to the district and area meetings. District Representatives (DR) also represent all the groups in their district at the Area World Service Committee meetings. Area Delegates represent all the groups in that area at the World Services Conference (WSC). As a group member these are your representatives at the various support levels.

If each of us takes part in discussion and voting at our group meetings, then our GR can better represent the group at the district and area meetings. The Area Delegate represents the area to the World Service Conference. Our elected representatives and special workers use the authority DELEGATED by the members to ensure that the Al-Anon structure supports the individual groups and members.

I find a lot of comfort in the knowledge that, other than some minor wording differences, I can rely on finding Al-Anon at every meeting. This continuity is only possible because we all participate at each level through our elected representatives to keep Al-Anon centered on our “primary spiritual purpose”; helping the family and friends of alcoholics.

AIS Council Meeting

The next Council meeting is Thursday, February 8, 2024, 7:30-9:00 pm. Check the AIS website calendar (<https://www.seattle-al-anon.org/events>) for the zoom link.

AIS Board Meeting

Thursday, April 18th, 2024 at 7:00-8:30 pm. Check the AIS website calendar (<https://www.seattle-al-anon.org/events>) for the zoom link.

2024 Board Meeting Schedule

April 18	7:00 - 8:30 PM
July 18	7:00 - 8:30 PM
October 17	7:00 - 8:30 PM

Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

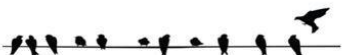


Kirkland Mid Week Men's AFG presents

GRATITUDE POTLUCK DINNER

6:00PM Saturday February 3rd, 2024

WELCOME BACK!



the best journey always brings you home
AA & Al-Anon Speakers

Entrée, Coffee and Drinks Provided

If you choose to land with us,
bring a dessert!

Everyone is Welcome
Men and Women, Al-Anon, AA, Family, Friends and Fowl

Kirkland Congregation Church
106 5th Ave. Kirkland

Bothell Sunday Night AFG



We'll have an Al-Anon Speaker
and an AA Speaker

Please join us Sunday, Feb. 25th, 2024
from 7:00 - 8:30 pm
First Lutheran Church
10207 - NE 183rd St, Bothell

You are
invited to

Voices of Hope

Second Saturday of Every Month
7 pm Pacific Time

In Person:
Faith Episcopal Church, 20295 Little
Valley Rd., Poulsbo, WA 98370

Via Zoom:
Meeting ID: 819 3104 5787
Passcode: VOICES

Alanon Speaker meeting with AA
Participation.
Experience, strength and hope
shared by AA & Al-Anon Speakers

Graphic Attribution Required:
Invitations

Happy Birthday Lois!
at the Seattle AIS Open Office

Saturday

Masks
Optional

March 2nd 2024

11 AM - 3 PM

Seattle AIS Office All Pilgrim's Church
509 10th Ave E.
Seattle, WA 98102

Join us for cake and ice cream,
coffee/tea, browse/buy
literature and fellowship

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 OFC or on E. Republican between Broadway
and Harvard.

Email chair@seattle-al-anon.org for more info
or to volunteer

Feliz Cumpleaños Lois!
Apertura de la Oficina de Seattle AIS
Sábado *Usar
Cubrebocas
Discrecional*
Marzo 2 2024
11 AM - 3 PM
Seattle AIS Office All Pilgrim's Church
509 10th Ave E.
Seattle, WA 98102
*Únete a nosotros para disfrutar de un pastel
de cumpleaños, helado, café, literatura para
ver y/o comprar y compañerismo!*
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 OPC y
E. Republican entre Broadway y Harvard.
Envíe correo electrónico a Chair@seattle-al-anon.org
para más información.

2024 Washington Area Event Schedule

WINTER AWSC: February 24,
Puyallup (D12)

PRE-CON: April 5-6

ASTAR: April 12-14

SSA: May 17-19

WAAC: July 19-21

AWSC: August 3

FALL ASSEMBLY: October 4

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.

“Just for Today...

...I will look for ways to enjoy life.” (*Courage to Change*, p. 274).

Last year I made a promise to myself to focus on my health and wellness. At first it was uncomfortable to make myself a priority. It forced me to recognize how much time, energy and mental bandwidth had been

hijacked by the collateral damage of alcoholism.

Persistent automatic thoughts would pop up regarding the alcoholic and the well-worn pattern of acquiescing to their perceived wants and needs. When one is involved with an alcoholic, good personal qualities can spin out of balance and over function. Such as becoming “overly responsible.” This imbalance opens the door for the alcoholics in my life to transfer more of their responsibilities onto me.

Empathy and compassion are other admirable qualities. However, over identifying with someone else’s pain can be draining and doesn’t seem to benefit the other person, anyway. I would get pulled into the alcoholic’s skewed perceptions and victim mentality.

As I was able to gain some healthy emotional distance, I could make better choices of when to get involved. Observing and not absorbing the emotions and behaviors of the alcoholic also helped me to maintain better boundaries. Responding instead of reacting.

Another virtue that can turn into a curse is conscientiousness. I can play the movie forward and see what will happen if something doesn’t get done. However, now I try to determine if this “thing” is on my side of the street, or not?



Photo by Callie D

The alcoholics around me seem to prioritize having “a good time,” often leaving unfinished tasks behind. Meanwhile, I felt compelled to mop up the mess, putting my own priorities on the back burner. Now, I try to focus on my own obligations.

This year I am “looking for ways to enjoy life.” I am investing in former hobbies and trying out new ones. I am caring less about what people think of me. I am allowing imperfection and being more spontaneous. As I let go of what isn’t mine, I am embracing the freedom to explore my options.

My mind was constantly preoccupied with finding solutions to all the issues that were created and exacerbated by alcoholism. I find by limiting my exposure to the chaos and insanity, I am able to relax and think more clearly. My sense of humor is reemerging, and life does not feel so heavy.

As I was working on a project recently, I just lost myself in the creative process. It had been so long since I had been “in the zone,” where time disappears and I become fully engaged in the present moment. A welcoming mindset for serenity! I believe this is how God intended life to be lived!

January 2024 AIS Council Meeting Minutes (Summary, not yet approved)

Meeting Opened at 7:30 PM by Dave M
Chair

Attendance: 18 individuals

Introductions: all

Readings: Concept 1, Clif H

Secretary: Kathy K: Report of the
November Minutes

Approval of November minutes: Heather R
moved that the November Council Meeting
minutes be accepted as presented. Gary
seconded. Motion Passed.

Chair: Dave M, Chair:

Area and Electronic Meetings changes and
impact on AIS:

The districts are still working on the process
of criteria for admittance and AIS will wait to
hear from the districts. This will impact AIS in
terms of the meeting directory. Dave has
heard from Yvette in Area that decisions will
be deferred to AWSC in Feb., so probably it
won't be until Mar. 2024. There is no real
activity needed by AIS and we are just
waiting for more information.

Open Positions: Arden has stepped up to
take the Vice Chair position.

Action Item: It was moved by Dave and
seconded by Gary that Arden be elected to
Vice Chair. Motion passed with 1 abstention.

The Communications Coordinator position is
still open. Teresa H is acting as interim
Coordinator but a permanent coordinator is
needed. Contact Dave M or Teresa H if
interested and it is requested to provide the
information to our groups.

Treasurer: Gary H: Financial reports:
Seattle AIS remains financially stable.

Outreach: We have paid Sound Transit
\$5,000.00 for the current 2023/2024
campaign. We signed the contract for two
years so this expense is known and will cost
\$5000 again for the 2024/2025 campaign.

Vice Chair Report: Dave M: The December
office opening was handled with two
volunteers as Dave was ill. It was decided
that 3 people are needed to sign up in case
one person can't make it. Five people
attended and they sold some literature and
there was good fellowship. Mary asked if we
should have a sign up sheet to fill holes in
scheduling and Dave will look into that.

Coordinators:

Phones: Heather R:

It was a slow month with 38 calls and 30
(79%) were AI-Anon related, the highest
percentage for the entire year. 75% of calls
were between 9 am and 5 pm weekdays.
Eight calls were received on the weekend.
There were also four voice messages and
four texts received in December and all were
responded to. There are currently 10
volunteers but she is training 2 new
volunteers and she is continuing to train as
the new Phone Coordinator. The shifts are 3
hour blocks.

LDC: Mary R: WSO is still out of the new

daily reader and LDC is not taking any new orders. They will announce it in the BITS and website when it is available which is hopefully soon. They have a nice inventory with strong sales. Two members have stepped up to be home and office volunteers and will be trained.

Communications: Teresa H: The Coordinator position is open, and Teresa is reporting for the Committee. There are two positions open and she outlined the four member Committee titles and job descriptions. She is requesting we take this information back to groups in order to help with recruiting. In the past, all the editors were separate Coordinators but it has been consolidated to follow the principles of the program.

1. The Communication Coordinator's main job is to be a clearing house for all emails sent to Communications and making sure the content is in alignment with our AI-Anon goals. Technical skills are not needed.

2. Meeting Director Editor position is open. We use the AIS Microsoft 365 Word document to make changes and then it is uploaded to the website. This position does not require any website experience.

3. Web Editor is now open. Evelyn will stay through the first quarter to help train the new volunteer.

4. Events Editor is Shannon and she will continue this position. She is responsible for posting flyers and had created a calendar for all 2024 events so there is no double scheduling. It shows all AIS events, district meetings, area events and speaker meetings.

5. Newsletter Editor is Clif H who is continuing this year and is the editor of the

BITS. He needs all articles sent to him by the 20th of each month.

There is a new website platform moving from Weebly due to changes in their platform eliminating Weebly Promote that we use to send out email blasts. We are changing to Square Space which does have this function. The committee hopes to get this change made by the end the month of January in order to get the BITS out. We should not see any changes to the website and difficulties are not anticipated.

Tech: Pierre J: There is a new password for the office computer and he recommends all officers update their passwords. He is providing help for the website transition but Evelyn and Teresa are doing a great job. There are occasional emails bouncing back often involving Comcast. He requests all new AGR/GR send him their contact info to make sure you receive Council emails.

Outreach: Solveig W: The Sound Transit ad campaign approved by Council in Oct. was reviewed and is currently running. The ads are in both English and Spanish and will run from mid Nov. to early February on 90 buses and trains. We will be able to track the QR code activity in January. The QR code directs people directly to a newcomer page which is unique to the QR code. Phone calls will also be directed. We are committed to two years of campaign. The actual ads are 11x17 and can be printed out by AFGs to use for their own outreach if desired.

She is also mailing newcomers packets, bookmarks when requested. She sent out an outreach bundle to any group requesting this fall for free and did have one group requesting. She has done outreach to a new meeting in Kent as well as ICE detention center.

Old Business: The December potluck at the office was well attended and had great food.

New Business: Lois Birthday Celebration on March 2 with cake and ice cream.

By consensus we agreed to have this again. Heather R will bake cakes and bring ice cream. Solveig will advertise in the February BITS.

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

Next Council Meeting: Next meeting will be Feb. 8, at 7:30 PM

Next Board Meeting: January 18, 2024

Adjournment: Al-Anon/Alateen Declaration at 8:54 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

No meeting changes were received since those reported in the January BITS.

Seattle Al-Anon Information Service

Meeting Directory Editor
