



The Scope

Pierce County Al-Anon's Monthly Newsletter

Pierce County Al-Anon Needs Service Volunteers!

Al-Anon has experienced a scarcity of volunteers in the last few years. There are many opportunities for service available in Pierce County. Please consider how you might be able to give back to Al-Anon. If we don't nurture this program, it won't be self-supporting and available for future members in need. Service and sponsorship are cornerstones of the Al-Anon program. When we give back in love and gratitude, we deepen our program.

Service enhances our recovery. It can:

- increase our self-confidence and self-esteem
- help us get busy so we get better
- offer opportunities for fun and fellowship
- help us meet new Al-Anon friends and deepen relationships
- give us new opportunities to practice using the Al-Anon spiritual principles
- give us a greater understanding of the Al-Anon program and service structure

We are never alone when we take on a new service position. There are other members ready and willing to answer our questions, help and support us, and offer their experience, strength and hope. We do not need to be perfect, we just need willing hearts.

Ideally, each group would have a Group Representative, Alternate Group Representative, Secretary and Treasurer. Each group would also send a representative to their monthly District business meeting and to the monthly AIS meeting so information can flow back and forth between the links of service and members.

There are open service positions at the District level in both District 12 and 13. Pierce County Al-Anon Information Services also needs several committee members.

District 12 and 13 also need Al-Anon members to get certified as AMIAS's (Al-Anon Members Involved in Alateen Service) so we can support regular Alateen meetings in our Districts. Alateen meetings are an invaluable asset for teens struggling with someone else's drinking to receive experience, strength and hope.

Additionally, there are events that have not been held in since the pandemic due to lack of volunteers such as monthly Speaker Meeting potlucks and annual workshops. Opportunities to share your story at Speaker Meetings are also available.

District 13 Open Service Positions:

- Treasurer
- AIS Liaison

AIS Open Service Positions:

- Alternate Chair
- Speaker Meeting Coordinator
- Speaker Bureau Coordinator

Please contact the following members for more information:

- Kayleen F. (District 12 Representative) at dr_district_12@wa-al-anon.org
- Monique R. (District 13 Representative) at dr_district_13@wa-al-anon.org
- Jeanine J. (AIS Chair) at chair@al-anon-pierce-wa.org
- Laura T. (AIS Webmaster) at webmaster@al-anon-pierce-wa.org

New AIS Mailing Address

AIS is changing their PO Box. Please inform your group treasurers to send checks to the new address. There will be six months of mail forwarding from the old address.

You can find the current mailing on the website:
<https://www.al-anon-pierce-wa.org/contribute-to-al-anon.html>

Pierce County AIS
PO Box 99514
Lakewood, WA, 98496-0514

New Zoom Meeting Information Recovery

Hope

Recovery Hope has new Zoom login information. More details in the schedule.

New Meeting and Zoom Information Tacoma

All Women's AFG

Tacoma All Women's AFG has resolved to detach into an in-person and virtual meeting. The meetings will still meet at the same time.

Tacoma All Woman's AFG Virtual has new Zoom login information. More details in the schedule.

New Zoom Meeting Information District 13

District 13 has new Zoom login information. More details in the schedule.

New Zoom Meeting Information Sisters in

Serenity Starting April 15th

Sisters in Serenity has new Zoom login information starting April 15th. More details in the schedule.

A Little Time for Myself (B-34)



Al-Anon's latest daily reader shares the personal experiences and many voices of the Al-Anon fellowship today, illustrating that Al-Anon is indeed for anyone affected by someone else's drinking. Indexed, 384 pages.

Price: 17.00 + 10% shipping/handling

Al-Anon Faces Alcoholism (AFAM)



25 copies.

Al-Anon Faces Alcoholism magazine is our public outreach magazine designed to introduce families of alcoholics to Al-Anon and to the importance of family recovery from a relative or friend's drinking. Essential information about Al-Anon, members' stories, and articles by professionals are included. Professionals also can use the *Al-Anon Faces Alcoholism* magazine as an aid for their patient/client referrals to Al-Anon.

Price: 8.00

Subscribe to *The Forum*

The Forum is an international monthly publication of Al-Anon Family Groups, that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office.



Alateen, AMIAS, ASTAR, and WAAC Updates

AMIAS CERTIFICATION: The Al-Anon Member Involved in Alateen Service (AMIAS) Certification renewal window opened on January 15th, 2024 and will remain open through June 15th, 2024. The Area currently has 97 certified AMIAS. Of those 105 AMIAS, 73 still have to renew their certifications through me (again as of February 1, 2024.) Al-Anon members with two years of recovery may take a three-hour training over Zoom to become an AMIAS on February 10th at 9 AM, March 16 at 9 AM, May 8 at 9 AM or June 4 at 9 AM. Existing AMIAS may renew their certifications through three-hour Zoom sessions on February 10 at 1:00 PM, March 16 at 1:00 PM, May 8 at 1:00 PM or June 4th at 1:00 PM. These AMIAS training sessions will also be announced on the Area website and on the WA-AMIAS mailing list. Please contact Michael S at alateen-safety@wa-al-anon.org to be added to an AMIAS training session

ALATEEN GROUPS: We have ten active groups in the Area, in addition to the Monday night group hosted in the WSO's mobile app. We welcome the new Friday evening Alateen group in Lake Stevens. We hope that you will all support these and other Alateen groups in your Districts.

ALATEEN SPONSOR TRAINING AND RECOVERY (ASTAR): We will have a face-to-face ASTAR weekend April 12-14 at the Lazy F Camp in Ellensburg. Al-Anon members with at least two consecutive years of Al-Anon recovery may obtain or renew their AMIAS certification at ASTAR. Experienced AMIAS may become AMIAS trainers at ASTAR. Cost to attend is \$150 for the weekend. Please see your District folders or contact Michael S at alateen-safety@wa-al-anon.org for registration materials and other information.

WASHINGTON AREA ALATEEN CONFERENCE (WAAC): The Area is hard at work planning a face-to-face Washington Area Alateen Conference (WAAC) to be held July 19-21 at the Lazy F Camp in Ellensburg. This is a weekend of growth and recovery for our Alateens. In a special one-time-only offer, there will be **NO CHARGE** for Washington Area Alateens and AMIAS to attend **THIS YEAR (2024) ONLY**. Please contact Michael S at alateen-safety@wa-al-anon.org for registration packets and other information.

We have a busy, active year planned for Alateen in the Area, and we need everyone's support to help make this work. Please contact your District Alateen Coordinator or District Representative to find out how you can support Alateen in your District. (Remember that Alateen public outreach is each District's responsibility.) I remain available if you have further questions on the Alateen Area Process or if you do not have a District Alateen Coordinator or District Representative that is readily available.

Literature Distribution Center

Our Pierce County Literature Depot is now located in Lakewood (Oakbrook area.)

Pick-ups are either at my home or we can arrange for a meet-up at a nearby location.

Place orders as usual: just email what literature you or your group needs and the quantity. I'll email you a reply with the total, include a copy of the sales order slip for your records, and then we'll make arrangements for a pick-up day and time.

If you have any questions, feel free to contact me:

Renee Stevens (425) 457-1848

ldc@al-anon-pierce-wa.org or

fineartbyrenee@yahoo.com

WA Area 7th Tradition Contributions

To contribute to WA Area, mail checks to:

WA Area AFG Treasurer
12128 North Division Street
PMB #1531
Spokane, WA 99218

Or make contributions through Venmo:

WA Area AFG

Or make contributions through Zelle:

donations2waarea@gmail.com

Please include your group's name, group's WSO #, and District # on checks.

Sharing Our Horizons

Second Saturday Speaker Meeting

Is Looking for Volunteers to Restart!

Due to a lack of volunteers and interest, we are currently not holding the Second Saturday Speaker Meeting and potluck.

The Second Saturday Speaker Meeting was an opportunity for fellowship and fundraising. One group offered to host, provided the main food for the potluck, provided 1-2 speakers for the event and received the 7th Tradition funds from the evening. Guests bring additional dishes.

We are in need of a Second Saturday Speaker Meeting Coordinator in AIS to organize this event so it can resume.

We will also need groups to commit to hosting meetings.

If you are interested in the Coordinator position or if your group is interested in hosting a Sharing Our Horizons meeting in 2023, please contact:

chair@al-anon-pierce-wa.org

WEDNESDAY WORKSHOP SERIES

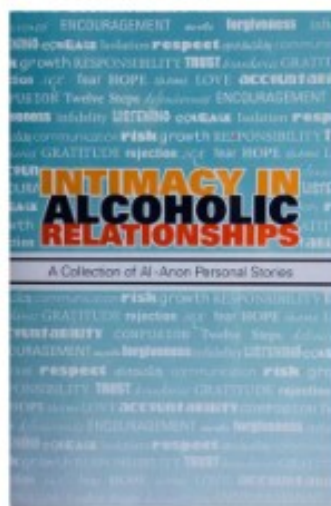
Hosted by District 13, WA Areas

INTIMACY IN ALCOHOLIC RELATIONSHIPS (B - 33)

Every Wednesday
6:00 PM Pacific / 9:00 PM Eastern

<https://al-anon.workshopseries.org>

*We will have guest
speakers share each week
and will spend two weeks
on each chapter.*



Zoom Meeting ID:
387 493 608
Passcode: 123456
<https://zoom.us/j/387493608?pwd=MjRUUUmdUEyaWlWcVI2d1dBeEIMdz09>

Dial by your location

- +1 253 205 0468
- +1 346 248 7799
- +1 669 900 6883
- +1 719 359 4580
- +1 360 209 5623
- +1 386 347 5053
- +1 507 473 4847
- +1 564 217 2000
- +1 646 931 3860
- +1 689 278 1000
- +1 929 205 6099
- +1 301 715 8592
- +1 305 224 1968
- +1 309 205 3325
- +1 312 626 6799

May 8 th & 15 th	Alcoholism and Intimacy
May 22 nd & 29 th	Building and Rebuilding Trust
June 5 th & 12 th	Communicating Clearly
June 19 th & 26 th	Negotiating Boundaries
July 3 rd & 10 th	Spiritual Solutions
July 17 th & 24 th	Expressing Gratitude



District 13 is hosting

Recovery Spoken Here

a new monthly
**Speaker Meeting
& Dessert Potluck**

The **first Friday** of every month
at 6:30pm
in Puyallup

Shepherd of the Hill Church
8401 112th Street East
Puyallup, WA 98373

6:30pm Dessert and coffee/tea
7:00pm Al-Anon Speaker
7:30pm AA Speaker



Please bring a dessert to share

7th Tradition supports
District 13 and Public Outreach

ALL ARE WELCOME!!!

JUNE

8



AL-ANON
MEMBERS IN
ALATEEN
SERVICE

AMIAS TRAINING

INITIAL AND RE-
CERTIFICATION: on ZOOM
9-12 INITIAL
12-2 RE-CERTIFICATION
QUESTIONS? EMAIL
ALATEEN@WA-AL-ANON.ORG





PLEASE JOIN US FOR AN INFORMATIONAL MEETING

ABOUT ALATEEN/AMIAS

JUNE 9 TH 2024

3:00pm

3602 N. NARROW DR.

STONE RIDGE COMMUNITY CENTER

HOSTED BY NANCY W.

(253) 752-6157

**IF YOU'VE EVER THOUGHT ABOUT BECOMING AN AL-ANON
MEMBER INVOLVED IN ALATEEN SERVICE (AMIAS),
OR ARE JUST CURIOUS, PLEASE ATTEND AND FIND OUT WHAT
BEING AN AMIAS IS ALL ABOUT.**

OUR TEENS NEED US!





Fun!

2024

Fellowship!

WAAC ATTACK!

**Never Fear the 12 Steps,
YOUR PEERS ARE HERE!**

LAZY F RANCH, ELLENSBURG, WA

*Meet other
Alateens!*

July 19-21, 2024

*For Alateens
and AMIAS*

**CONTACT: MICHAEL S.
ALATEEN-SAFETY@
WA-AL-ANON.ORG**

WAAC ATTACK 2024!

Never Fear the 12 STEPS, Your Peers are HERE!

Washington Area Alateen Conference
Friday, July 19 - Sunday, July 21, 2024

AMIAS and Alateen 18-20 Registration Packet

(Alateen Members 18-20 should fill out this adult packet)



**THE REGISTRATION FEE IS BEING PAID FOR BY WAAC,
BUT THE REGISTRATION FORM IS STILL REQUIRED,
DUE BY JUNE 30, 2024.**

You must have a Lazy F Waiver to participate in Zip Line and or Rock Wall

WASHINGTON AREA ALATEEN CONFERENCE

Lazy F Camp and Retreat Center

16170 Manastash Road

Ellensburg, WA 98926

Adult Alateen Registration for ages 18-20 and AMIAS is due by June 30, 2024.

Mail registrations to: Eliza Daniel, 504 Prospect Ave N., Kent, WA, 98030. PH 206-375-2235

Note to AMIAS – Should we be near capacity, AMIAS attending WAAC will have to be limited to those who are chaperoning Alateens. Please contact Eliza Daniel before registering if you are not a chaperone of teens attending WAAC and we will create a waitlist.

WASHINGTON AREA ALATEEN CONFERENCE July 19, 2024 – July 21, 2024

PURPOSE: The purpose of this conference is to provide Alateens with an opportunity to grow through sharing their experience, strength, and hope during a weekend of fellowship and fun, with their peers.

WHO MAY ATTEND THE CONFERENCE:

Attendees should be active members of an Alateen group or a currently certified Al-Anon Member Involved in Alateen Service (AMIAS). Members of Alateen age who attend an Al-Anon meeting or Alateen Chat qualify as an active member of Alateen. Alateens are to register through their chaperone/Alateen group. Lone Alateens may register through an Alateen Group that they associate with or directly with the conference committee. All attendees under the age of 18 (minimum age 11**) MUST have a chaperone. Only certified AMIAS may serve as a chaperone or drive an Alateen under the age of 18. Any questions regarding travel arrangements (e.g. siblings driving each other) need to be addressed to and approved by the WAAC committee. (**Please see the Alateen Registration page for age exception information.)

EMERGENCY PHONE:

Emergency Contact Number is **509-962-2780**. Incoming calls to this number should be limited to emergencies only! In case of an emergency, attendees may speak to the committee regarding access to a phone. In the event of an emergency, and a parent needs to contact an Alateen, the emergency number may be used. They will need the conference name (WAAC), attendee's name and attendee's chaperone's name.

THINGS TO BRING:

Toiletries, towels, flashlight (**not a cell phone**), swim suit, Alateen Literature, sunscreen, paper and pen/pencil, sleeping bag or sheets with blanket, pillow, ear plugs, clothing appropriate for the weather including jacket, **closed toe shoes if you want to go on any hikes.**

SNACKS FOR HOSPITALITY ROOM:

1. Store-bought in individual packages that show ingredients – helpful for those with allergies.
2. Fruit or vegetables – packaged such as Costco apples and veggie trays

ROOMS: Each attendee's room assignment will be given to them in the registration packet at the time of check in. **Attendees must use their assigned room unless a change is approved by the WAAC planning committee. If anyone has a question, concern or special request about their room assignment, please contact the committee in advance.** There will be a Male Dorm and a Female Dorm with at least one adult in each room. Each room sleeps 4 to 10 people. There are gathering rooms available for socializing so that the dorm rooms can remain separated by gender (see **permission slip on sexual orientation and room assignments**) used for sleeping/resting purposes only. **Lights are out at 12:00 a.m. Quiet time is from 11:00 p.m. - 7:00 a.m.**

PAYMENT INFORMATION (WAAC is paying your registration this year!):

With paid registration you get lovely accommodations at Camp Lazy F as well as 6 meals: starting with Friday dinner, then Saturday – 3 meals and Sunday – 2 meals. **Registration will not be accepted after June 30, 2024. Registrations may be transferred with approval of registration chair and updated forms for the transferee.**

CHECK-IN STARTS @ 4:00 PM Friday in front of the Trading Post building. During and after dinner, check-in will be inside the Trading Post building.

WAAC Behavior Guidelines: All Attendees Must READ and Sign Regardless of Age.

Let's resist the temptation to gossip, and let's discourage it in others. Especially, let's avoid hurting anyone in our group, because anything that hurts one member hurts our whole group.

1. **Anyone** who breaks a guideline will be dealt with by a disciplinary committee. If an Alateen, they will meet with their chaperone present.
2. Minimum age required is 11 (unless approved by WAAC committee). Persons coming to WAAC must be a member of Alateen, AA, or Al-Anon.
3. Every Alateen will be assigned a room with the adult who is responsible for them. This adult will make sure that the Alateen follows the guidelines. The adult **must** follow the guidelines as well.
4. **Under no circumstances is anyone to leave the Campgrounds** or to go beyond the designated areas during the conference once they have arrived. Follow camp instructions. **In case of an emergency, notify a committee member.**
5. **Everyone WILL attend conference activities.** If unable to attend, please notify the medical personnel with chaperone.
6. No one is allowed to visit other people's sleeping rooms. All attendees are to sleep in their assigned rooms. There will be a coed socializing space.
7. Only members **18 years or older** will be permitted to smoke, off the camp property. Anyone under the age of 18 years smoking will need to leave the conference.
8. **Possession of alcohol, drugs, materials of pornographic nature or weapons is strictly forbidden.** All Alateens with medicine need to tell their chaperones and the medical personnel upon their arrival. All adult attendees must register their medications with medical personnel. Medical personnel will hold and distribute all medications at the appropriate times. **No narcotics will be allowed even if legitimately prescribed.** No prescriptions be administered without the original bottle and label. **Anyone with drugs, alcohol, materials of pornographic nature or weapons will be required to leave the conference.**
9. Do not damage or deface the property of the camp or other attendees; attendee or parent/guardian may be held financially responsible for repairs.
10. Anonymity should be respected by everyone. Participants may take pictures periodically throughout the conference. These photos may be used in a slide show to be shown at WAAC and other fellowship events. We wish to remind those who are taking pictures to only photograph those who give their permission.
11. No one is permitted to register on site. **Registration must be received to WAAC by June 30, 2024.**
12. Abuse of any type is unacceptable. Any such incidents, including physical and verbal, will be dealt with in accordance to the severity by discretion of the **disciplinary committee.**
13. **Parents, Alateens, and Chaperones** must read these requirements before registering. You must sign stating you have read and understood the requirements. If the attendee is asked to leave, it will be at their expense.

Attendee Signature: _____

Attendee Name (please print): _____ (Print clearly)

Attendee Email: _____ (Print clearly)

REGISTRATION FORM FOR ALL ATTENDEES OVER THE AGE OF 18

PLEASE PRINT CLEARLY

ATTENDEE: Fill out and return with signed behavior guidelines.

1. Name: _____ Gender: ___ (Male/Female/Other)

Phone #: Cell (____) _____ Home (____) _____ Can you receive texts? _____

Home Address: _____ City: _____ State: _____

Age: _____ Date of birth: _____

Nearest relative: Name: _____ Phone: (____) _____

2. Do you have Medical Insurance? Yes No

Company Name _____

Policy Number _____

3. List any medical concerns:

4. List any allergies to food, pollen, or medicines:

*****All medications must come in the original bottle/package.*****

5. I hereby authorize the WAAC medical personnel to obtain emergency medical care necessary for me during the WAAC weekend. Initial: _____

6. I am the following:

____ A. A certified "AMIAS", Al-Anon Member Involved in Alateen Service

____ B. An Alateen Member over the age of 18

____ C. Other: Please Describe _____

Please fill out one of the following sections.

A. Al-Anon Member Involved in Alateen Service:

1. I understand that my personal information of full name, address, phone number, vehicle make/model and license plate number is to be given to the parents of any Alateens under the age of 18 that I drive/chaperone to WAAC.

2. I understand that group registrations are to be mailed in by the chaperone/sponsor and that the chaperone/driver is to **keep a copy** of the medical/permission form for travel to and from WAAC.

3. Familiarize yourselves with the WA Area Alateen Safety Requirements.

AMIAS Signature: _____ AMIAS ID: _____ Date: _____

Print Name: _____

B. Alateen Member over the age of 18:

1. I understand that I am not eligible to chaperone Alateen members under the age of 18 to WAAC. I am only allowed to drive my own sibling with parental permission.

2. I understand I am not eligible to be housed in the same sleeping area as any Alateen member under the age of 18.

Attendee Signature: _____ Date: _____

Print Name: _____

C. Other

1. I understand that I am not eligible to chaperone Alateen members under the age of 18 to WAAC. I am only allowed to drive my own sibling with parental permission.

2. I understand I am not eligible to be housed in the same sleeping area as any Alateen member under the age of 18.

3. My attendance has been reviewed and approved by the WAAC Committee.

Attendee Signature: _____ Date: _____

TRAVEL INFORMATION

Drivers: Please provide the following information for the WAAC registration file. **Group Sponsors:** Please make sure that any teens registered on this form who are not traveling with the group are listed on another group's travel form or submit their own form.

CAR 1:

Driver's Name: _____ Car Make/Model/Year: _____

License Plate #: _____ Car Insurance Provider: _____ Service ID#: _____ [AMIAS #?]

CAR 2:

Driver's Name: _____ Car Make/Model/Year: _____

License Plate #: _____ Car Insurance Provider: _____ Service ID# _____ (AMIAS #?)

Information for Parents

(Please make sure you give this information to the legal guardian/custodial parent, of each Alateen member you are chaperoning.)

Chaperone Name: _____ Chaperone Service [AMIAS?] ID #: _____

Chaperone Address: _____ Cell: _____

Chaperone Vehicle Information: _____

Event Information WAAC, 16170 Manastash Rd., Ellensburg, WA 98926 Emergency # 509 962-2780

Drop Off 7/19/24 Place: _____ Time: _____

Pick-Up 7/21/24 Place: _____ Time: _____



Lazy F Camp and Retreat Center

16170 Manastash Rd. Ellensburg, WA 98926
509.962.2780 (phone) 509.962.6414 (fax)
office@lazyfcamp.org www.lazyfcamp.org

Challenge Course Release of Liability

No one will be able to participate in Challenge Course activities without a signed Participant's Data Form and a Release of Liability Form!

Disclosure

The Challenge Course experience at Lazy F Camp & Retreat Center involves the following activities:

Orientation/Introduction – goal setting, safety briefing, learning names, and physical warm-ups.

Initiative Games – group activities that use little or no props, are low to the ground, and emphasize group decision-making and problem-solving skills, cooperation, awareness of individual's effect on the group, leadership styles, etc.

Spotting & Trust Activities – activities that teach proper spotting techniques used for safety in trust and low element events, development of trust among group members, and emphasize looking out for another's physical and emotional safety. May include the "trust fall", where participants fall back into the arms of group member from a height of 4 feet.

Team Challenge Elements – the group will use permanent structures, cables, etc. built among the trees including: a whale watch, a spiders web, a 12 ft. wall up to get over, "tight rope" walking, or trust fall activities and more.

Summit Adventure Elements– these elements are built in trees, are up to 65ft. high, and include Pirates Crossing, Climbing Tree, Vertical Playpen, Multivine, Climbing Tower, and Zip Line. Participants wear helmets and are always belayed with a climbing rope and harness.

Some of the above activities are physically rigorous. The level of participation in a challenge course activity is at all times completely up to the individual's choice. Yet there is a risk, which must be assumed by each participant that he or she may suffer an emotional or physical injury or disability. Injuries can include, but are not limited to; cable burns, rope burns, sprains, skin abrasions, and pulled/strained muscles. In the unlikely event of a failure of a helmet, belay, or other safety precautions, more serious injuries or even death could result.

The number and choice of element your group be participating on will depend on the length of time your group spends in our challenge course program and the goals of your group.

Policy for participation in the Lazy F Challenge Course experience requires that every participant must make certain health/medical information known to the course facilitator(s) prior to participation so that they are prepared to respond appropriately if the need arises. This information will be held confidential. Please be sure to complete the Participant Data form on the reverse side prior to your scheduled course visit.

Release of Liability

I, the undersigned, understand that parts of the Challenge course experience at Lazy F may be physically or emotionally demanding. I affirm my (or my child's) health is good, and that I (or my child's) am (is) not under a physician's care for any undisclosed conditions that might endanger my (or my child's) health or that of other participants. I recognize the inherent risk of injury or disability in challenge course activities.

I hereby agree to release the United Methodist Church, the Conference Camping Commission, Lazy F Camp & Retreat Center, and any of their directors, officers, staff members, or volunteers, from any liability, claims, demands, legal suit, or causes of action arising out of, or in any way connected with my participation in the Challenge Course activities, and further to indemnify them for any losses resulting from any suit brought in my name or on my behalf.

Participant's Signature _____ **Date** _____
(Parent or Guardian's Signature if under 18)

(Please print Parent or Guardian's names) Participants Name if under 18

PARTICIPANT DATA/RELEASE OF LIABILITY FORM

Name _____ Phone _____

Address _____

M _____ F _____ Birth date _____ Age _____ Height _____ Weight _____

Person to notify in case of emergency:

Name _____ Relationship _____

Address _____ Phone home _____ cell _____

MEDICAL INFORMATION

For your benefit and the safety of others, we need to be aware of any medical conditions you have that might impact your participation. All information is confidential and shared only with your group's facilitator(s).

1. Do you wear: contact lens? _____ Hearing Aid? _____

2. Are you on any medication? _____ What kind? _____

3. Are you allergic to any of the following (please specify): Bug bites _____ Medication _____

Bee stings _____ Other _____

4. Do you have any limiting physical problems (temporary or permanent)? Y _____ N _____

If yes, please specify:

_____ Asthma _____ Back Problems

_____ High blood pressure _____ Kidney problems

_____ Low blood pressure _____ Bone/joint problems

_____ Cardiac or respiratory _____ Fear of heights

_____ Recent surgery _____ Other _____

What should we know about any of the above? _____

Family Medical Insurance: _____ Yes _____ No Name of Insured: _____

Carrier: _____ Group# _____ Policy # _____

Name of family physician _____ Phone _____

I, the undersigned, have provided current, factual, and complete information on this form

Signature _____ Date _____

(Guardian, if participant is under 18 years of age)

WA AREA

Fall Assembly 2024

*Our Path Toward
Grace, Unity, and Understanding*

SAVE THE DATE

October 4–6

Meetings on Friday Evening, All Day Saturday, and Sunday Morning

HYBRID ASSEMBLY

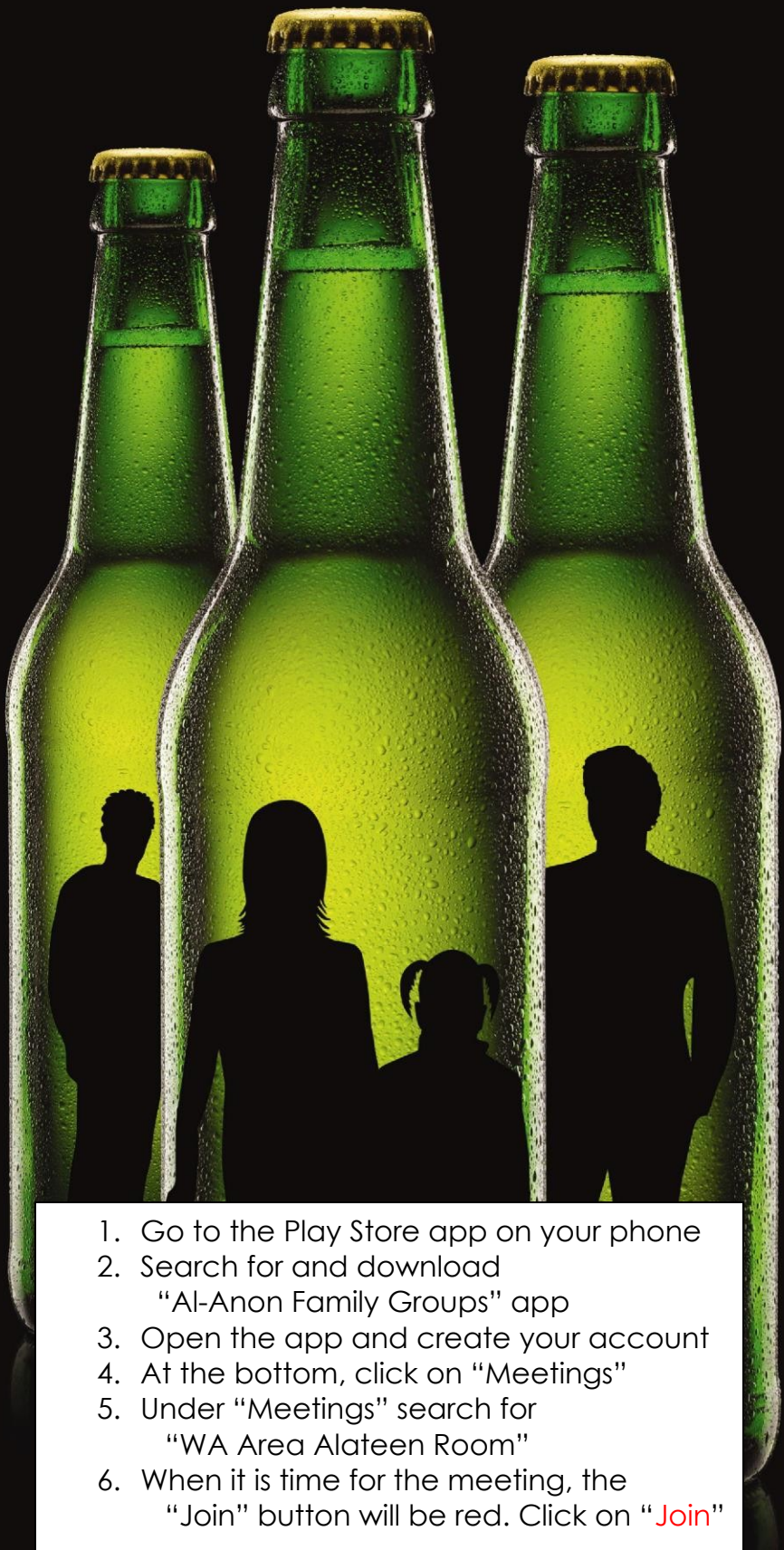
IN PERSON at Best Western Plus Lakefront

Hotel in Moses Lake

+

ONLINE on Zoom

Registration Information Coming Soon!



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 Family Groups

Help and hope for families and friends of alcoholics

AL-ANON.ORG

Have you ever thought about becoming an **AMIAS?** (**Al-Anon Member Involved in Alateen Service**)

Please consider this opportunity to contribute to the welfare of teens who are impacted by the family disease of alcoholism.

REQUIREMENTS:

- Program Certification
- Age 21+
- Cleared Background Check/ No Felonies
- Member of AL-Anon for 2+ years
- Currently attending Al-Anon meetings



An AMIAS is an Al-Anon member who is involved in Alateen service and is certified through the area's Alateen process. They give their time on a regular basis to ensure that the spiritual principles of Al-Anon are shared within the Alateen groups.



FOR MORE INFORMATION PLEASE CONTACT:

KAYLEEN F. | DR12@WA-AL-ANON.ORG

ALL ARE WELCOME

GR CIRCLE WORKSHOPS

HOSTED BY: KIMBERLY H. WA ALT DELEGATE

EMAIL: WAALTDLPANEL62@GMAIL.COM

GR CIRCLE

MEETING ID: 839 2782 6278

PASSCODE: 072030

EVERY MONTH ON THE SECOND THU, UNTIL NOV 14,
2024, 11 OCCURRENCE(S)

JAN 11, 2024 07:00 PM

FEB 8, 2024 07:00 PM

MAR 14, 2024 07:00 PM

APR 11, 2024 07:00 PM

MAY 9, 2024 07:00 PM

JUN 13, 2024 07:00 PM

JUL 11, 2024 07:00 PM

AUG 8, 2024 07:00 PM

SEP 12, 2024 07:00 PM

OCT 10, 2024 07:00 PM

NOV 14, 2024 07:00 PM

Discussions will include - GR Guidelines, Service Manual study, Area Handbook, Pre-Con/SSA/Fall Assy (what do we do there), Hybrid Meetings, PEM (permanent electronic meetings), and many other interesting topics. Same topic for both meetings each month. (I like choices – if you can't make it to one, join the other one – you won't miss anything).

District 12 Business Meeting

**Thursday, June 20th
6:30pm**

Zoom Meeting

Meeting ID: 836 3300 4031

Password: 107075

All District 12 members are welcome.

Each District 12 group is encouraged to send a representative.

Please join us!

We're looking for volunteers for these open
District 12 Service Positions for 2023-2024:

District 13 Business Meeting

New Zoom Information

Thursday, June 27th
6:45pm

Zoom Meeting

Meeting ID: 880 8048 5297

Password: 199465

All District 13 members are welcome.

Each District 13 group is encouraged to send a representative.

Please join us!

We're looking for volunteers for these open
District 13 Service Positions for 2023-2024:

- Treasurer
- Back-up AIS Liason

District 12 Business Meeting

**Thursday, June 20st
6:30pm**

Zoom Meeting

Meeting ID: 836 3300 4031

Password: 107075

All District 12 members are welcome.

Each District 12 group is encouraged to send a representative.

Please join us!

We're looking for volunteers for these open
District 12 Service Positions for 2023-2024:

Pierce County Al-Anon Meeting Schedule

Washington Area 59, Districts 12 & 13

Updated June 4, 2024

***** Newcomers welcome at all meetings *****

[Visit al-anon-pierce-wa.org](http://visit-al-anon-pierce-wa.org) for more information on Al-Anon in Pierce County, WA

Virtual = meeting occurs on Zoom | In Person = meeting occurs at a physical location

Hybrid = an in-person meeting and a virtual meeting occur at the same time and both are connected | Concurrent = meeting has split into an in-person and a virtual meeting but the two are not connected

FAFO = Friends and Family Only (previously called a "closed meeting") | FFAOW = Friends, Family and Observers Welcome (previously called an "open meeting")

Day	Time (PST) Meeting Length	City	Group Name Notes	Meeting Notes	Meeting Format	Zoom Login Info (if meeting virtually)	Meeting Location (if meeting in person)	District # Group #
New Zoom Meeting login Information Monday	New Zoom Meeting login Information 11:30 AM 75 minutes	Tacoma	New Zoom Meeting login Information Sisters in Serenity AFG Women Only	Women Only FFAOW	Virtual	New Zoom Meeting login Information Meeting: 874 3140 8051 Password: 123456		District 12 Group # 30710872
Monday	5:00 PM 60 minutes	Key Center	Keys to Sanity AFG	FFAOW Beginners meeting Handicap accessible	In Person		Key Peninsula Fire Department Station 46 8911 Key Peninsula Highway NW Lakebay, WA 98349	District 12 Group # 30524494
New Meeting Information Monday	New Meeting Information 5:30 PM 60 minutes	Fircrest	New Meeting Information Tacoma All Women's AFG Women Only	Women Only FFAOW Handicap accessible Speaker Meeting first Monday of every month	New Meeting Information In Person		Redeemer Lutheran Church 1001 Princeton Street Fircrest, WA 98466	District 12 Group # 30520977
New Meeting and Zoom login Information Monday	New Meeting and Zoom login Information 5:30 PM 60 minutes	District 12	New Meeting and Zoom login Information Tacoma All Women's AFG Virtual Women Only	Women Only FFAOW	Virtual	New Meeting and Zoom login Information Meeting ID: 947 4569 2338 Password: 755255		District 12 Group #
Monday	6:00 PM 60 minutes	Milton	Milton Monday Night AFG	FFAOW Book study Handicap accessible	Hybrid	Meeting ID: 872-4047-0900 Password: hope	Mission Woods Church 2003 Taylor Street Milton, WA 98354	District 12 Group #30681798
New Zoom Meeting login Information Monday	New Zoom Meeting login Information 7:00 PM 60 minutes	Graham	New Zoom Meeting login Information Recovering Hope AFG	FFAOW Handicap accessible Masks required	Hybrid	New Zoom Meeting login Information Meeting ID: 810 9947 6397 Password: 123456	Graham Church of Christ 9524 224th Street East Graham, WA 98338 (meets downstairs)	District 13 Group # 30723399
Monday	7:30 PM 60 minutes	Gig Harbor	Serenity at Last AFG	FFAOW Handicap accessible Masks required	In Person		Serenity Hall at Gateway Point Business Park 2601 Jahn Avenue NW Suite A-10 Gig Harbor, WA 98335	District 12 Group # 66817
Monday	7:30 PM 60 minutes	Tacoma	Tacoma All Men's AFG Men Only	Men only FAFO Handicap accessible	In Person		St. Andrew's Episcopal Church 7410 South 12th Street Tacoma, WA 98465 (use main entrance)	District 12 Group # 49643

Day	Time (PST) Meeting Length	City	Group Name Notes	Meeting Notes	Meeting Format	Zoom Login Info (if meeting virtually)	Meeting Location (if meeting in person)	District # Group #
Tuesday	10:00 AM 60 minutes	University Place	University Place Daytime AFG	FAFO Handicap accessible	Concurrent (group meets both in person and on Zoom)	Meeting ID: 710 388 2318 Password: 141376	University Place Presbyterian Church 8101 27th Street West University Place, WA 98466	District 12 Group # 51813
Tuesday	7:00 PM 60 minutes	Orting	Families In Recovery AFG (FIR)	FFAOW Birthday celebration and Speaker meeting last Tuesday of every month	In Person		Sound Life Church Orting Valley 101 Corrin Avenue SW Orting, WA 98360 (meets upstairs, first room on the left) (last Tuesday of the month: meets in the big room downstairs)	District 13 Group # 30575304
Tuesday	7:00 PM 60 minutes	Fircrest	Narrows AFG	FFAOW	In Person		Redeemer Lutheran Church 1001 Princeton Street Fircrest, WA 98466	District 12 Group # 14384
Tuesday	7:30 PM 60 minutes	Fircrest	Tuesday Night Survivors Alateen AFG	Alateen (ages 12-19)	Not currently meeting	email: alateen12@al-anon-pierce-wa.org		District 12 Group # 30577178
Wednesday	10:00 AM 90 minutes	Tacoma	Tacoma Daytime AFG	FFAOW	In person		Good Shepherd Lutheran Church 140 East 56th Street Tacoma, WA 98404	District 12 Group # 14378
Wednesday	10:30 AM 90 minutes	Sumner	Daffodil Valley AFG	FFAOW Handicap accessible	In Person		First Christian Church 432 Wood Avenue Sumner, WA 98390	District 13 Group # 301515
Wednesday	4:00 PM 60 minutes	Lakewood	Understanding Voices AFG	FFAOW Book study Handicap accessible	In Person		United Methodist Church at Lakewood 6900 Steilacoom Blvd SW Lakewood, WA 98499 (go in front door from upper parking lot on Flora Street)	District 13 Group # 66546
Wednesday	6:00 PM 90 minutes	District 13	Wednesday Workshop Series	Speaker meeting	Virtual	Meeting ID: 387 493 608 Password: 123456		District 13
Wednesday	7:00 PM 90 minutes	Gig Harbor	Hope In the Harbor AFG	FFAOW Handicap accessible	In Person		Harbor Life Church 4417 56th Street Gig Harbor, WA 98335 (meets in portable behind church)	District 12 Group # 14193
Wednesday	7:00 PM 60 minutes	Tacoma	New Life AFG	FFAOW Book study Handicap accessible	In Person		United Lutheran Church 1231 South 76th Street Tacoma, WA 98408 (Room 202)	District 12 Group # 43158

Day	Time (PST) Meeting Length	City	Group Name Notes	Meeting Notes	Meeting Format	Zoom Login Info (if meeting virtually)	Meeting Location (if meeting in person)	District # Group #
Thursday	12:15 PM 60 minutes	Gig Harbor	3 C's AFG	FFAOW	Virtual	Meeting ID: 880 3305 7206 Password: 3CsAla		District 12 Group # 30518847
Thursday	5:30 PM 60 minutes	Fircrest	Just For Today AFG	FAFO	Virtual	Meeting ID: 956 6594 0788 Password: 429754		District 12 Group # 64345
Thursday	6:00 PM 60 minutes	Puyallup	Puyallup Serenity Seekers AFG	FFAOW Handicap accessible	Hybrid	Meeting ID: 866 822 650 Password: 123456	First Presbyterian Church of Puyallup 412 West Pioneer Avenue Puyallup, WA 98371 (meets in the parlor)	District 13 Group # 30625147
Thursday	6:30 PM 60 minutes	Fircrest	Sound AFG	FFAOW	In Person		Redeemer Lutheran Church 1001 Princeton Street Fircrest, WA 98466	District 12 Group # 14395
First Friday of the month	6:30 PM 90 minutes	Puyallup	Recovery Spoken Here Speaker Meeting	Monthly Speaker Meeting Al-Anon and AA Speaker Dessert potluck Everyone welcome Handicap accessible	In Person		Shepherd of the Hill Presbyterian Church 8401 112th Street East Puyallup, WA 98373	District 13
Friday	6:30 PM 60 minutes	Graham	O.K. AFG	FFAOW Book study	Virtual	Meeting ID: 181 495 924 Password: 123456		District 13 Group # 504116
Friday	7:30 PM 60 minutes	Buckley	Buckley AFG	Concurrent AA meeting FFAOW	In Person		Community Presbyterian Church 152 Cottage Street Buckley, WA 98321 (meets upstairs; use side door)	District 13 Group # 14136
Saturday	8:30 AM 90 minutes	Puyallup	Freedom AFG	FFAOW Beginners Handicap accessible	Hybrid	Meeting ID: 869 920 111 Password: 123456	Shepherd of the Hill Presbyterian Church 8401 112th Street East Puyallup, WA 98373	District 13 Group # 42147
Saturday	8:30 AM 60 minutes	Tacoma	Recovering Serenity AFG	FFAOW Bookstudy (weeks 2 & 3) Birthday meeting with coins last Saturday of the month	In Person		Immanuel Presbyterian Church 901 North J Street Tacoma, WA 98403	District 12
Saturday	9:00 AM 60 minutes	Tacoma	Rocky Bottom AFG	FFAOW	Virtual	Meeting ID: 878 4625 3603 Password: d12		District 12 Group # 30620540
Saturday	9:00 AM 75 minutes	Gig Harbor	Sharing Our Strength AFG	FAFO Book Study Masks required Speaker Meeting any fifth Saturdays of the month	Concurrent	Meeting ID: 131 383 914 Password: 250194	Serenity Hall at Gateway Point Business Park 2601 Jahn Avenue NW Suite A-10 Gig Harbor, WA 98335	District 12 Group # 500913
Sunday	10:00 AM 60 minutes	Tacoma	Virtual Serenity	FFAOW	Virtual	Meeting ID: 824 5538 2650 Password: afg		District 12
Sunday	6:30 PM 90 minutes	Puyallup	Living Free AFG	FFAOW	Virtual	Meeting ID: 864 7614 1723 Passcode: 001002		District 13 Group # 41911

Speaker Meetings								
First Monday of the month	5:30 PM 60 minutes	Fircrest	Tacoma All Women's AFG Women Only	Women Only FFAOW Speaker Meeting first Monday of every month	Concurrent	Meeting ID: 658 534 437 Password: 680260	Redeemer Lutheran Church 1001 Princeton Street Fircrest, WA 98466	District 12 Group # 30520977
First Friday of the month	6:30 PM 90 minutes	Puyallup	Recovery Spoken Here Speaker Meeting	Monthly Speaker Meeting Al-Anon and AA Speaker Dessert potluck Everyone welcome Handicap accessible	In Person		Shepherd of the Hill Presbyterian Church 8401 112th Street East Puyallup, WA 98373	District 13
Last Tuesday of the month	7:00 PM 60 minutes	Orting	Families In Recovery AFG (FIR)	FFAOW Birthday celebration and Speaker meeting last Tuesday of every month	In Person		Sound Life Church Orting Valley 101 Corrin Avenue SW Orting, WA 98360 (meets upstairs, first room on the left)	District 13 Group # 30575304
Fifth Saturdays of the month	9:00 AM 75 minutes	Gig Harbor	Sharing Our Strength AFG	FAFO Book Study Handicap accessible Masks required Speaker Meeting any fifth Saturdays of the month	Concurrent	Meeting ID: 131 383 914 Password: 250194	Serenity Hall at Gateway Point Business Park 2601 Jahn Avenue NW Suite A-10 Gig Harbor, WA 98335	District 12 Group # 500913

Business Meetings								
First Tuesday of the month	7:00 PM	Fircrest	Pierce County AIS Business Meeting		Virtual	Meeting ID: 836 3806 1914 Password: 664843		Districts 12 & 13
Third Thursday of the month	6:30 PM	Fircrest	District 12 Business Meeting		Virtual	Meeting ID: 836 3300 4031 Password: 107075		District 12
New Zoom Meeting login Information Last Thursday of the month	New Zoom Meeting login Information 6:45 PM	Puyallup	New Zoom Meeting login Information District 13 Business Meeting		Virtual	New Zoom Meeting login Information Meeting ID: 880 8048 5297 Password: 199465		District 13

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 5:30 PM Tacoma All Womens AFG Speaker Meeting	4 7:00 PM AIS Business Meeting	5 6:00 PM Wednesday Workshop	6 D-Day	7 6:30 PM Recovery Spoken Here Speaker Meeting	8 AMIAS Training
9 3:00 PM AMIAS Informational Meeting	10	11	12 6:00 PM Wednesday Workshop	13	14	15
16 Father's Day	17	18	19 6:00 PM Wednesday Workshop Juneteenth	20 6:30 PM District 12 Business Meeting	21 Summer Solstice	22
23	24	25 7:00 PM Families in Recovery AFG Birthday celebration and Speaker Meeting	26 6:00 PM Wednesday Workshop	27 6:45 PM District 13 Business Meeting	28	29
30	1	NOTES				

Contact Information for District 12, 13 and Pierce County AIS

<p>AIS Chairman</p>	<p>chair@al-anon-pierce-wa.org</p>	<p>The main contact person for Pierce County Al-Anon information services. Contact if you have questions about Al-Anon.</p>
<p>District Representative for District 12</p>	<p>dr_district_12@wa-al-anon.org</p>	<p>The main contact person for District 12. Contact for questions about district issues.</p>
<p>District Representative for District 13</p>	<p>dr_district_13@wa-al-anon.org</p>	<p>The main contact person for District 13. Contact for questions about district issues.</p>
<p>AIS Webmaster</p>	<p>webmaster@al-anon-pierce-wa.org</p>	<p>Runs the Pierce County Al-Anon website, updates the schedule and publishes the newsletter. Contact to update meeting information or submit an item for The Scope.</p>
<p>Literature Coordinator</p>	<p>ldc@al-anon-pierce-wa.org</p>	<p>Runs the Literature Distribution Center for Pierce County Al-Anon. Contact to purchase books, pamphlets and other literature for yourself and your group.</p>
<p>AIS Outreach Coordinator</p>	<p>outreach@al-anon-pierce-wa.org</p>	<p>Organizes outreach projects for Pierce County Al-Anon. Provides treatment centers with literature. Organizes outreach campaigns, workshops, booths at community fairs, etc. Contact for outreach opportunities and ideas.</p>
<p>AIS Speaker Bureau Coordinator</p>	<p>speakersbureau@al-anon-pierce-wa.org</p>	<p>Provides local treatment centers with Al-Anon speakers.</p>
<p>Sharing Our Horizons Second Saturday Speaker Meeting Coordinator</p>	<p>sharingourhorizons@al-anon-pierce-wa.org</p>	<p>Coordinates and facilitates the Sharing Our Horizons speaker meeting (second Saturday of each month—temporarily suspended due to COVID). Contact if your group is interested in hosting.</p>
<p>District 12 Alateen Coordinator</p>	<p>alateen12@al-anon-pierce-wa.org</p>	<p>Coordinates Alateen in District 12. Contact to help a teen in need, find out about Alateen meetings, to learn about becoming an Al-Anon Member in Alateen Service (AMIAS), and AMIAS recertification.</p>
<p>Spanish Meeting Information</p>	<p>espanol@al-anon-pierce-wa.org</p>	<p>Contact for information about Spanish Al-Anon meetings in Pierce County, or Al-Anon resources in Spanish.</p>

Please visit the [Pierce County Al-Anon website](#) for more local Al-anon information, including:

- Up-to-date meeting schedule
- Information on events
- Online access to The Scope
- Information for newcomers
- Information about Alateen
- Contact information, including the Literature Coordinator and Webmaster
- To subscribe to The Scope

Visit al-anon-pierce-wa.org and explore!

To subscribe to The Scope, please email webmaster@al-anon-pierce-wa.org and request that your email address be added to the mailing list.

To update your group's meeting information in the Schedule, please email webmaster@al-anon-pierce-wa.org.

To contribute to Pierce County Al-Anon Information Services (AIS), please mail checks to:

Pierce County AIS
PO Box 99514
Lakewood, WA 98496-0514

Make checks payable to "Pierce County AIS" and include your group's name and/or WSO #

To contribute to District 12, please mail checks to:

Pierce County Al-Anon District 12
5114 Point Fosdick Drive
Ste F PMB 1097
Gig Harbor, WA 98335

Make checks payable to "District 12" and include your group's name and/or WSO #

To contribute to District 13, please mail checks to:

District 13 AFG
PO Box 73373
Puyallup, WA 98373

Make checks payable to "District 13" and include your group's name and/or WSO #

To contribute to District 12 Alateen, please mail checks to:

Pierce County Al-Anon District 12
5114 Point Fosdick Drive
Ste F PMB 1097
Gig Harbor, WA 98335

Make checks payable to "District 12", include your group's name and/or WSO #, and write "Alateen" in the memo.