

District 28 Newsletter

December 2025



District 28 Business Meeting December 20, 2025 8:30 am

Freeborn Lutheran Church
2304 300th St NW
Stanwood, WA 98292

Hybrid Zoom meeting.

Meeting ID: 861 2248 0883
PW: 6180464

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Winter Meeting Hours

One Day at a Time AFG

Wednesday nights 6:30pm
Lincoln Hill Retirement Center
Hybrid meeting on Zoom
Meeting ID: 89919748427
Password: 569039

Granite Falls AFG

Monday nights 6:00pm
Granville Grange

See Al-Anon schedule for addresses

District 28 Trusted servants

Tom I	DR
Regan T	Newsletter
Brinnie R.	GR
Ali A.	Website, Secretary
Mary M.	Teleservice
Rhonda	Treasurer, GR
Corky W	Literature, Events,
Jane R.	GR
Larry G.	Institutions (Interim)
Craig	Schedules
Marcia	Alt DR, GR
Penny	Alateen Coordinator
Deborah	GR

OPEN Archives
OPEN Institutions
OPEN P.O.

If you're called to do service at the district level, there are still positions open. Contact any of these trusted servants to find out more.

Step 12

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

Tradition 12

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

Concept 12

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

Our Three Legacies

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

RECOVERY: Through the Steps
UNITY: Through the Traditions
SERVICE: Through the Concepts

(Legacies reprinted with permission of The Forum)

ALATEEN *There is Hope*

- “Alateen has helped many others. None of us is alone—many other teenagers have gone through the same problems that we have.
- Alcoholism affects the person who drinks and those who are close to the problem drinker.
- Learning the facts about alcoholism can make it easier to accept it as a disease.” (Reprinted with permission of Al-Anon Family Group Headquarters, Inc.)

Alateen is a part of the Al-Anon Family Groups’ fellowship for younger members whose lives have been affected by someone else’s drinking. Alateen is not a religious program and there are no fees or dues to belong to it.



MOBILE APP

QR Code:



Al-Anon Facts

Can families and friends of alcoholics bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help?

al-anon.org

Yes, Al-Anon is a mutual support program for people whose lives have been affected by someone else’s drinking by sharing common experiences and applying the Al-Anon principles

The Al-Anon Declaration *a call to action*

Let It Begin with Me

*When anyone, anywhere,
reaches out for help,
let the hand of
Al-Anon and Alateen
always be there,*

And — Let It Begin with Me.

Contact the newsletter

d28newsletter@gmail.com

If there is anything you, as Al-Anon members, want included in the newsletter, please don’t hesitate to contact us at that email.

Al-Anon Facts & Fiction

It has come to our attention that the feature – “Al-Anon Trivia” – could be seen to make light of our shared dilemma, so it has been amended with “Al-Anon Facts” instead, in this and following newsletter issues.



Other Links!

<https://district28alanon.com/>
<https://wa-al-anon.org/>
<https://al-anon.org/>

\$ Service Contribution Information \$

<https://al-anon.org/contributions/member/>

Group Notices

**Alpine speakers needed
9 am & 5:45 pm 11/26/25
And every 9 weeks thereafter
(Contact Larry 425-218-4757)**

**Al-Anon & Alateen
360-618-0464**

Serenity Prayer

*God, grant me the
Serenity to accept the things I
cannot change,
Courage to change the things I can,
and
Wisdom to know the difference.*

TUESDAYS

**7:30 PM We Care Alateen
Teens only
Tuesday AFG Al-Anon Meeting
at same time
(Rose room and Craft room)
The Stilly Valley Center
18308 Smokey Point Blvd
Arlington, WA**