

District 28 Newsletter

February 2026



District 28 Business Meeting February 21, 2026 8:00 am

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

Hybrid Zoom meeting.

Meeting ID: 861 2248 0883
PW: 6180464



*We are meeting early this
month to review budget*

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.

AMIAS Training Schedule

AMIAS Training will be the following Saturdays via zoom:

2/7
3/14
4/18
5/16

Initial training 9 am--12 pm
Refresher 2--4 pm
(due every other year)

Contact Penny, our *Alateen*
Coordinator for more information.

AA & Al-Anon
Speaker meeting/potluck
Sunday, February 15, 2027
Courage to Change Al-Anon and
K.I.S.S. AA
It's either in the Lutheran church or the green
county building
5:30 pm food -- 6:30 speakers

Al-Anon Service Opportunities

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

Archives
Literature
Institutions
Newsletter
Public Outreach
Schedules
Teleservice

Step 2

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

Tradition 2

**"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 2

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

District 28 Trusted servants

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



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 (statements from Alateen members)*

- “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

Q: 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?

A: 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.

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 *(see Al-Anon schedule for addresses)*

<p><u>Alpine speakers needed</u> 9 am & 5:45 pm on 04/01/26 (no fooling!) and every 9 weeks thereafter (Contact Larry 425-218-4757)</p>	<p><u>New Meeting Hours</u></p> <p>One Day at a Time AFG Wednesday nights <u>6:30pm</u> Lincoln Hill Retirement Center Hybrid meeting on Zoom Meeting ID: 89919748427 Password: 569039</p> <p>Granite Falls AFG Monday nights <u>6:00pm</u> Granville Grange</p>	<p><u>TUESDAYS</u></p> <p>7:30 PM We Care Alateen Teens only Tuesday AFG Al-Anon Meeting at same time <i>(Rose room and Craft room)</i> The Stilly Valley Center 18308 Smokey Point Blvd Arlington, WA</p>
<p>Al-Anon & Alateen 360-618-0464</p>		