

District 28 Newsletter

March 2026

**District 28
Business Meeting
March 21, 2026
8:30 am
Freeborn Lutheran
Church
2304 300th St NW
Stanwood, WA 98292**

Hybrid Zoom meeting.
Meeting ID: 861 2248 0883
PW: 6180464

Notice

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:

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.

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



Winter AWSC: 2/28
Word of Life Lutheran Church, Marysville
Precon: 3/28-3/29
Districts 15 & 16 hosting (Kirkland/Redm. area?)
ASTAR: 4/24-4/26 (tentative)
SSA: 5/22-5/24 at Warm Beach/Stanwood

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	GR
Adria	Treasurer



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."

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)

Congratulations and gratitude to Adria for serving as the District 28 new Treasurer!!

ALATEEN *There is Hope (statements from Alateen members)*

I use think that if I led others to what I thought was best for them the world would be a better place. I soon found out that's not true at all. All that I was ever accomplishing was making people irritated and mad at me, which made me not a very likable person. I stili try to control people, and I think I do it out of love.

However, I realize that sometimes if you let people live their own lives, it shows more love than trying to force them into something. I may always have the urge to control people or lead them to what I think is right, but if I remember to "Live and Let Live," it makes life a whole lot better for everybody.

BV Kaleb L, Indiana

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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>Inventory</u> ODAT is having an inventory on March 12th.</p> <p><u>Save the Date</u> <u>Potluck/Speakers</u></p>	<p><u>TUESDAYS</u> 7:30 PM We Care Alateen Teens only Arlington AFG Al-Anon Meeting at same time (Rose room and Craft room)</p>
<p>Al-Anon & Alateen 360-618-0464</p>	<p>ODAT April 17 Courage to Change May 17</p>	<p>The Stilly Valley Center 18308 Smokey Point Blvd Arlington, WA</p>