

District 28 Newsletter

May 2026

**District 28
Business Meeting
May 16, 2026
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.

AMIAS Training Schedule

AMIAS Training will be the following Saturday via zoom:

May 16, 2026

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

Contact Penny, our Alateen Coordinator for more information.

**Potluck & Speaker Meeting
Courage to Change Al-Anon
KISS AA**

**Sunday, May 17, 5:30pm
Meeting starts at 6:30**

Island County Multi-Purpose Center
141 NE Camano Drive

Al-Anon Service Opportunities

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

Open: Literature Coordinator

Upcoming openings:
Newsletter
Schedules

SSA 2026

May 16th – 18th

**Warm Beach Conference Center
20800 Marine Dr, Stanwood**

To Register by May 8th, go to

<https://wa-al-anon.org/ssa-2026>

District 28 Trusted servants

Ali A.	Website, Secretary
Brinnie R.	GR
Corky W	Events
Craig	Schedules
Deborah	GR
Jane R.	GR
Marcia	DR, GR
Penny	Alateen Safety Coord
Regan T	Newsletter
Rhonda	GR
Adria	Treasurer
Jane R.	Teleservice (interim)
Don	Institutions
Laura	Archives
Julie	Public Outreach (interim)

Special Thank You!

Thanks be to Don and Laura for agreeing to be our new institutions and archives coordinators, respectively.

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)

Concept 5

“The rights of appeal and petition protect minorities and insure that they be heard.”

Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Tradition 5

“Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

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

(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.

Other Links!

<https://district28alanon.com/>

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

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

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.

\$ 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 06/03/26 and every 9 weeks thereafter (Contact Larry 425-218-4757)</p>	<p><u>Save the Date</u> <u>Potluck/Speakers</u> Courage to Change May 17</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) The Stilly Valley Center 18308 Smokey Point Blvd Arlington, WA</p>
<p>Al-Anon & Alateen 360-618-0464</p>		