

District 28 Newsletter

July 2026

District 28 Trusted servants

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

**District 28
Business Meeting
July 18, 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.

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

Al-Anon's Mobile App

Our new Mobile App marks the next evolution in Al-Anon Recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world will be able to come together for Al-Anon recovery.

Download it today from your favorite App store!

Special Thank You!

To all who represented District 28 at the Summer Service Assembly.

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)

Save the date

**Speaker Meeting/Potluck
KISS AA & CTC Al-Anon**

Sunday, August 16 – 5:30 pm

Multipurpose Center

Save the date

Granite Falls AFG

Potluck & Speaker Meeting

Monday, August 17 -- 6pm

Granville Grange

Step 7

“Humbly asked Him to remove our shortcomings.”

Tradition 7

“Every AA group ought to be fully self-supporting, declining outside contributions.”

Concept 7

“The Trustees have legal rights while the rights of the Conference are traditional.”

ALATEEN *The Courage to Find out Who I Am*

Before Alateen, I was a shell. The whole point of my existence was to appease others, stay out of the way, and solve everyone's problems. In time, I learned that I'm allowed to be human and make mistakes. I only have control over myself, and it isn't my job to fix everything. Everyone else is allowed to make mistakes, too. Through Alateen I found the courage to find out who I am. By Abigail *(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: Who are the co-founders of Al-Anon?

A: Lois W. and Anne B.

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/>

\$ Service Contribution Information \$

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

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.

Group Notices (see Al-Anon schedule for addresses)

Alpine speakers needed

9 am & 5:45 pm on 08/05/26
and every 9 weeks thereafter
Contact Don:
magbuilders2004@hotmail.com
425-330-3194

Al-Anon & Alateen
360-618-0464

Events

For information about
local events, go to the
Washington Area
Al-Anon Webpage at
<https://wa-al-anon.org/events/>

TUESDAYS

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