

District 28 Newsletter

August 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
August 15, 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.



Ongoing openings:
Newsletter
Schedules

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

**Sunday, August 16
5:30 pm**

**Multipurpose Center
141 NE Camano Dr.,
Camano Island WA**

Al-Anon Facts

Q: Who are the co-founders of Al-Anon?

A: Lois W. and Anne B.

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)

Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Tradition 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

**Granite Falls AFG
Potluck &
Speaker Meeting
Monday, August 17
6pm**

Granville Grange

9401 163rd Ave, NE
Granite Falls, WA

CANCELED

Concept 8

“The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.”

ALATEEN *A Sense of Family*

Attending Alateen meetings has changed my overall outlook on life situations. Alateen shows me that I can live and be myself without feeling guilty. The program has helped me find new ways to detach but still love. That concept is something I have struggled with, but I have also grown more into my true self while in the program. I enjoy sharing my story at Alateen because everyone cares to listen and give me insight. Most of the teens can relate to my feelings, which makes the experience even more meaningful.

By Morgan (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.

District 28
MOBILE APP

QR Code:



Al-Anon's Mobile App

The 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!

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 10/07/26
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