

District 28 Newsletter

September 2026

**District 28
Business Meeting
September 19, 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.

Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Tradition 9

“Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

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:

- Alternate DR
- Newsletter
- Teleservice
- Secretary
- Website
- Schedules

Save the Date

**Washington Area
2026 Fall Assembly
October 2-4**

Medallion Inn and Suites
16710 Smokey Point Blvd
Arlington, WA 98223

(Call (360) 657-0500 to reserve group rate with code: ASSEMBLY)

September 5, 2026

No Reservations Speakers Meeting

**6:30 pm doors open
7 pm speakers start**

**17275 Reservation Rd. La Connor
AA – Wheatie C - Tulalip
Al-Anon – Lisa - Seattle
Contact Lora B.360-333-6371**

**Listen to past events on YouTube at
www.youtube.com/@NoReservationsAA**

District 28 Trusted servants

Ali A.	Website, Secretary
Brinnie R.	GR
Corky W	Events
Craig	Schedules
Kathy	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

Love Gifts for Fall

Assembly 2026 will be on a

Volunteer basis completely.
Contact Adria to help

adriavincen12@gmail.com

or text/call (425) 280-4538

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 9

“Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership”

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?

Download it today from your favorite App store!

Save the Date

Gratitude Banquet

AA & Al-Anon
November 21st 2026

Volunteers welcome

Other Links!

<https://district28alanon.com/>
<https://wa-al-anon.org/>
<https://al-anon.org/>

Al-Anon Facts

Q: What ARE Al-Anon's Three C's?

A I didn't cause it, I can't control it,
and I can't cure it

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.

\$ Service Contribution Information \$

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

Group Notices ()

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

Assembly meet-ups Biweekly starting 9/05/26

NEW!
Big Book Study Group
Tuesdays 6pm-7:30pm
starting on 9/22 at
Freeborn Lutheran Church.

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