

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BELLINGHAM•</b>  <b>Touchstone Men's Group</b>  <b>9-10am [H]</b>            Co-Op Connections Building            405 E Holly St (<i>park on street</i>)</p> <p><b>Peaceful Waters</b>  <b>5:30-6:30pm [H]</b>            Book study 5 pm (<i>no study last Sunday of month</i>)            100 E Pine St #105            (<i>S end Cornwall</i>)  <i>Entrance facing beach</i></p> <p><b>FERNDALE•</b>  <b>Sunday Spiritual Mtg</b>  <b>bkfst 7:45am,</b>  <b>mtg 8:15-9:15am [H]</b>            Cedars Restaurant            2019 Main St  <i>Combo AA-Al-Anon mtg; not a registered Al-Anon group.</i></p>	<p><b>BELLINGHAM•</b>  <b>Evergreen</b>  <b>10-11:30am [H]</b>            Garden St Methodist Church            Garden &amp; Magnolia            (<i>downstairs to right in library</i>)</p> <p><b>FERNDALE•</b>  <b>Courage to Change</b>  <b>7-8:30pm [H]</b>            Louisa House, 2240 Main St</p>	<p><b>BELLINGHAM•</b>  <b>Happy Hour</b>  <b>5:30-6:45pm [H]</b>            St James Presbyterian Church            910 14th St            FREE CHILDCARE (age 2 and up)</p>	<p><b>BELLINGHAM•</b>  <b>Mid-Day 12-1pm [H]</b>            Book study 10:30 – 11:30am            First Congregational Church            2401 Cornwall Ave  <i>Fireplace Rm, 2<sup>nd</sup> Floor, via Office door facing parking lot</i></p> <p><b>BLAINE•</b>  <b>Blaine Serenity</b>  <b>1-2pm [H]</b>            Free Church Unitarian,            1218 Harrison Ave, <i>Basement</i></p> <p><b>LYNDEN•</b>  <b>Lynden AFG 7-8:30pm [H]</b>            Lynden Community Center            401 Grover St (<i>enter door cor. 4th St</i>)</p>	<p><b>BELLINGHAM•</b>  <b>Care Deeply</b>  <b>5:30-6:30pm [H]</b>            First Congregational Church            2401 Cornwall Ave</p> <p><b>Alateen:</b>  <b>Let It Be—Anonymity</b>  <b>5:30-6:30pm [H] [C]</b>            First Congregational Church            2401 Cornwall Ave</p> <p><b>District Business Meeting</b>  <b>Monthly, 2nd Thu 6:30-8:30pm</b>            St John's Lutheran Church            2530 Cornwall Ave  <i>Use back door</i></p> <p><b>FERNDALE•</b>  <b>Courage to Change</b>  <b>12-1pm [H]</b>            Louisa House, 2240 Main St</p>	<p><b>BELLINGHAM•</b>  <b>Sea of Serenity</b>  <b>10:30-11:45am [H]</b>            St John's Lutheran Church            2530 Cornwall Ave  <i>Use basement entrance on E North St</i></p> <p><b>FERNDALE•</b>  <b>Ferndale Friday 6-7pm [H]</b>            London Health Center            2376 Main St, Suite 5</p>	

## Whatcom Literature Distribution Center

Al-Anon Conference Approved Literature is sold at list price.

Please make checks out to **District 25 Al-Anon**.

For order forms, see [www.whatcomafg.org](http://www.whatcomafg.org). Send orders to:

Whatcom County Al-Anon  
 Attn: LDC  
 PO Box 1550  
 Bellingham, WA 98227

**[H]** Handicap Accessible  
**[C]** Closed Meeting. Closed meetings are only for people who have been affected by someone else's drinking.

## Meeting Schedule Updates

Meeting info subject to change. For best accuracy, please call the meeting contact.

**Serenity Prayer**  
 God, grant me the  
**Serenity** to accept the things I cannot change  
**Courage** to change the things I can, and  
**Wisdom** to know the difference

## Notes, Phone Numbers


### In Al-Anon, we learn . . .

Not to suffer because of the actions or reactions of other people.

- Not to allow ourselves to be used or abused by others in the interest of another's recovery.
- Not to do for others what they could do for themselves.
- Not to manipulate situations so others will eat, get up, pay bills, not drink.
- Not to cover up for anyone's mistakes or misdeeds.
- Not to create a crisis.
- Not to prevent a crisis if it is in the natural course of events.

### What is Al-Anon?

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 in recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution. It does not engage in any controversy; neither endorses nor opposes any cause.

There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

### Whatcom County Al-Anon

PO Box 1550, Bellingham, WA 98227

**866-259-8279** toll-free

[www.whatcomafg.org](http://www.whatcomafg.org)

### Greater Seattle AIS

**206-625-0000** 24-hour

[www.seattle-al-anon.org](http://www.seattle-al-anon.org)

### Washington Area Al-Anon/Alateen

**888-425-2666** toll-free, 24-hour

[www.wa-al-anon.org](http://www.wa-al-anon.org)

### Online and Phone Meetings

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



# Al-Anon Alateen

## Whatcom County Meetings

Updated November 2017



**Are you troubled  
by  
someone's  
drinking?**

Each Al-Anon Family Group has but one purpose: to help families of alcoholics.