

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BELLINGHAM• Touchstone Men's Group 9-10am Co-Op Connections Building 405 E Holly St (<i>park on street</i>)</p> <p>Peaceful Waters 5:30-6:30pm Book study 5 pm (<i>no study last Sunday of month</i>) 100 E Pine St #105 (South end Cornwall) Entrance facing beach</p> <p>FERNDALE• Sunday Spiritual Meeting Breakfast 7:45am, Meeting 8:15-9:15am Cedars Restaurant 2019 Main St <i>Combo AA-Al-Anon meeting; not a registered Al-Anon group.</i></p>	<p>BELLINGHAM• Evergreen 10-11:30am Garden St Methodist Church Garden & Magnolia (<i>downstairs to right in library</i>)</p>	<p>BELLINGHAM• Happy Hour 5:30-6:45pm St James Presbyterian Church 910 14th St <i>FREE CHILDCARE (age 2 and up)</i></p>	<p>BELLINGHAM• Mid-Day 12-1pm <i>Book study 10:30 - 11:30am</i> First Congregational Church 2401 Cornwall Ave <i>[Enter from South parking lot, "Office" door at ground level, then upstairs to Fireplace Room.]</i></p> <p>LYNDEN• Lynden AFG 7-8:30pm Lynden Community Center 401 Grover St (<i>enter door cor. 4th St</i>)</p>	<p>BELLINGHAM• Care Deeply 5:30-6:30pm First Congregational Church 2401 Cornwall Ave <i>[Enter from South parking lot, "Office" door at ground level, then down stairs to second door on right.]</i></p> <p>District Business Meeting Monthly, 2nd Thu 6:30-8:30pm St John's Lutheran Church 2530 Cornwall Ave <i>Use back door</i></p> <p>FERNDALE• Courage to Change 12-1pm Louisa House, 2240 Main St</p> <p>FERNDALE• 1st Things 1st 7-8pm Cornerstone Church 5732 Olson Rd <i>North Door, Room #1 to the right</i></p>	<p>Sudden Valley• Sudden Valley AFG 9-10 am South Whatcom Library 10 Barn View Drive <i>Entrance through left side</i></p> <p>FERNDALE• Ferndale Friday 6-7pm London Health Center 2376 Main St, Suite 5</p>	<p>BELLINGHAM• Sea of Serenity 10:30-12:00pm St John's Lutheran Church 2530 Cornwall Ave <i>Use basement entrance on E North St</i></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. Send orders to:
 Whatcom County Al-Anon
 Attn: LDC
 PO Box 1550
 Bellingham, WA 98227

All Al-Anon Meetings are Handicap Accessible at This Time.

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

Meeting Schedule Updates

Meeting info subject to change. For best accuracy, please call the meeting contact. If you have an update to this schedule, please tell Brian, (360) 223-7449 or rustnhere@live.com.

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

Greater Seattle AIS

206-625-0000 24-hour

www.seattle-al-anon.org

Washington Area Al-Anon/Alateen

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

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 April 5, 2019



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

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