

MONDAY

10:00-11:00 AM - **REACHING FOR PERSONAL FREEDOM AFG**

Zoom Only

Meeting ID: 836 8606 5288 Passcode: 102390
(FFAOW) (HCA)

10:00-11:30 AM - **EASY DOES IT AFG**

Word of Life Lutheran Brethren Church

9028 51st Ave. N.E., Marysville;

AUGUST 7TH ONLY

Marysville Library meeting room

6120 Grove St, Marysville

(HCA) (FFAOW), Fragrance Free

7:00-8:00 PM - **BOTHELL MONDAY NIGHT AFG**

Park Ridge Community Church, 3805 Maltby Rd.,
Bothell (FFAOW) (H)

7:00-8:00 PM - **NEW FREEDOM AFG** (Mukilteo)

Mukilteo Presbyterian Church

4514 84th St. W, Mukilteo

portable building south of church

(FAFO)

7:30-8:30 PM - **LAKE STEVENS STUDY, WRITE & SHARE AFG**

First Baptist Church, 1702 Main St., Lk Stevens

(FFAOW) (AA)

TUESDAY

9:30-11:00 AM - **REFLECTIONS AFG**

Hope Foursquare - 5002 Bickford Ave, Snohomish

Enter thru the NW side door (FFAOW) (HCA)

11:00 AM-noon **LETTING GO AFG**

Carl Gibson Center, 3025 Lombard, Everett,

Mt. Olympus Room, office 1 (FFAOW)

(FFAOW) (HCA) - Beginners Welcome

TUESDAY cont'd

12:15-1:30 PM - **STEP BY STEP SPIRITUAL JOURNEY AFG**

Starting on March 7th 2023

Trinity Lutheran Church

2324 Lombard, Everett

enter on south side of Annex north of church

(FFAOW) (HCA) Beginners Welcome

7:30-9:00 PM - **MONROE-SULTAN AFG**

St. Mary of the Valley, 601 W. Columbia, Monroe

WEDNESDAY

9:30-10:30 AM - **LANGLEY AFG**

Methodist Universal Church

Corner of 3rd and Anthes, Langley

Fireside Lounge - follow the arrows.

You can also join via Zoom

Meeting ID: 654 484 314

Passcode: 793292

FFAOW - HCA

10:30 AM-12:00 PM - **CHECK IT OUT AFG**

Word of Life Church, 9028 51st Ave NE, Marysville

(FFAOW) (HCA)

7:00-9:00 PM - **SNOHOMISH WEDNESDAY NIGHT AFG**

Snohomish Evangelical Free Church, 210 Ave. B.,

Snohomish Downstairs in Room #4

(FAFO)

7:00-8:30 PM - **LET IT BEGIN W/ME AFG**

Cascade View Presbyterian Church,

1030 E. Casino Rd., Everett

(FFAOW) (HCA)

You can also join via Zoom

Meeting ID: 884 8444 7869 PASSCODE: 964829

THURSDAY

11:00 AM-12:30 PM - **MILL CREEK STUDY WRITE & SHARE AFG**

North Creek Presbyterian.

621 164th St. S.E., Mill Creek Enter at back of church

(FFAOW) (HCA)

FRIDAY

5:30-6:30 PM - **HOPE FOR TODAY AFG**

Bethel Baptist Church at 2625 Hoyt Ave

Park in lot behind church adjacent to the bank. Go

down outside stairs to east entrance. Meeting is in the

basement in The Brashler Room.

(FAFO) (HCA)

7:00-8:00 PM - **FREELAND FREE TO CHANGE AFG**

MEETING ID 869 4682 9947 PASSCODE: hope

(FAFO)

7:00-8:30 PM - **HOME AFG**

Advent Lutheran Church, 4306 132nd St. S.E.,

Mill Creek; in portable A next to church

(FFAOW) (HCA)

7:30-9:00 PM - **HOPE ON HWY 9 AFG**

Calvary Chapel, 9428 4th St. S.E. Lake Stevens

(FFAOW) (HCA)

SATURDAY

Abbreviation Key

FFAOW - Friends, Family & Observers Welcome

FAFO - Friends and Family Only

HCA - Handicap Accessible

CH - Childcare

AA - AA Meeting same time

version

8/1/2023

Just For Today

Just For Today I will try to live through this day only, and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just For Today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just For Today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just For Today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just For Today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just For Today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

Just For Today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just For Today I will have a quiet half hour all by myself and relax. During this half hour, SOME-TIME, I will try to get a better perspective of my life.

Just For Today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me

<https://www.dist23.org>
 District 23 includes – Bothell, Everett, Freeland, Lake Stevens, Langley, Marysville, Mill Creek, Monroe, Mukilteo, Snohomish

<https://www.seattle-al-anon.org>
 Greater Seattle Area
 Dist. 14 thru 22 includes—Auburn, Bellevue, Bothell, Burien, Carnation, Covington, Des Moines, Edmonds, Federal Way, Issaquah, Kent, Lynnwood, Renton, Seattle & Vashon Island

<https://district28alanon.com>
 Snohomish County North
 District 28 includes—Camano Island, Arlington, Granite Falls

<https://wa-al-anon.org>
 Washington State Al-Anon

<https://al-anon.org>
 World Service Office



FAMILY GROUPS

Meeting Directory

DISTRICT 23

425-348-7828

version

8/1/2023

As found in the Just for Today Wallet Card (M-10) and the Just for Today Bookmark (M-12) from Al-Anon Family Group Headquarters, Inc