

The Northern Triangle

Volume 15

MN North Area AFG Newsletter

February 2026

Our mission is to provide information and inspiration and to encourage service by keeping us connected to each other between assemblies.

Welcome to this issue of The Northern Triangle Newsletter for panel 65.

Concept 4 - Participation is the key to harmony.

We need your feedback and invite any Al-Anon member to contribute. The next issue will be **February 1, 2026. Remainder of 2026 is May 1, August 1, and November 1.**

Connie B. Newsletter Coordinator

Assisted by Barb D.

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SAVE THE DATE



The Spring 2026 WSC Meeting is February 28, 2026, via zoom. Please check the website for more information.

The Spring 2026 Assembly will be hosted by District 6 on April 11 and 12, 2026. It will be held at the Conference Learning Center in Brainerd. Information is on the MN North Al-Anon website.

Information is available on the MN North Al-Anon website.

Area Assembly: see **2022-2025 Service Manual, pages 140, 160-162, and MNA Service Manual.**

Reference Note: All meetings are open to any Al-Anon member.

LINKS OF SERVICE

Member + Member = Group

Group + Group = District

District + District = Assembly

Assembly + Assembly = Conference

(Al-Anon Guidelines G-15 Revised 2021)

IMPORTANT LINKS

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

MN North Al-Anon*: <https://minnesotanorth-al-anon.org>

*This is a public site with limited information for the viewing public.

*To access member info, you must set up a profile including a username and password and be approved to access all other content. As a member, you will be able to log-in to access as allowed, such as: Assembly info, Newsletters, District Reports, Delegate Reports and much, much more.

*If you want more information on any article, please look under the MN North Al-Anon link and then assembly.

*The WSO has updated some of the Area Guidelines on their website. The WSO website can be located at Al-Anon Family Groups and in the search bar on the upper right enter 2 Manuals and Guidelines. When the various results are shown click on the Guidelines and find the whole list of guidelines currently available.

*Other places to find information on service positions: The Service Manual and the MNA Service Manual on the MN North Area Website.

DELEGATE REPORT

Delegate Report for MN North Area AFG Newsletter February 2026

It's hard to believe that I'm already through the first year of my three-year position as delegate. I've learned so much and will always be grateful for the trust that Minnesota North Area has placed in me. As I continue this journey, my hope is to bring timely communication to everyone as well as serve on all the committees, task and thought forces as required or given the option to participate in.

A few weeks back, the question was asked at a meeting by a new member as to what the spiritual principles of Al-Anon were. I had to pause and think about how I could best answer that question. I referred to our three legacies, *Recovery* through the steps, *Unity* through the traditions, and *Service* through the concepts. Then of course, I doubted myself as to if I had answered the question correctly.

So, my next steps were to go to the World Service Office website <https://al-anon.org/for-members> and search for Al-Anon's Spiritual Principles. The article below is what I found and wanted to share in this month's newsletter with the notation at the end of the article that gives permission to do so.

What, Exactly, Are Al-Anon's Spiritual Principles?

Early in my recovery, I'd hear members mention "the principles" in meetings. I would see references to "spiritual principles" in our [Conference Approved Literature \(CAL\)](#). I noticed that the [Twelfth Step](#) guides us to "practice these principles." While members in my groups shared freely, I couldn't seem to understand that there might be an underlying theme to each Legacy that could be considered a "principle." What were these principles and where could I find them?

When I started to participate in service, my exposure to more members from farther away increased, and with it, my exposure to new ideas. Some would share how they assigned a principle to each Legacy, creating lists that were distributed in Area newsletters and workshops. This helped me understand what some principles of the program might be. I even started to disagree with some of those lists and substituted different principles here and there.

Over time, my understanding grew enough that I could look at the [Twelve Steps of Al-Anon](#) and call out spiritual principles with ease. Most of the Steps had key words right in them—powerlessness, humility, willingness. Identifying spiritual principles gave me a snapshot of each Legacy and illuminated ways to apply them to my recovery.

With my growing understanding of principles, the [Twelve Traditions](#) really came alive. It was as though once my eyes became open to seeing spiritual principles, I couldn't *not* see them! Several principles jumped out just from reading Tradition One—common welfare, personal progress, greatest number, and unity. As I applied the Traditions to different settings in my service or my personal life, my understanding broadened, while the application narrowed.

At an Area Assembly workshop themed “One Day at a Time,” one of Tradition One’s principles was described as “Common Welfare—having an awareness of myself in relation to the group.” A principle in Tradition Six became “Cooperation—I am more alike than different.” Tradition Nine revealed, “No one is in charge; we are all responsible,” while Tradition Twelve challenged me to examine, “On what foundation am I building my relationships?” I was able to draw out principles that supported the workshop theme for each Tradition and even apply them to different situations.

One of my favorite ways to serve fellow members is to be a Service Sponsor. An exercise I like to use to start our relationship is to read about the [Twelve Concepts of Service](#) from an agreed-upon selection of CAL and discuss the principles that we find. I always feel enlightened when, yet another principle is revealed, offering new opportunities for growth and understanding and the chance to apply them to my life in a variety of ways.

Some of the principles identified in the Concepts of Service include: no sole member acts alone; representatives are empowered to speak and act; those in service positions are trusted; without participation, there's nothing to share and no message to carry; everyone has a voice; there are checks and balances at every turn; personal leadership is a necessity; service roles must be defined; etc.

Sometimes the principles can be found in what the Concepts *don't* say, too. Safeguards against perilous wealth and power are found in the [General Warranties](#),

as part of Concept Twelve: maintain sufficient operating funds but avoid hoarding; all opinions are allowed but none claim unqualified authority; decisions are arrived at by discussion; avoiding public controversy sometimes means letting go of others' opinions and our own need to defend; trusted servants guard against their own dominance while upholding the pillars that support the future of Al-Anon Family Groups.

I recognize that anytime I make a list, something gets left out or needs to be revised or removed. As my interpretation expands, my list evolves. While it's helpful to have a basic list, I allow myself the flexibility to grow in my understanding, and the possibilities become endless as I practice "these principles" in all my affairs.

A number of years ago, Al-Anon's Member Blog began with members sharing their favorite spiritual principles. You can continue that conversation at al-anon.org/spiritual-principles by writing about the spiritual principles *you* practice.

By Christa A., Senior Group Services Specialist

The Forum, December 2023

Feel free to reprint this article on your service arm website or newsletter, along with this credit line: Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

In Service and Gratitude,

Marcy F. Delegate, MN North Area 29, P65, "Keeping Our Legacies Alive"

WSC Theme for 2026 - 75 Years, One Purpose

CHAIR SHARE – NEWSLETTER FEBRUARY 2026

As we start 2026, please note we have two new District Reps serving in our Area. In District 7 (replacing Rolland), is Casey B., and in District 8 (replacing Julie B), is Cathe G. Please welcome them into our Area when you have the opportunity. Our Area Secretary, Julie A., recently sent out a new contact list to the AWSC members. Ask your District Rep to forward you a copy. You never know when you might need it.

The Area World Service Committee meeting will be held Virtually on February 28, 2026. A link will be sent to AWSC members as soon as it is set up but keep in mind – ANY member in MN North can attend the meeting – without voice and vote. We have enjoyed the attendance in the past couple of years from interested members who wanted to see what it's all about – so please know you are welcome.

The policy committee is working on the review of the MN North Service Manual, and we are meeting every Thursday night.

The Native American AI-Anon Conference (NAAC) will host the event from April 24-26, 2026, and we need volunteers and attendees. There will be AA and AI-Anon speakers, workshops, and Native American culture throughout the conference. Can you help? Would you volunteer? Please contact me for more information. A “Save The Date” flyer will be out shortly.

I look forward to seeing you all at the Spring 2026 Assembly at the Confidence Learning Center in Brainerd (April 11-12, 2026). The Registration form has been mailed to all groups and is also available on the MN North AI-Anon Website.

What are you doing to take care of yourself today? “Happiness is an Inside Job” and we can all feel better when we take care of ourselves. Call our sponsor, enjoy nature around us, spend time with friends and family, work on a jigsaw puzzle, be of service to your group, district, and Area, take a soaking bath, pick up garbage in our neighborhood (I started doing this last summer and people stopped to thank me – boy did I love those random conversations – one guy even gave me \$7 and thanked me). “Let it begin with me!”

Linda H., MN North Area Chairperson

A SHORT MESSAGE FROM YOUR MN NORTH AREA TREASURER

2020 was a year where we did well with our income and fantastically with our expenses. Which makes for the appearance of a large balance in our checkbook. What we need to keep in mind is that we need to upgrade some of our hybrid/virtual meeting equipment, which will not be inexpensive. Additionally, we do have some ideas in the planning stages for improved interaction with our Area Groups. The message is to keep the donations coming in so that we may purchase the necessary equipment, make repairs when necessary, and continue adding benefits for our Area Groups.

Below you will see a chart that shows donations from Groups by District. Keep in mind that this chart does not show all donations, only those from Groups by Check, Money Order, PayPal, Etc.

Please keep them coming in 2026. Also, if you have not received your January appeal letter, they have been sent. Please make sure your Group treasurer and Group members have a chance to see the numbers and messages within the letter. It also includes a Group budget form if your Group would like to put together a budget for this year. And please note how important it is to include your District number, Group number and Group name on all checks, cash, money order, and PayPal donations. It will all help me to do my job much faster and accurately if I know where the donation comes from. You will be able to find your District and Group number on the labels included on the letter and return portion of the letter.

Also, I would like to thank one of the virtual only Groups for making regular donations to Area. Your donations are appreciated.

That is it for this time. I hope spring gets here quickly and Summer is “basking in the sun” weather.

Hugs to all,

Fred H., Treasurer, MN North Area, Inc.

MN NORTH AREA - TREASURER'S REPORT			
2025 GROUP CONTRIBUTIONS BY DISTRICT			
DISTRICT	# OF GROUPS IN DIST.*	% OF GROUPS DONATING TO AREA	CONTRIBUTIONS BY DISTRICT
001/002	3	67%	\$145.00
003	7	129%	\$516.00
004	7	114%	\$665.00
005	5	100%	\$450.00
006	14	121%	\$836.50
007	11	100%	\$1,280.00
008	8	100%	\$380.00
009	9	100%	\$1,440.50
010	15**	107%	\$970.00
011	21	105%	\$1,588.36
Correction for missing info from Appeals 1 and 2			\$110.00
TOTAL # OF GROUPS IN AREA		TOTAL CONTRIBUTIONS	
*	100	\$8,381.36	
**	105		

* - Number of Groups in Area at start of 2025
 ** - Number of Groups in area at end of 2025

DISTRICT REPORTS

DISTRICT 001-002 REPRESENTATIVE REPORT

February 1, 2026

1st Warroad Fall Harvest Speaker Meeting was held on October 25th, 2025. Hosted by Al-Anon with AA participation. The meeting was potluck, with an AA Speaker and an Al-Anon Speaker, with Conference Approved Literature available for purchase, and brochures for free. With the success of the first Speaker Meeting, the event was decided to be an annual event for our District. We are grateful to all of you who supported us.

Public Outreach Event on November 22nd, 2025. We set up an Al-Anon table with Conference Approved Literature to hand out and books for sale, at the Holiday Extravaganza in Baudette, Minnesota. Many people attended the Extravaganza and saw our table. Not too many people stopped at our table, it was as if it was contagious or something. We put up the Al-Anon poster of the family in the bottle. If you have seen it, the Poster speaks for itself. Although people did not come up to our table, they saw it and found out there is help available in our area. We used the Area Public Outreach Suitcase, which helped us in a monumental educational Public Outreach project.

Fall 2026 Assembly will be hosted by our District on October 3rd and 4th at the RiverPlace in Warroad. The Hampton Inn is next door (walking distance) to RiverPlace, and 25 rooms will be available, there will also be rooms available at the Patch. The meal is yet to be decided. The Hampton has offered and all you can eat Taco bar with all the fixings for \$25 that's tax and tipping included. They claim the best tortilla soup in Minnesota. I hope to have more information for you at the AWSC meeting in February.

District 001-002 has 3 groups, all of which have Group Representative's. Thief River Falls has 5-6 solid members, and 2 who come sometimes. Their GR is trying to get those members involved in District level involvement. Way to go TRF. Lake of the Woods Serenity is reaching out to the public to try to get more members. They have 3 solid members and 2 occasional. They meet in Williams at the Community Center on Wednesday nights.

Next District meeting will be held on March 7th, 2026, at the Thief River Falls Public Library. If that does not work due to weather, we have a second date of March 28th.

There will be much discussion about the Fall 2026 Assembly, and we should have details by the Spring Assembly 2026 to announce.

Respectfully Submitted,
Laurie S. / District Representative 29-001-002

DISRICT 6

As we all await Spring in District 006, we are anxiously waiting for you all to join us for the Spring 2026. It always seems so far in the future when a District starts planning for their turn to host an Assembly. There is the first plan for finding a place to hold the Assembly, then the theme and questions, what we are going to eat, all of the things we thought of to host our friends and family in Al-Anon. Well, it is all coming together and we are excited for Spring and the Spring Assembly. Looking forward to seeing everyone April 11-12, 2026 at the beautiful Confidence Learning Center. If you have any questions, please feel free to either call me, Doris at 218-831-3505 or Connie at 701-820-2674.

Doris K. District Representative 29-006

A very grateful member of the worldwide fellowship of Al-Anon

February 2, 2026

Additional room reservation information for our spring assembly.

We have 40 rooms blocked at Baymont, 7208 Fairview Road N., Baxter, MN 56425

Phone number is 218-822-1133.

Code is MN North Area Al 26

Room block will be held until March 16, 2026

Rate is \$149.00 plus tax.

DISTRICT 7

I have been the District 7 Representative since January 2026 and have been involved at the District level since 2025. My observations thus far are that this is a district with much engagement. There are at least seven active meetings with good involvement at the district level. Almost all meetings have a group representative and most, if not all, contribute to the district financially. The district meetings that I've attended have been well attended and everyone is happy to share their experience, strength and hope as well as their ideas and are happy to help out with whatever else is needed. Many are now and have been involved at higher levels of service as well.

Casey B.

Area 29 - District 10

Prepared by Tammy G.

02/06/2026

District 10 meets on the 2nd Saturday every other month except July (January, March, May, September, and November) in person with a Zoom option. Our in-person attendees have been skeletal. Those that do show up contribute in so many ways and all of our positions on a District Level are filled except the Outreach Position.

We finalized all reports for the Fall Assembly. We had an impromptu business meeting resulting from unreasonable banking fees. We have since obtained a Federal EIN Number and Registered with the Secretary of State in order to open a new bank account at another local bank. We are hoping to have this transition completed by the end of February 2026.

We are taking a breath after the Fall Assembly focusing on our own self care. A separate report will be presented at the AWSC.

Our next meeting is March 14th, 2026.

SUNDAY SERENITY - DULUTH

Our small (5-9 in attendance) Sunday Serenity AFG, which meets at 5:00 in Duluth at Peace Church, has switched to a book study format. For our first book we are reading the Al-Anon's new "Healing within our Alcoholic Relationships" booklet (P-95). We started in November and, in 3 months, we're only on page 18.

Discussions have been engaging and meaningful. At our last business meeting we decided to read it again when we've finished the first round. We've sold or given away 22 copies and this week received 12 more copies. Last Sunday we gave copies to 2 newcomers. A sponsee is using the step questions for her inventory and 12 stepping a problem.

It and "Reaching for Personal Freedom" are my favorite Al-Anon books.

Mary M, Past Delegate Panel 47

COORDINATOR REPORTS

ATATEEN – Leslie

Nothing new to report.

ARCHIVES – Barb D. Nothing new to report.

NEWSLETTER – Connie B.

Thank you to all who have sent in articles/reports for this issue. I would like to have more districts, coordinators, and officers' reports.

Please remember that this newsletter for any Al-Anon member who wishes to submit something as long it is Al-Anon related.

WEBSITE - MELODY

It's been a challenging few weeks for the MN North website.

We had almost 300 FAKE administrator accounts created by hackers and BOTS!

We were able to delete and block the hackers, and our website host implemented other security measures in hopes of preventing this in the future. We have no idea

how this happened. The only thing we can think of is that through some scam or phishing scheme, a member's login and password credentials were shared.

Then, after December 15, ALL the files on our website were deleted. GONE! When members tried logging in, complete pages were missing and people were receiving the error message 404 page not found.

Fortunately, our website host was quick and responsive. He was able to work with his team to restore the pages and documents through backups.

This week, the week of January 20, a member contacted me letting me know all the events on the website we're missing. Our website host was able to get the files back. He believed this was an issue with one of the plugins that needed updated. He also added 10 GB more of storage to facilitate easier backups and downloads.

Please folks, be very careful. Scammers are becoming very sophisticated. Once they get a hold of your email or access your accounts, they may be able to access many of your other accounts. Keep your login and password information secure.

I know of three people who were hacked in the past two weeks. One of them was me!