



a day of gratitude

For Al-Anon members

18th April

Meetings running from
9.30-4.45pm

*Virtual doors open from 9am

Come join us on **Saturday 18th April** for the first **UK and Eire**

Online convention.

Programme details: -Al-Anon Member shares throughout the day.

Time slot	Theme
9.30am-10.30am	Gratitude
10.45am-11.45am	Joy of Recovery
12.00pm-13.00pm	Tolerance
13.15pm-14.15pm	Relationships in Al-anon
14.30pm-15.30pm	Prayer and meditation
15.45pm-16.45pm	Overcoming Adversity

Email: uk.convention.dayofgratitude@gmail.com *please note this email address is manned voluntarily, there may be a delay in getting back to you.

Tradition 7: paypal.me/dayofgratitude

The 'Zoom waiting room' will be open from 9am

Zoom Link: <https://zoom.us/j/273540290?pwd=dzdURGJ0eGoZREZERWFvcitGZ3Y5Zz09>

Meeting ID: 273-540-290

Password: 995300