



Come join us on **Saturday 30th May** for our 4th 'Day of Gratitude'
Workshop Day on 'Personal Growth'

Doors open: 10.30am UK BST time. Check www.worldtimebuddy.com if you are in a different time zone

Our workshop will have x3 slightly longer sessions, focusing on different elements of personal growth, we encourage you to participate by reflecting on the questions posed and we hope for lots of interactions from the floor.

Session time:	Topics
11am - 12.30pm	Sponsorship: We will have a short share, then split into breakout rooms for share backs on questions from Al-Anon literature.
12.45pm - 2.15pm	Step 4: We will have a short share then share backs on questions from Al-Anon literature for us to contemplate and discuss.
2.30pm - 4pm	Service: Rick J, is joining us from Canada to share his ESH on the importance of Service. We will then open the floor for shares back on service for the rest of the session.

See our website for more info. Worksheets for you to view/download in advance and our contact details

www.dayofgratitude.co.uk

Tradition 7: <https://www.paypal.me/dayofgratitude> Al-anon members only please.

*The 'Zoom waiting room' will be open from 10.30 am BST

Zoom Link:	https://us02web.zoom.us/j/81965319238?pwd=dDJYN0s5YkxxelluMklaQXpLU1pKUT09	
Meeting ID: 819 6531 9238	Password: 142632	