

Day of gratitude 25th July

For Al-Anon members and fellowship friends

Come join us on **Saturday 25th July** for our 6th 'Day of Gratitude'

Our Theme is: Family

Open to all Al-Anon members and fellowship friends.

Doors open: 9.30am UK BST time. Check www.worldtimebuddy.com if you are in a different time zone

Session time:	Topics
9.50am - 10.00am	Welcome and Opening readings.
10.00am - 11.00am	'Denial'.
11.15am - 12.15pm	Awareness, Acceptance, Action. Each speaker taking one in turn.
12.30pm - 13.30pm	'Restore us to sanity'.
13.45pm - 14.45pm	'Joys of Recovery' longer share with the opportunity for sharing back afterwards.
15.00pm-16.00pm	Workshop: 'The family afterwards (Hosted by an AA and Al-Anon couple - Chip and Angie B)

See our website for more info 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 9.30 am BST

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