

# Good Morning Al-Anon!

Presented by District 14



**Saturday, 16 March 2024**  
**Hillcrest Congregational Church**  
404 Gregory Lane in Pleasant Hill

**8:00-8:45** Doors open; Literature Table; Announcement Table; Coffee, tea, water and Granola/Protein bar.

**8:45-9:00** Welcome; Opening Readings.

**9:00-9:45** **Session 1: Feel Like You Have Been Through the Spin Cycle?**  
***Leah D and Owen P***

Even as our journeys have changed, continue to change, and the future is unknown, how do we nurture, seek and explore the joy of living in the present?

**10:00-10:45** **Session 2: Metamorphosis...** ***Kathleen P and Tiz W***  
Grieve and honor what was my past and let go. Embrace and take joyful flight with my Higher Power and the Al-Anon Community.

**11:00-11:55** **Session 3: What Helps Me with My Serenity?**  
***Jodi F, Julie G, and Danny C***  
Using the Tools in my Toolbox, such as: Humor, Get Up and Move, Recreation & Hobbies, Gratitude List, etc.

**11:55-12:00** Closing Readings; Initium.

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*Suggested Minimum Donation: \$5.00 per person*

**Register and Donate online** with Debit or Credit Card via PayPal and Venmo. Make sure to include an optional note to specify Good Morning Al-Anon! Go to <https://al-anoncontracosta.org/good-morning-al-anon-2024/>

**Register and Donate by Mail:** (Postmarked by 9 March)

**Checks payable to:** Northern California District 14 AFG

**Please mail to:** GMA 2024, 712 Bancroft Rd. #237, Walnut Creek, CA 94598

Name \_\_\_\_\_ Name \_\_\_\_\_

**Register at the Door** with cash or check.

