

# Al-Anon District 11 Spring Event

## Prayer & Meditation

Share a mindful look at Prayer through Al-Anon Conference Approved Literature and learn how to use meditation to enhance connection to your Higher Power!

**Saturday, May 10, 2025**

12:00 - 1:45 pm

St Louis Catholic Church  
24415 Crocker Blvd, Clinton Twp, MI 48036

**Mindfulness**

**Guided  
Meditation**

**Mantra**

**Yoga  
Meditation**

**Refreshments  
&  
Light Snack  
Provided**

**Questions?  
Call Debbie K  
586-850-4748**

**Bring mat or  
blanket if  
preferred  
Chairs provided**

