

NYC Al-Anon Intergroup Monthly Share-a-Day

GRATITUDE

Saturday, December 20, noon-4pm EST

Zoom Meeting ID: 897 1551 8773 • Password: 069726

Dial In: 929-205-6099 and then enter Meeting ID and Password

NYC Al-Anon Intergroup's monthly afternoon workshop focuses on the healing we experience through recovery and what we can do to bring the message to others who suffer from this family disease.

Newcomers are welcome.

- 12pm Utilizing gratitude to transform resentments
- 1pm Finding gratitude despite active alcoholism
- 2pm Practicing gratitude to strengthen our assets
- 3pm Experiencing serenity through gratitude



All are welcome to join and share experience, strength and hope!

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