

The Keys to Recovery



Sponsored
by District 7

A Day of Meetings

Acceptance

The key to choices.

Attitude of Gratitude

The key to perspective.

Back to Basics

The 1,2,3 Waltz {First 3 steps}

Choices

*The key to changing my
thoughts and actions.*

Live & Let Live

The key to detachment.

Prayer and Meditation

The key to spiritual awareness.

Selfcare

The key to loving myself.

Service

The key to opening self-esteem.

Spirituality

*My Higher Power and I
are the key.*

Sponsorship

Who's on my team?

Staying in the Moment

*The key to keeping your head
where your feet are.*

Surrender

*The key to turning it over to my
Higher Power.*

Al-Anon Workshop

Saturday

October 14, 2023

8:30 am – 3:30 pm



Location:

Bayside Chapel

965 W Bay Ave

Barneget, NJ 08005

Bagels & Coffee

**Bring along your lunch or
other food options in
walking distance.**

Speakers:

AA

Al-Anon

**Bring a Dessert to Share
Bring a friend!**

Please **pre-register** by Sept. 30th and come join us for a great day.

Contact: Cindy U. myAlanonrecovery123@gmail.com

Topic leaders needed, please email:

myAlanonrecovery123@gmail.com

\$5.00 donation at the door

What Are the Keys to YOUR Recovery?

