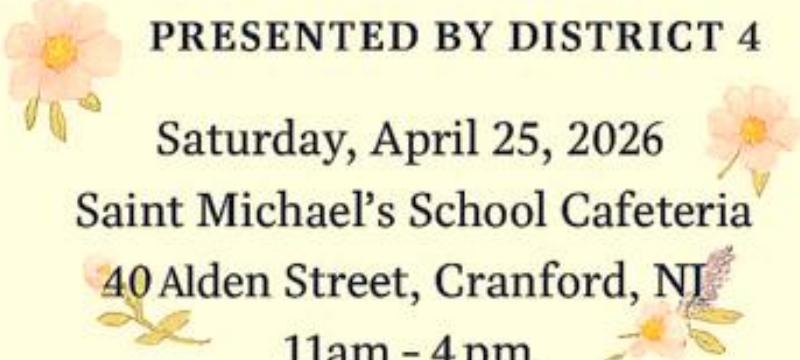


SOWING THE SEEDS OF RECOVERY

An Al-Anon Day of Sharing

PRESENTED BY DISTRICT 4



Saturday, April 25, 2026

Saint Michael's School Cafeteria

40 Alden Street, Cranford, NJ

11am - 4 pm

11:00 - 11:30 Registration

Session I

How Al-Anon Works

(choose one)

The Recovery Process

Fellowship

Higher Power

12:45 - 1:15 Brown Bag Lunch

Suggested Donation \$5

1:30 - 2:30

Session II

Tools (choose one)

Slogans

Steps

Meetings

2:45 - 3:45 Speakers