

# Al-Anon Workshop 🌸 District 17 🌸 Staten Island, NY

Saturday, October 24, 2026

Moore Catholic High School, 100 Merrill Avenue, Staten Island, NY 10314

## Just for Today...

### *Just for Today*

I will try to live through this day only, and not tackle all my problems at once.\*

### *Just for Today*

I will adjust myself to what is, and not try to adjust everything to my own desires.\*

### *Just for Today*

I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit.\*

### *Just for Today*

I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.\*

### *Just for Today*

I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."\*

### *Just for Today*

I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer.\*

### *Just for Today*

I will exercise my soul in three ways:

I will do somebody a good turn , and not get found out  
I will do at least two thing I don't want to do—just for exercise  
I will not show anyone that my feelings are hurt\*

### *Just for Today*

I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision\*

### *Just for Today*

I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.\*

9:00am to 4:00pm

Doors open at 9:00am for registration

Meetings start at 10:00am

Suggested Donation \$5.00

Al-Anon & AA Speakers

50/50 Raffle/Door Prize

All Are Welcome

Food provided

Wheelchair Accessible

\*Excerpts from *Just for Today* (M-12). Al-Anon Family Group Headquarters, Inc. Reprinted with permission.