



*Pennsylvania Al-Anon District 3 Invites you to join us for our fall workshop!*

## *Fall into Serenity*

***Saturday, September 30, 2023***

***8:30 am Registration and Fellowship \* Program from 9 am to noon***

***Jarrettown United Methodist Church, Fellowship Hall***

1460 Limekiln Pike, Dresher, PA 19025

Fellowship Hall has a private entrance at the top of the parking lot, up past the church entrance

### **Three Workshops:**

#### A Little Time for Ourselves

*Inspired by the newest CAL, "A Little Time for Myself." We hope to have this book available for sale.*

#### Learning to Say Yes

*The slogan "when I got busy, I got better" reminds us that when we change our focus we can make more progress in our own recovery.*

#### "Lois W. and the Pioneers"

*A 22-minute movie with discussion. In June 1982, Lois W., Al-Anon's cofounder, met with Henrietta S., the first General Secretary of the Al-Anon Family Group Headquarters, and Margaret D., the first Editor of The Forum. They shared their recollections of Al-Anon's early years.*

***Suggested donation is \$5 per person, but if you can't pay, don't stay away!***

***Coffee, tea, water and breakfast snacks***

***Door Prizes \* 50/50***

