

SERENITY *through* DETACHMENT

A Recovery Workshop using Al-Anon Spiritual Principles

Saturday, Nov. 23rd 9:00 am - 4:00 pm

Creator Lutheran Church

16702 South Tapps Drive, Bonney Lake

Parking is limited - carpooling with your friends is recommended

Self-Care in the “Holidaze”

Panel # 1 9:15 – 10:30 am
Expectations & Acceptance

Panel #2 10:45 – 12:00 pm
Fear: What is real?

Panel #3 1:00 – 2:15 pm
Ego: Is it My Way?

Panel #4 2:30 – 3:45 pm
Creating Boundaries with the Traditions

Potluck Lunch: Please bring an item to share



(7th Tradition will be observed)

Questions or would like to volunteer:

traditionsinrecovery@gmail.com