

*Step Up Your Relationships
With the 12 Steps!!*

Sponsored by District 13 AFG

Saturday, April 24, 2010

**Montgomery Hills Baptist Church 9727 Georgia Ave. Silver Spring, Md.
20910.**

9:00 am – 9:45 am - Registration & Continental Breakfast

9:45 am – 10:00 am - Welcome & Opening with Al-Anon Declaration & Serenity Prayer

10:00 am – 12:00 noon - Morning Session (everyone)

12:00 noon – 12:45 pm - BYOL (Bring your own lunch) (drinks & snacks provided)

1:00 pm – 2:00 pm - Afternoon Sessions (take your choice...)

Relationship with Higher Power

Relationship with Parents

Courage to Change in Relationships

Intimacy Relationships

Detachment in Relationships

Serenity in Relationships

Using the Traditions in Relationships

Surrendering in Relationships

Relationship with Children

2:00 pm – 2:50 pm - Wrap-up and Sharing

2:50 pm – 3:00 pm - Closing w/Al-Anon Declaration & Serenity Prayer

Only \$5.00 for the whole day – Pay at the door

(however, please complete the registration below so we can plan for the room size)

Registration Form

**Questions and/or Registration: Contact: Gail K. at 301-879-9669 or e-mail
kropf@mindspring.com or complete form below and email
area24@marylanddc-alanon.org for address to mail to**

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First Name & Last Initial: _____

Telephone: _____ - _____ † home † cell

E-mail (optional): _____ @ _____

Come and Share the Experience, Strength, and Hope of the Program