

Al-Anon Program Sawtell Art Gallery

cnr Lyons Rd & Bayldon Rd

Saturday 24th August 2024

Registration \$10 with lunch included
Registered AA participants welcome

Theme - It works if I work It

9:00 AM - Rego & Fellowship cuppa

9:30-10:45 AM - ID Meeting - *New Freedoms*

10:45 AM - Morning Tea

11:00 AM - 12:30 PM - Meeting - *Valuing Serenity*

12:30 PM - Lunch

1:30 -2:00 PM Workshop - *Forgiveness*

2:00 - 3:15 PM Adult Children Meeting - *Compassion*

3:15 PM - Afternoon Tea

3:30 PM - 4:30 PM Spiritual Concepts Meeting -
Spiritual Connections

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.



The 12 Promises of AA

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. The feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Banana Coast District Rally 24 & 25 August 2024

Sawtell Beach Holiday Park
5 Lyons Road Sawtell NSW

ENQUIRIES

Deb | 0401 204 279

Tony | 0419 669 696



Banana Coast District Rally

With Al-Anon participation

*A journey through
the promises*

24 & 25 August 2024

Sawtell Beach Holiday Park
5 Lyons Road Sawtell NSW

