

# Surrender Sanity Serenity

**Saturday, June 28th**

**noon to 4pm** (New York Time)

**Zoom ID 897 1551 8773**

**Password 069726**

*Dial by your location: +1 929 205 6099 US (New York)*

NYC Al-Anon Intergroup's monthly afternoon workshop focuses on the healing we experience through recovery and what we can do to bring the message to others who suffer from this family disease.

Newcomers are welcome.

**12pm Letting go of forcing solutions**

**1pm Connecting to a spiritual solution**

**2pm Experiencing contentment (and even happiness)**

**3pm Letting understanding, love and peace grow in us**

*All are welcome to share experience, strength and hope!*

**New York Intergroup's website, [NYCalanon.org](http://NYCalanon.org)  
has a NEWCOMERS tab with loads of information &  
free downloadable pamphlets.  
Our up-to-date MEETING LIST includes  
in-person and virtual meetings.**