

**“My Experience, Strength, and Hope”**

**M.E.S.H.**



## **MONTHLY SPEAKERS MEETING**

**Saturday, October 12, 2024 at 7:30 PM**

Hosted by Wednesday Alderwood AFG  
Lake Forest Park, WA.

2nd Saturday MESH Speaker Meeting AFG  
St David Emmanuel Episcopal Church  
18842 Meridian Ave N, 98133

IN-PERSON ONLY, 90 minutes  
Families, Friends, & Observers Welcome

Please join us on the 2nd Saturday of each month as  
An AA Speaker and an Al-Anon Speaker share:

AA Speaker: John Paul  
Al-Anon Speaker: Beth