



Districts 20 and 21 Present

FALL WORKSHOPS AND POTLUCK

SATURDAY, NOVEMBER 2
11:30-3:30 PM

11:30 Potluck | 12:30 Session 1 | 2:00 Session 2
All 3 Workshops will be offered during both Sessions
You choose which 2 Workshops to attend



BOUNDARIES

Do you struggle with setting boundaries? Does it feel like you are trying to control someone else when you set a boundary? Do you have trouble following through with appropriate consequences when your boundaries are violated?



WRITING

Have you ever considered writing for the Forum or the Bits? Do you have a story of how you have used the Steps, Traditions, and Concepts in your life? Do you have a story of your experience, strength, and hope to share?



TRADITIONS

How can I use the Traditions in all my affairs including my relationships at home, work, school, and in my group? How have others in our fellowship effectively used the Traditions to resolve conflicts and strengthen their relationships?

QUEEN ANNE LUTHERAN CHURCH
2400 8TH AVE W, SEATTLE

The workshops are free. Please bring a dish to share.
We will pass the basket for 7th Tradition.
Questions: district21@seattle-al-anon.org

