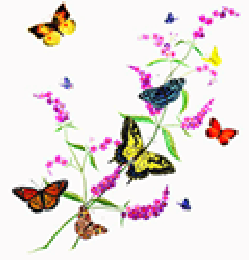




# District 16 – Day In Al-Anon

**SATURDAY, APRIL 25, 2009**  
**Pleasanton, CA**



## **Back to Basics – Our Three Legacies** **UNITY – RECOVERY – SERVICE**

**Registration 8am- 4pm**

**Breakfast** **7:30 – 8:45**



**Unity Workshops** **9:00 – 10:00**

<i>Humor, Laughter and Fun in Recovery</i>	<i>Rosanna &amp; Eileen</i>
<i>Participation – the Key to Harmony</i>	<i>Doug G &amp; Cindy G.</i>
<i>Slogans and their Effectiveness</i>	<i>Nora &amp; Jim S.</i>



**Special Presentation** **10:15 – 11:15**

<i>Al-Anon From Humble Beginnings to the Digital Age</i>	<i>Art B.</i>
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**Lunch – Pot Luck** **11:30 – 12:45**



**Recovery Workshops** **1:00 – 2:00**

<i>Feel the Feelings - Fear &amp; Anger in the Disease of Alcoholism</i>	<i>Terry K. &amp; Tom P.</i>
<i>Re-Parenting Ourselves in Recovery An Adult Child Focus</i>	<i>Jeff G. &amp; Diana S.</i>
<i>Intimacy in Recovery – Family, Friend and Others</i>	<i>Shawn A &amp; Jen A</i>



**Service Workshops** **2:15 – 3:15**

<i>Recovering from Grief and Loss – Sponsorship, Steps, Service</i>	<i>Ruth K &amp; Dan B.</i>
<i>Sponsorship versus Fellowship</i>	<i>Vic A. &amp; Yvonne.</i>
<i>Detachment with Love - Traditions in our Personal Lives</i>	<i>Elaine S &amp; John C.</i>



**Silent Auction, Donation Drawing, Al Anon Birthdays** **3:30 – 4:15**

**Speakers** *(signing for the hearing impaired)* **4:30 – 6:00**

<i>Alateen/ Pre-Teen</i>	<i>Ashley C, 08 NOCAC, Yosemite, Monterey, Pre-teen - TBA</i>
<i>AA</i>	<i>Melanie, Oakland</i>
<i>Al Anon</i>	<i>Art B, Author 30 years of service, San Jose</i>



**AA Open Meetings, Alateen Meetings, Meditation Room, Childcare Available**



**Location:**  
Trinity Lutheran Church  
1225 Hopyard Rd, Pleasanton, CA  
[http://www.ncwsa.org/cal-2009\\_Events.html](http://www.ncwsa.org/cal-2009_Events.html)

**Fund Raisers: Donation Drawing for Gift Baskets  
Silent Auction  
Suggested Registration Donation for Adults: \$8.  
No donation suggested for Alateens/ Pre-teens**

Questions/info?  
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925-216-6472

