

## Schedule for the 2024 Workshops – second Saturday of the month

Irena H. on behalf of Akron Area Al-Anon Intergroup - **Workshops – Zoom** (and in person, when possible)

Second Saturday of the month (**February – an Exception**), Start: 9 am, log in 8:45

**Meeting ID: 813 5635 1017**

**Passcode: 010355**

Sharing Experience, Strength & Hope – Based on own experiences when applying selected

Al-Anon Literature, including 12 x 12 x 12; **Tools Used by me, personally: CAL Literature, Steps, Traditions, Concepts + Warranties**

## 2024

### Topics

January 13	H.A.L.T. in every day's life (Concepts at work)
<b><u>February 17 (Exception)</u></b>	H.O.W. (Tradition 2)
March 9	...let there be no gossip or criticism... (Concepts at work)
April 13	...only one purpose... (Tradition 3 & 5)
May 11	Anonymity - ..a spiritual foundation...
June –	Founder's Day Celebration in Akron, no workshop at the Intergroup
July	No workshop in Akron – Irena H carry overseas the message of hope
August	No workshop in Akron – Irena H carry overseas the message of hope
September 14	Anger – defense, offense?? (Dilemma of the Alcoholic Marriage)
October 12	Double-Headed Management - of my life
November 9	Steps 1, 2, 3 – “The Al-Anon Waltz”
December 14	Focus on the “Safe Port “ – transition from Step 4 to Step 5

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*Thank you for the opportunity to serve – by sharing MY experience, strength and HOPE*