



“PRACTICING SELF LOVE” A DAY IN AL-ANON AND ALATEEN

Sponsored by Districts 15 and 16

SATURDAY MARCH 30, 2019

10:00 AM – 3:30 PM (REGISTRATION OPENS AT 9:30 AM)

ST. ANDREWS LUTHERAN CHURCH
2650 148TH AVE SE BELLEVUE, WA 98007

Al-Anon and Alateen Workshops Al-Anon, Alateen and AA Speakers
Fun and Fellowship Crafts and Games Service Opportunities 7TH Tradition Observed

POTLUCK LUNCH: Last Name Beginning A-L Please bring Main Dish
 Last Name Beginning M-S Please bring Side Dish
 Last Name Beginning T-Z Please bring Salad

BAKE SALE HOSTED BY LAKE HILLS ALATEEN – DONATE A BAKED GOOD AND BRING SOME CHANGE.

Support Al-Anon by giving an hour of your time to help with registration, kitchen, set up, clean up or chair a topic related to the theme above.

Please find the flyer for print at [@seattle-al-anon.org](https://www.seattle-al-anon.org) and join us!