



Wednesday Workshop Series

Hosted by WA Area - District 13

Reaching for Personal Freedom

Living the Legacies

Wednesdays 6:00-7:30 pm PST

Zoom Meeting ID: 387-493-608

Passcode: 123456

<https://zoom.us/j/387493608?pwd=MjRUUjJmdUEyaWlWcVl2d1dBeElMdz09>

Al-Anon Family Groups has three Legacies: recovery through the Twelve Steps, unity through the Twelve Traditions, and service through the Twelve Concepts of Service. They are the spiritual foundation of our program. Each offers opportunities for healing and personal growth. The depth of their wisdom gives us an ever-growing, evolving understand of the Al-Anon program and the way we can apply it “in all our affairs.” The more we learn from them, the more we realize how much there is yet to learn. When we open ourselves to the spiritual principles in these Legacies, we can find abundant possibilities for growth and fulfillment.

Sept. 1st – Step One, Tradition One, Concept One

Sept. 8th – Step Two, Tradition Two, Concept Two

Sept. 15th – Step Three, Tradition Three, Concept Three

Sept. 22nd – Step Four, Tradition Four, Concept Four

Sept 29th – Step Five, Tradition Five, Concept Five

Oct. 6th – Step Six, Tradition Six, Concept Six

Oct. 13th – Step Seven, Tradition Seven, Concept Seven

Oct. 20th – Step Eight, Tradition Eight, Concept Eight

Oct. 27th – Step Nine, Tradition Nine, Concept Nine

Nov. 3rd – Step Ten, Tradition Ten, Concept Ten

Nov. 10th – Step Eleven, Tradition Eleven, Concept Eleven

Nov. 17th– Step Twelve, Tradition Twelve, Concept Twelve