

District 8
Al-Anon Family Groups of St. Paul, Minnesota
2018 Fall Workshop

Quiet the Mind.....Open the Heart

(from Hope for Today)

Another "Mission Possible" Event on

Step 11

Saturday, September 15, 2018
12:00 to 2:45 pm

12:00 Refreshments and Sign-in

12:30 Welcome

Panel Presentation

My Step 11 Journey

Breakout Sessions

Opening the Heart: Share, Literature, Arts

Quieting the Mind: Guided Meditation

Conscious Contact: Lead and Sharing

2:45 Closing

St. Clement's Episcopal Church
901 Portland Ave
St Paul, MN 55104

Free Admission
All are Welcome