

A Day of Fellowship

Saturday November 18th

Registration: 9:00am

Program: 10:00am-3:30pm

St Luke's Church Parish Center

1 Ruggles Street, Westborough, MA 01581

Workshop Topics

- Prayer and Meditation
- Self-Care
- Service

**Note: Workshops based on readings from
"A Little Time For Myself; A Collection of
Al-Anon Personal Experiences"**

- **BRING** your copy as reference
- New books available to buy for \$19

Fundraiser for AFG MA/Area 25

\$15 Registration online

(\$20 at the door – maximum 100 participants)

Click [here](https://fellowship.ticketleap.com/a-little-time-for-ourselves/dates/Nov-18-2023) to register

<https://fellowship.ticketleap.com/a-little-time-for-ourselves/dates/Nov-18-2023> at 0900am

Food/Refreshments

- Coffee & Snacks provided
- **BRING your own lunch** (a list of area restaurants will be provided on that day)

A

Little

Time

For

Ourselves