

# SHELTER IN AL-ANON

DISTRICT 29 - ONLINE WORKSHOP

SUNDAY MAY 31ST 2020

6:00 PM - 6:30 SIGN INTO ZOOM

6:30 PM OPENING

TOPICS & BREAKOUT SESSIONS

8:30 PM COMFORT & CLOSE



## PROGRAM

### A GUIDE TO THE WORKSHOP

(All timings approximate)

**6:00 PM - 6:30** - MAIN ROOM

SIGN INTO ZOOM

SHARE YOUR FAVORITE MUG

WHILE WE CONNECT

ELECTRONICALLY!

**6:30 PM** - MEETING OPENING

- MAIN ROOM

**6:40 PM** - TOPIC 1 - MAIN ROOM

**6:50 PM** - SHARING

- BREAKOUT ROOMS

**7:15 PM** - BREAK TO EITHER ATTEND

TO YOUR PERSONAL NEEDS OR

CHAT ONLINE.

**7:25 PM** - TOPIC 2 - MAIN ROOM

**7:35 PM** - SHARING

- BREAKOUT ROOMS

**7:55 PM** - TOPIC 3 - MAIN ROOM

**8:05 PM** - SHARING

- BREAKOUT ROOMS

**8:30 PM** - COMFORT & CLOSE

- MAIN ROOM

LINK TO ZOOM MEETING:

[HTTPS://US02WEB.ZOOM.US/J/](https://us02web.zoom.us/j/86554228804?pwd=L3G0ZFA1VKO2DGPTR2DXDOIXAFKWZZ09)

[86554228804?](https://us02web.zoom.us/j/86554228804?pwd=L3G0ZFA1VKO2DGPTR2DXDOIXAFKWZZ09)

[PWD=L3G0ZFA1VKO2DGPTR2DXDO](https://us02web.zoom.us/j/86554228804?pwd=L3G0ZFA1VKO2DGPTR2DXDOIXAFKWZZ09)

[IXAFKWZZ09](https://us02web.zoom.us/j/86554228804?pwd=L3G0ZFA1VKO2DGPTR2DXDOIXAFKWZZ09)

**Meeting ID: 865 5422 8804**

**Password: 566781**

## TOPICS

### ***Opening Our Hearts, Transforming Our Losses***

This thoughtful, compassionate CAL will be the basis of our discussion and shares. How can we accept loss as a fact of all our lives without giving in to despair? How much do our attitudes contribute to our experience of "life on life's terms?" The passages we will read and talk about concern the spiritual aspects of loss and grief, the gift of detachment when confronting loss, regret, turning to the god of our understanding and hope.

### ***Self-Compassion***

**At the heart of the onion, I smell a rose: how self-compassion has led me to a kinder, gentler understanding of Steps 1- 6**

When I judged myself harshly, I saw harsh judgment in the world. As I practiced self-compassion, I began to see a compassionate world. As a result of this spiritual transformation, not only did I hear new words in the Steps, but a very different tone, one of unconditional love and acceptance. I came to believe that the Steps are designed to lead us not to perfection, but to being perfectly human.

### ***STEP 11***

#### **Sought through Prayer and Meditation**

It doesn't matter what or who the God of your understanding is, just that you have one for Al-Anon to work. When I first came to Al-Anon, I came without God. Step 11 says; "Prayer and Meditation" not prayer or meditation. What is Prayer? What is Meditation? Al-Anon leaves that question open for us to "workshop" in our own way. Let me share about my good friend God.