

# **TORONTO AL-ANON DAY**

## **The 12 Steps: Keeping it Simple**

- 1. I can't**
- 2. God can**
- 3. Let God**
- 4. Look within**
- 5. Admit wrongs**
- 6. Ready self for change**
- 7. Seek God's help**
- 8. Become willing**
- 9. Make amends**
- 10. Daily inventory**
- 11. Pray and meditate**
- 12. Give it away**

**A joint recovery day: 6 Al-Anon and 6 A.A. speakers giving us the best of their **experience**, **strength** and **hope****

**May 5, 2018 9-4 PM**

**Registration at 8:30**

**At St. Ansgar's Church - Toronto  
1498 Avenue Road (Avenue Road and Lawrence)**

**Admission: \$5**

**Potluck Lunch**