

# ARE YOU TROUBLED BY SOMEONE'S DRINKING?

## A Step One Seminar

Saturday, April 22<sup>nd</sup>, 2023 @ 10:00 a.m. to 12:00 p.m.

Christus Victor Lutheran Church

7610 Palomino Drive

Apple Valley, MN 55124

**District 2, MNSA, will be sponsoring a Step One Seminar  
for Families and Friends of Alcoholics**

Step One: *"We admitted we were powerless over alcohol – that our lives had become unmanageable".*

Alcoholism does not just affect the person with this condition,  
it also affects those around them as well, such as friends and family members.

If you have struggled with a friend or relative who misuses alcohol,

Al-Anon is intended for you.

- Speakers from Al-Anon, Alateen and AA share their stories
  - Books, Pamphlets and other information of interest
    - Enjoy fellowship with others in recovery
  - Breakfast snacks, coffee, juice and water provided



Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.