

☀️ As the year comes to a close, let's share some recovery ☀️

🌟 Al-Anon Winter Lights 🌟 Special In-Person Meetings

☀️ Wednesday, Dec. 24

11am "Living One Day at a Time." Chair: Susan S.
at Good Shepherd Parish Hall, Berkeley CA*

3pm "Gratitude." Chair: Steve M.
at St. Alban's, Cooper Room, Albany CA*

☀️ Thursday, Dec. 25 - St. Alban's, Cooper Room, Albany CA*

11am "Loving Difficult People." Chair: Tessa D.

3pm "Acceptance Changes Everything." Chair: Julie F.

☀️ Wednesday, Dec. 31

11am "Surviving Holidays with Family." Chair: Dan B.
at Good Shepherd Parish Hall, Berkeley CA*

3pm "Looking Back, Looking Forward." Chair: Kay S.
at St. Alban's, Cooper Room, Albany CA*

** Both rooms are wheelchair-accessible*

Thursday, January 1, 2026

ALAPALOOZA 2026!

11am - 3PM, St. Alban's Parish Hall

1501 Washington St., Albany CA

Newcomer meeting, potluck lunch, speaker meeting,
clothing exchange, fellowship!

For regularly scheduled meetings that will be open on these days
and more details about the Jan. 1 Alapalooza,
please go to www.al-anonbythebay.org

Good Shepherd, 1823 Ninth St., Berkeley; Parish Hall entrance on Ninth north of Hearst
AC Transit bus #51B, #72, #72M, or #72R; get off at University & San Pablo.

St. Alban's, 1501 Washington St., Albany, near Curtis

AC Transit bus #18, walk north on Curtis. BART: 20-minute walk from North Berkeley Station.