

Mark Your Calendar

74th Al-Anon On The Coast Anniversary Dinner

Sponsored by District One Mississippi
Al-Anon Family Groups

November 19, 2022 - 12:30 pm+

24th Avenue Fellowship Club
2518 24th Avenue, Gulfport, MS

SPEAKERS - FOOD - FELLOWSHIP

RAFFLE

New Fun Stuff??

50/50 RAFFLE

Al-Anon Speaker: **Shane H** and AA Speaker: **Sonya S.**

Each District 1 Group provides either:
Sliced Turkey or Ham & Dressing, too!
Individuals are asked to bring:

Sides, dinner rolls, salads or desserts. Please use disposable containers, serving ware and utensils.

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Cut out boxes - Glue to a Post-It-Note - Affix to a mirror/fridge/etc.

**We are never sorry for the  
temper we did not display.**  
Anonymous

**"I have noticed that nothing  
I NEVER said ever did me any  
harm. ...  
If you don't say anything,  
you won't be called to  
repeat it."**  
Calvin Coolidge

**For every minute your are angry,  
you lose 60 seconds of happiness.**  
Anonymous

**When angry, count ten before you  
speak; if, very angry, a hundred.**  
Thomas Jefferson

Legend tells of a man who majored in misery.  
  
Every time someone was unkind to him,  
  
he would pick up a stone, put it in a sack  
  
and carry it on his back. Soon, the burden  
  
broke his heart and his health.  
  
Anonymous