

Sunday Slogans Study Group

Presented by Al-Anon District 29 — Rockland County, NY

A Sixteen-Week Zoom Series Beginning

NOVEMBER 8, 2026

A supportive weekly gathering focused on strengthening recovery through Al-Anon's timeless slogans. Each week explores one slogan — 16 weeks, 16 slogans — using the official Al-Anon list and readings from Al-Anon literature.

Weeks 1–8

Week 1 – Nov 8, 2026 How Important Is It?

Week 2 – Nov 15, 2026 Easy Does It

Week 3 – Nov 22, 2026 Keep An Open Mind

Week 4 – Nov 29, 2026 T.H.I.N.K.

Week 5 – Dec 6, 2026 Progress Not Perfection

Week 6 – Dec 13, 2026 Keep Coming Back

Week 7 – Dec 20, 2026 But For The Grace of God

Week 8 – Dec 27, 2026 One Day At A Time

Weeks 9–16

Week 9 – Jan 3, 2027 Listen And Learn

Week 10 – Jan 10, 2027 Together We Can Make It

Week 11 – Jan 17, 2027 Keep It Simple

Week 12 – Jan 24, 2027 First Things First

Week 13 – Feb 7, 2027 Let It Begin With Me

Week 14 – Feb 14, 2027 Just For Today

Week 15 – Feb 21, 2027 Let Go And Let God

Week 16 – Feb 28, 2027 Live And Let Live

Series Highlights

- Gentle, supportive environment
- Consistent weekly rhythm
- Practical tools for daily serenity
- Open to all Al-Anon members

Zoom Information

Join us every Sunday evening from 7:30–8:30 PM

Zoom Link: Click here to join the meeting

<https://us02web.zoom.us/j/89517863759?pwd=aVxoEIVnMqfppghHb4LbFVAZywnQSV.1>

Meeting ID: 895 1786 3759

Passcode: 726297