

**W****R****K****S****H****O****P****S**

*If Living Sober  
Wasn't Fun, I'd Be  
Drunk As Hell*  
**-Andromeda F.**

*Our Traditions are  
Important*  
**-Ray W.**

*Salute to AA  
Veterans &  
Active Military*  
**-Josh S.**

*Grief in  
Sobriety*  
**-Charisse C.**

*The Spiritual  
Perspective Behind  
the Twelve Steps*  
**-Vic W.**

*Step 1*  
**-Valerie M.**

*Step 2*  
**-Jann C.**

*Step 3*  
**-Gabe D.**

*Solo in Sobriety*  
**-Stephanie McC.**

*Steps 4 and 5*  
**-Brigiette B.**

*Early sobriety is  
harder than active  
addiction*  
**-Sara S.**

*Unmanageable  
Sobriety*  
**-Debra B.**

*Lord, Make Me A  
Channel of Thy  
Peace*  
**-David H.**

*Stepping into the  
Fellowship*  
**-John M. "Redd"**

*Alanon: Learning  
Healthy  
Communication*  
**-Katie S.**

*Steps 6 & 7*  
**-Justine L.**

*Bedevilments*  
**-Tracey C.**

*Steps 8 & 9*  
**-Dianne H.**

*Meditation*  
**-Millie S.**

*Steps 10, 11, & 12*  
**-Beverly vanB.**

*LGBTQIA:  
Getting Sober.  
Mind, Body, & Spirit*  
**-Danny B.**

*Growing Through  
the Pain*  
**-Dr. Stephen L.**

*Gratitude Lessons  
from Founding  
Fathers & Wives*  
**-Tom A.**

*Carrying the  
Message Behind  
the Walls*  
**-David G.**

*Alanon: Recovering  
from Shame & Guilt*  
**-Michael S.**