

**Al-Anon Family Groups California District 26**  
**Third Friday Speaker Meeting - All are welcome!**



**“Laying down burdens that were  
never ours to begin with ”**

**Friday, May 20, 2022**

**7:15–8:30pm Meeting**

**8:30–9pm Fellowship**

Speakers: Liz T. (Al-Anon)  
Mary C. (Al-Anon)

Virtual meeting on Zoom: <https://zoom.us/j/692090488>

Meeting ID: 692090488, Password: 830106

Sponsored by: Berkeley-Albany Tuesday Night AFG  
[www.al-anonbythebay.org](http://www.al-anonbythebay.org)