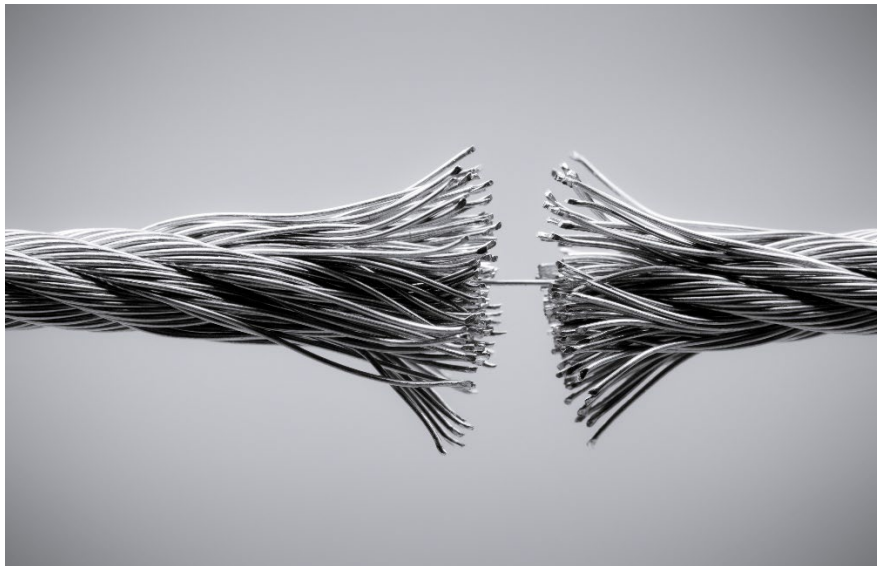


Feeling Frayed?

Join us for a 7-week Emotional Sobriety Workshop



WHEN: Monday Nights, January 6-February 17, 6 to 8 PM

WHERE: West Des Moines Christian Church, Basement

WHO: Women in AA

This workshop is for you if:

- You feel burnt out emotionally or spiritually.
- You want to reinvigorate your program.
- You want to understand more about the disease of alcoholism and how the ego operates in your mind.
- You want to better integrate the spiritual principles of AA in your life.

In this workshop we'll listen to the 6-episode Emotional Sobriety Workshop series on YouTube conducted by Astrid H., a home group member of the "Primetime is Now" meeting in California. We'll study and discuss the Tiebout papers (Compliance vs. Surrender; the Eco Factors of Alcoholism), Bill Wilson's essay on Emotional Sobriety, and excerpts from the Sermon on the Mount.

Each week, we'll watch one episode (on our own time), and do some homework to prepare for the following week. The first meeting will be a kick-off to answer all your questions and provide you with the material needed.

This workshop is a great way to reboot your emotional sobriety and bring the AA message from your head to your heart.

Sign up by texting Stephanie Ramm (515.249.1881) or Alissa Burgduff (515.975.0571).

Deadline for registration is January 1st.