

Share Your Serenity

District 7 AFG invites you to the
2021 Serenity Tea

Sunday, March 21
3:00-4:30 ET

ZOOM ID: 886 7386 0998

Passcode: 0321

Call in: +1 301 715 8592

Phone Passcode: 0321

Direct Link:

<https://us02web.zoom.us/j/88673860998?pwd=OXVFaVhjZms2NVRTcEZVQnNHejVpdz09>

Al-Anon and AA participation
Speakers from around the corner and around the globe
Breakout rooms following speakers
“Share your Serenity” Slideshow!*

Questions: email district7afg@gmail.com

*We welcome your serene words and images before March 6: details on the next page.

Image: Kathryn J.

Share Your Serenity

*In preparation for our annual District 7 Serenity Tea,
we invite members to share their serenity!*

The Serenity Tea on March 21st will be virtual,
but we want participants to have a “voice” in the event!

Please consider contributing a written or visual response to one or more of the following questions:

- What does serenity mean to you?
- How do you achieve or regain serenity?
- How do you hold on to your serenity?
- What does serenity LOOK like to you?

We welcome **your** words and **your** art, to reflect your heart. The “Share Your Serenity” compilation will be presented as a slideshow during the Serenity Tea’s meditative pre-sharing time! We will also provide a downloadable pdf of selected submissions as a takeaway from the event.

For written responses:

Maximum of **50 words**, sharing must be in your own words. For copyright reasons we **cannot include quotes** from Al-Anon Conference Approved Literature or other sources.

A few words, a sentence or two, short poem, or that which captures how serenity speaks to you!

For visual responses:

All imagery should document your own original work. **No human faces should be included in photographic submissions.** Sadly, we cannot include sounds or videos. Max. file size: 3 MB.

A photograph, drawing, painting, collage, image of flower arrangement, or that which captures how serenity looks to you!

How to participate in this shared resource*

By March 6th

Email your contribution to: district7afg@gmail.com

-**The subject** of your email should be: **Serenity submission**

-**Important:** within the first line in the body of the email: provide your first name and last initial, OR if you would prefer to post your contribution without your name, type “Anonymous”

-**Written:** type or paste your 50 words (or fewer) directly into the body of your email.

-**Visual:** attach one image formatted as jpg, tif, or png, max. 3 MB. If you would like to combine a few words with your art, please specify this in the text of your email.

*By making a submission, I agree that: 1. it is my original work 2. I give District 7 license to use my submission at this event, as a downloadable file, and for distribution throughout the AFG community.

Thanks for helping make this year’s Serenity Tea something special!

