

Al-Anon Spiritual Day

Hosted by District 3

On **Saturday, October 3, 2026** all are welcome to the Al-Anon Spiritual Day District 3 in Barre, VT for **prayer and meditation workshops and a Spiritual Speaker**. Bring a prayer to share, if you wish.

- ❖ Date: Saturday, October 3, 2026
- ❖ Time: 9 am to 2:30 pm
- ❖ Where: Barre Congregational Church (brick with red door) 35 Church St., Barre, VT

Bring your own lunch. Coffee, tea, and snacks provided. Donations welcome to cover the venue cost.



Photo by Amelia V, VT