

JOURNALING IN RECOVERY

Finding Our Stories

AN INTERACTIVE WORKSHOP

SPONSORED BY THE GRAPEVINE COMMITTEE

Journaling can be a simple and powerful tool for reflection in recovery. This 60-minute interactive workshop will explore ways to use writing to slow down our thoughts, recognize patterns, practice gratitude, work through fears and resentments, and notice the everyday moments of growth in sobriety.



NO WRITING EXPERIENCE NEEDED!

Just bring a pen, some paper, and a willingness to try.



60
MINUTES
ON ZOOM



DATE

Monday, November 23, 2026



TIME

7:00 PM



FORMAT

**Interactive • Short Exercises
Discussion • Take-Home Tools**



FROM REFLECTION TO CONNECTION

AA Grapevine is built on members sharing their experience, strength, and hope, and journaling can help us discover the stories within our own recovery.

What begins as a few sentences in a journal might remain personal, become something we share at a meeting, or perhaps someday become a story that carries the message to another alcoholic through Grapevine.



JOIN US ON ZOOM!



ZOOM MEETING ID

895 8552 2002

[https://us02web.zoom.us/j/89585522002?](https://us02web.zoom.us/j/89585522002?pwd=H78JzYFWMFqSIFG1t4eJhl7muf1j6y.1)
[pwd=H78JzYFWMFqSIFG1t4eJhl7muf1j6y.1](https://us02web.zoom.us/j/89585522002?pwd=H78JzYFWMFqSIFG1t4eJhl7muf1j6y.1)



PASSCODE

Area61

All AA members are welcome!

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

YOUR MEETING IN PRINT AND ONLINE

AAGRAPEVINE.ORG