

Come Celebrate

# The High Tide Group's 13<sup>th</sup> Anniversary!



High Tide is celebrating their **13 year anniversary!**

Join us for Food & Fellowship. We will have speakers from AA & Al-Anon at 9 a.m and Food & Fellowship immediately following from 10 a.m.-12 p.m.

**SATURDAY, OCTOBER 5TH**

**Speakers: 9 a.m.**

**Food & Fellowship: 10 a.m. - 12 p.m.**

in the Memorial Hall on the first floor  
of the Church of the Good Shepherd

**>>> Please bring a dish to share <<<**

The **HIGH TIDE GROUP** is located at:

**Church of the Good Shepherd**

7400 Hampton Blvd | Norfolk, VA | 23505