

10th Annual 4th Step Workshop

Sponsored by:

When: April 11th, 2026

Location:

**Ankeny First United Methodist Church CLC
710 NE 36th St. Ankeny, Iowa**



MEN & WOMEN WELCOME!

Workshop Starts at 9:00 am

9:00 am - Introduction - Patrick P., Ankeny

9:10 am - Resentment Speakers - John G., Urbandale & Doug G., Grimes

10:30 am - Break

10:45 am - Fears Speaker - Michelle B., Marshalltown

11:30 am - Lunch / Raffle

12:30 pm - Sexual Inventory Speaker - Shawn G., Des Moines

1:15 pm - Closing - Patrick P., Ankeny

NOTE: \$5.00 donation accepted but not required

"Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us."