

Friday, April 14

3:30-10:00pm Hospitality & Fellowship
Hospitality Rm.

3:30 pm Registration Main Foyer
(rear entrance)

4-5pm "Participation is the Key to Harmony"
(Concept 4) Dorset

5:30 - 6:30pm Dinner Colonnade
(pre-purchase req'd)

6:45pm Opening & Welcome Manchester

7 - 8pm Speakers: Al-Anon Manchester

8:00pm Meditation (drop-in) Manchester

Saturday, April 15

7am-10pm Hospitality & Fellowship
Hospitality Rm.

7:00-8:00am Breakfast on your own

8:00am Registration Main Foyer
(rear entrance)

7:30-8:15am Moving into Stillness Dorset
(Wear loose clothing if possible.)

9:00-9:15am Welcome Manchester

9:30-10:30am

Walking a Labyrinth Rockwell C
(Step 11)

Let it Begin with Me Bennington
(ways to support newcomers)

Is Service a Scary Adventure? Manchester

AA Meeting Dorset

10:45-11:45am

When I Got Busy, I Got Better Bennington
(recovery through service)

Revitalizing Alateen Rockwell C

We came, we came to, we came to believe and understand. Manchester
(finding and staying close to our Higher Power)

AA Meeting Dorset

12:00-1:00pm Lunch Colonnade
(pre-purchase req'd)

1:15-2:30pm

Al-Anon & AA Speakers Manchester

2:45-3:45pm

Finding Our Voices Bennington
(writing workshop)

Letting Go of Perfectionism Manchester

Together We Can Make It Rockwell C
(Concept 1)

AA Meeting Dorset

4:00-5:00pm

Two Hearts are Better than One Rockwell C
(sponsorship)

Practice Makes Progress Manchester
(Steps 10, 11, & 12)

Restoring Harmony Bennington
(conflict resolution)

AA Meeting Dorset

6:00-7:00pm Dinner Colonnade
(pre-purchase req'd)

7:15-8:15pm

Keynote Speaker Manchester

8:30-9:30pm

Simple Songs for Recovering Hearts,
Gentle & Lively Rockwell C

9:30-10:00pm

Ice Cream Social Hospitality

Sunday, April 16

7:00-10:00am Hospitality & Fellowship
Hospitality Rm.

7:00-9:15am Breakfast on your own

7:30-9:00am Trip to Wilson House
(Meet at the registration table to arrange carpooling. The goal is to arrive at Wilson House in time for their 8am Al-Anon meeting, with a brief stop at Lois's gravesite along the way.)

9:30-10:30am Spiritual Speaker & Closing
Manchester

After closing: Serenity Walk Manchester

11:00am Check-out



Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Our 2023 Convention Committee

Chair:	Laura S.
Co-chair:	Anna E.
Treasurers:	Chris Z. and Karen N-F
Secretary:	Steve E.
Volunteer Coord.:	Joanne V.
Speaker Coord.:	Hollie H.
Workshop Coord.:	Albert C.
AA Liaison:	Andrea M.
Website:	Kate L.
Registration Table:	Henry E.
Hospitality Room:	Dianne R.
Decorations:	Gretchen L.
Archives:	Kate G.
Hike:	Jill G.
Woodworking:	Phil C.
Flyers:	Susan R.
Publicity:	Laura A.

Notes

Vermont Area Al-Anon Convention

April 14–16, 2023



*“Participation is
the Key to Harmony”*



The Equinox Resort and Spa
3567 Main St.
Manchester, Vermont



VermontAlanonAlateen.org



Al-Anon Family Groups