

Friday, May 3

3:30-10:00pm Hospitality & Fellowship
Orvis Inn, Rm. 622

3:30pm Registration Main Foyer
(rear entrance)

4-5pm "H.O.W. Al-Anon Works" (Honesty,
Open-mindedness, Willingness) Dorset

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

6:45pm Opening & Welcome Manchester

7 - 8pm Speaker: Al-Anon Manchester

8:00pm Meditation (drop-in) Manchester

Saturday, May 4

7am-10pm Hospitality & Fellowship
Orvis Inn, Rm. 622

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

8:00am Registration Main Foyer
(rear entrance)

9:00-9:15am Welcome Manchester

9:30-10:30am

Feeling Your Feelings Manchester

Service and Self-Care Bennington

Writing Workshop Rockwell C

AA Meeting (You're Only as Sick as
Your Secrets) Dorset

10:45-11:45am

Conflict Resolution Manchester

Serenity Now! Bennington

Taking Responsibility (What is My Part?)
Rockwell C

AA Meeting (Keep an Open Mind) Dorset

12:00-1:00pm Lunch Rockwell A&B
(pre-purchase req'd)

1:00-1:15 Basket Raffles Manchester

1:15-2:30pm
Al-Anon & AA Speakers Manchester

2:45-3:45pm
Relationships & Communication Manchester
Unity not Perfection Bennington
Connecting with Your Higher Power Rockwell
AA Meeting (Getting Out of the 'IF' Trap) Dorset

4:00-5:00pm
Healing Shame Manchester
Connecting with Your Higher Power Bennington
Conflict Resolution Rockwell C
AA Meeting (Entirely Ready) Dorset

6:00-7:00pm Dinner Rockwell A&B
(pre-purchase req'd)

7:00-7:15pm Basket Raffles Manchester

7:15-8:15pm Keynote Speaker Manchester

8:15 » done Basket Raffles Manchester

8:30-9:30pm Simple Songs for Recovering
Hearts, Gentle & Lively Rockwell C

8:30-10:00pm
Evening Social Orvis Inn, Rm. 620

Sunday, May 5

7:00-10:00am Hospitality & Fellowship
Orvis Inn, Rm. 622

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 8:00am Al-Anon meeting, with a brief stop at Lois' gravesite along the way.

(For info about another Wilson House opportunity, see "Pioneer Day" below.)

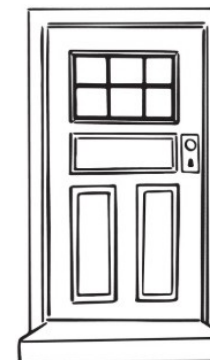
9:30-10:30am Spiritual Speaker & Closing
Manchester

10:30am Serenity Walk Manchester
OR

"Pioneer Day"

To participate in the annual commemoration of Al-Anon's co-founder Lois W., come to the registration table to join a caravan to her gravesite (a 15-min. drive). From there, you can opt to continue on to the nearby Wilson House - birthplace of AA's co-founder Bill Wilson - for a free potluck lunch, followed by a speaker at 1:00 pm.

11:00am Hotel 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.

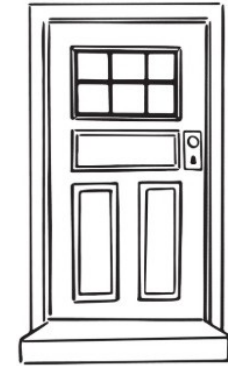
Our 2024 Convention Committee

Chair:	Laura S.
Co-chair:	Anna E.
Treasurer:	Chris Z.
Secretary:	Steve E.
Publicity:	Laura A.
Program Coord:	Michelle M.
Speaker Coord:	Hollie H.
Volunteer Coord.:	Joanne V.
Zoom Coord.:	Karen N-F
Hospitality:	Donna D.
Decorations:	Gretchen L.
Registration:	Henry E.
Basket Raffle:	Beth D.
AA Liaison:	Andrea M.
Alateen:	Albert C.
Website:	Kate L.
Flyers:	Susan R.
Archives:	Kate G.

Notes

Vermont Area Al-Anon Convention

May 3-5, 2024



*“H.O.W. Al-Anon Works”
(Honesty, Open-mindedness,
Willingness)*



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



Al-Anon Family Groups