

Our Recovery Puzzle

El rompecabezas de nuestra recuperación

40th Virginia Area Al-Anon Convention

Westfields Marriott - Chantilly, VA

August 23-25, 2019

Anonymity Statement

*(from the Al-Anon/Alateen Service Manual,
page 99)*

“There may be some who are not familiar with our Tradition of personal anonymity in any form of press, radio, films, TV, internet and other electronic media. If so, we respectfully ask that no Al-Anon, Alateen or A.A. speaker or member be identified by full name or picture in published, broadcast or Web-posted reports of our meeting. The assurance of anonymity is essential to our efforts to help other families of alcoholics, and our Tradition of anonymity reminds us to place Al-Anon and Alateen principles above personalities.”

The Serenity Prayer

God grant me the serenity

To accept the things I cannot change,

Courage to change the things I can,

And Wisdom to know the difference.

Al-Anon Declaration

When anyone, anywhere reaches out for help,
let the hand of Al-Anon and Alateen always be there and
Let it begin with me

Welcome To the 40th Virginia Area Al-Anon Convention 2019:

Our Recovery Puzzle

Your 2019 Convention Committee members are so pleased you are here! This program is your guide to all of the events and activities we have prepared for you to enjoy throughout this wonderful weekend of recovery, fellowship and fun!

Read on to find Al-Anon (English & Spanish Programs), Alateen, A.A. and General Sessions information. Here are the highlights of what you will find here this weekend.

- Al-Anon, Alateen and A.A. Speakers to inspire us all
- 4 Sessions of Workshops, both Al-Anon and A.A.
- Early Bird and Night Owl Meetings
- Craft: God Box to make and take home
- Silent Auction Gift Baskets
- Convention-themed Merchandise
- Al-Anon Literature to purchase
- CDs of the weekend’s Speakers and many others
- Saturday night Banquet & Dancing with LIVE Music!
- A fabulous door prize

NEW to the Convention is the Grateful Gifts Boutique, where you will find cute crafted items (at very affordable prices) to bring a smile and warm a heart of someone back home—and your own, too!

If you have any questions, please don’t hesitate to ask any of the Convention Committee members, or stop by the Registration Table to speak to someone there who will be happy to help.

Declaración de Anonimato

*(Manual de Servicios de Al-Anon/
Alateen, página 94)*

“Puede haber algunos que no estén familiarizados con nuestra Tradición de anonimato personal en cualquier forma de prensa radio, cine, televisión, internet y otros medios de comunicación electrónica.

Si es así, respetuosamente pedimos que ningún miembro ni orador de Al-Anon, Alateen o A.A. sea identificado con su nombre completo o fotografía en reportajes periodísticos, radiofónicos o que se publiquen en la web de nuestra reunión.

La seguridad del anonimato nos recuerda que debemos anteponer los principios de Al-Anon y Alateen a las personas.”

Oración de la Serenidad

Dios, concédeme Serenidad para aceptar las cosas
que no puedo cambiar;
Valor para cambiar aquellas que puedo; y
Sabiduría para reconocer la diferencia.

Declaración de Al-Anon

Que empiece por mi
Cuando alguien, dondequiera que sea, pida ayuda,
que nunca falte allí la mano
de Al-Anon y Alateen, y — *Que empiece por mí.*

Bienvenidos a la 40ava Convención de Al-Anon del Area de Virginia 2019:

El rompecabeza de nuestra recuperación

Los miembros del Comité de la Convención 2019 están muy contentos que ustedes estén aquí! ¡Este programa es su guía donde encontrarán todos los eventos y actividades que hemos preparado para que disfruten de recuperación, compañerismo y diversión durante este maravilloso fin de semana!!!

Siga leyendo para encontrar las sesiones de Al-Anon en inglés y español, Alateen, A.A. e información de las Sesiones Generales. Tendremos dos oradores internacionales en Español: Mexico y Perú; oradores de Nueva York, New Jersey y Tennessee, así como acceso a dispositivos de traducción para participar en las reuniones generales (Big Meetings).

Habrán canastas que se adjudicarán a través de una subasta silenciosa; rifas, ventas de literatura, CD de oradores de las reuniones generales en Inglés, recuerdos para recordar los gratos momentos de este maravilloso fin de semana, así como divertidas actividades sociales para todos. Habrá un banquete cena el sábado por la noche seguido de un baile con música de los “Drive-In Riot.

La novedad este año son los “Regalos de Gratitude” (Grateful Gifts) de la Boutique. En ella encontrarás lindos artículos hechos a mano (a precios muy asequibles) para llevar una sonrisa o un gesto cálido a alguien en casa.

Como es costumbre, lo recaudado se donará a las siguientes convenciones para que los que asistan sigan beneficiándose de la recuperación y el compañerismo que se encuentra cuando lo compartimos juntos.

Si tiene alguna pregunta, no dude en acercarse a cualquier miembros del Comité de la Convención, o a los miembros del Comité de Apoyo en Español o a cualquier voluntario cercano.

Convention Information

Registration

Be sure to wear your Registration Name Tag at all times. It is your admission to all the weekend activities including the Saturday Night Dinner Banquet.

Convention Hospitality Room

Our Convention Hospitality Room is located in The Presidential Suite, which is on the Main Level in Room 130, opening on Friday at 2pm. For remaining schedule, please see "Locations and Hours of Operation" on the facing page.

A.A. Program

The A.A. Program is located in The Franklin Room. There you will find a schedule of the A.A. Program. All registered A.A. members are encouraged to take part in ALL convention activities listed.

Al-Anon Spanish Program / Programa en Español

El Programa en Español se encuentra adjunto en este folleto y también está disponible en el Salón Madison, donde se llevará a cabo las sesiones en Español durante el fin de semana. Dispositivos de traducción estarán disponibles en las Sesiones Generales.

The Al-Anon Spanish schedule can be found in this booklet and is also available in the Madison Room, where the Spanish Program will take place. Translation equipment will be available for the BIG Meeting.

Alateen Program

All activities for the Alateen Program will be posted in the Alateen Meeting Room 130, Presidential Suite. All registered Alateens are encouraged to take part in ALL convention activities listed.

No Smoking or Vaping

Smoking and vaping will be permitted in designated areas outside of the hotel only.

Breakfast

Breakfast is held in The Fairfax Dining Room on the 2nd Floor and is available from 7am-8:30am. For all registered in the Convention hotel block, breakfasts are provided for up to two hotel guests per room, per night. Additional breakfast may be purchased for \$14.95 + tax.

Meals

Excepting breakfast (above) and the Saturday Night Buffet, which is included with registration, meals during the convention are on your own. A list of local eating establishments in the area is included in your folder, or stop by the Registration table for a copy.

Speaker CD Recordings

We will have this weekend's inspiring speakers and many other CDs for purchase in the Washingtonian Ballroom.

Literature Sales

Al-Anon Conference Approved Literature is available in the Washingtonian Ballroom with thanks to the Al-Anon Northern Virginia Service Center.

Locations and Hours of Operation

Registration – Lower Rotunda (Main Level)

Friday	2pm-8pm
Saturday	7:30am-9am 10am-5pm

Silent Auction – Westfields Lounge

Friday	2pm-8pm
Saturday	7:30am-9am 10am-5pm 9pm-10pm

Bidding Closes at 10:00pm on Saturday

Saturday (pay & pick-up)	10pm-11pm
Sunday (pay & pick-up)	8:30am-10am

Literature Sales & Speaker Recordings – Washingtonian Ballroom

Hours are posted at each respective location.

Grateful Gifts Boutique & Merchandise – Lower Rotunda (Main Level)

Friday	2pm-8pm
Saturday	7:30am-9am 10am-5pm 9pm-11pm
Sunday	8:30am-10am

Convention Hospitality Room – Room 130 / Presidential Suite (Main Level)

Friday	2pm-4:30pm 6pm-7:30pm 10pm-11pm
Saturday	7am-8:30am 11:30am-12:30pm 4pm-5pm 9:30pm-11pm
Sunday	7am-8:30am

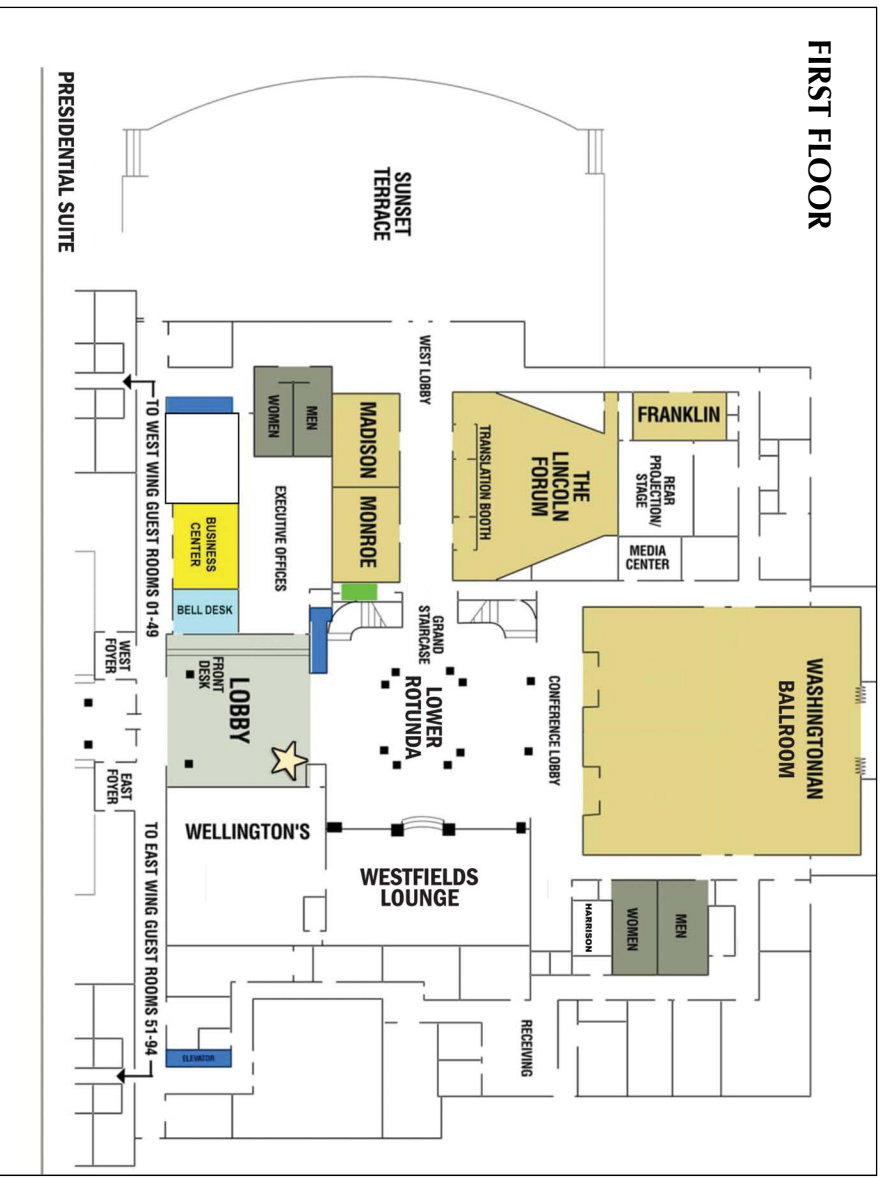
SECOND FLOOR



**40th Virginia Area
Al-Anon Convention**

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Marriott Westfields

FIRST FLOOR



- Meeting Room
- Lobby/Front Desk
- Elevator
- Restroom
- ATM
- Bell Desk
- Business Center

ENTRANCE

Convention Program

Friday

		Room
2pm-8pm	Registration	Lower Rotunda (Main Level)
	Silent Auction Gift Baskets	Westfields Lounge
	Grateful Gifts Boutique & Merchandise Sales	Lower Rotunda (Main Level)
(Times Vary)	Literature Sales	Washingtonian Ballroom
(See page 7)	Hospitality Room	Rm 130 / Presidential Suite
3:30-4:30pm	AL-ANON MEETING	Hamilton
4:45-6pm	Workshops / Session 1 4 Topics (Run concurrently)	(See pages 14 & 15 for details)
6-8pm	— BREAK —	Dinner on your own
8-10pm	***BIG MEETING*** Welcome & Opening Alateen Speaker: Alex R. Al-Anon Speaker: Hella R.	Washingtonian Ballroom
10-11pm	— SOCIAL EVENTS — “Make-it & Take It” <i>Craft a God Box</i> “Puzzles Tables”	Washingtonian Ballroom Lower Rotunda (Main Level)
10-11pm	NIGHT OWL Al-Anon Meeting	Hamilton

Saturday

		Room
7-8:30am	Breakfast	Fairfax Dining Room
7:30-8:30am	EARLY BIRD Al-Anon Meeting	Hamilton
9-10am	***BIG MEETING*** A.A. Speaker: Beth H.	Washingtonian Ballroom
10:15-11:30am	Workshops / Session 2 4 Topics (Run concurrently)	(See pages 14 & 15 for details)
11:30am-1pm	— BREAK —	Lunch on your own

Saturday, continued

		Room
1pm-2:15pm	Workshops / Session 3 4 Topics (Run concurrently)	(See pages 14 & 15 for details)
2:30-3:45pm	Workshops / Session 4 4 Topics (Run concurrently)	(See pages 14 & 15 for details)
3:45-5:30pm	— BREAK —	
5:30-7pm	— DINNER BANQUET—	Washingtonian Ballroom
7:30pm-9pm	***BIG MEETING*** Al-Anon Speaker: Hock H. Al-Anon Keynote Speaker: Larcine G.	Washingtonian Ballroom
9pm	Door Prize Drawing	
9pm - ???	SOCIAL EVENT: DANCE Music provided by “Drive-In Riot” a Southern Blues Rock Band from Woodbridge, Virginia	Washingtonian Ballroom
10-11pm	NIGHT OWL Al-Anon Meeting	Hamilton
10:00pm	Silent Auction Bidding Closes	

Sunday

		Room
7-8:30am	Breakfast	Fairfax Dining Room
7:30-8:30am	EARLY BIRD Al-Anon Meeting	Hamilton
8:30-10:00am	Silent Auction Pay & Pick-Up	Westfields Lounge
10:30am	*** BIG MEETING *** Al-Anon SPIRITUAL SPEAKER: Sue L.	Washingtonian Ballroom

Closing – Christy B., Convention Chair

Programa de la Convención

Viernes

		Salón
2-8pm	Registración Subasta silenciosa (Canastas) Regalos de Gratitud – Boutique	Lower Rotunda (Main Level) Westfields Lounge Lower Rotunda (Main Level)
(Los tiempos varían)	Venta de Literatura	Washingtonian Ballroom
(Ver pagina 7)	Salón de Hospitalidad	Salón 130, Suite Presidencial
5:30pm	Desfile del Amor	Madison
6:30-8pm	COMPARTIMIENTO Pensamiento Distorsionado – Caos o Serenidad Oradoras internacionales: Al-Anon Olivia – México y A.A. Josefina – Perú Dramatización “Rompiendo cadenas”	Madison
8-10pm	***SESION GENERAL*** Bienvenida & Apertura Oradora Alateen: Alex R. Oradora Al-Anon: Hella R. (Acceso equipo de traducción)	Washingtonian Ballroom
10-11:30pm	Reunión Abierta “Por qué sigo viniendo a Al-Anon”	Madison

Sábado

		Salón
7-8:30am	Desayuno (para huéspedes del Hotel, No huéspedes \$14.95 + tax)	Fairfax Dining Room
9-10am	COMPARTIMIENTO Ira – Resentimiento – Miedo Fabiola – NY y Marisol – VA	Madison
10-11am	COMPARTIMIENTO Cambiando Actitudes – Límites – Autocuidado Jessica – VA y Blanca – NY	Madison
11am-12pm	COMPARTIMIENTO Espiritualidad Oradora Internacional A.A.: Josefina – Perú	Madison
12-2pm	LUNCH (Por cuenta propia)	

Sábado, continúa

		Salón
2-3pm	COMPARTIMIENTO Intimidación – Oración y Meditación Ligia – NY y Pablo – VA	Madison
3-4pm	Dinámica: “Sesión de los Abrazos”	Madison
4-5pm	COMPARTIMIENTO Espiritualidad Oradora Internacional Al-Anon: Olivia – México	Madison
5pm	Dramatization: “El Sheriff”	
5:30-7pm	— BANQUETE CENA —	Washingtonian Ballroom
7:30-9pm	TALLER Unidad, Servicio y la Tecnología en Al-Anon Angélica – TE, Mirta – NJ y Carito – VA	Madison
9pm	Ganador de la rifa	
9pm -	EVENTO SOCIAL BAILABLE Grupo “Drive-In Riot” de Woodbridge, Virginia	Washingtonian Ballroom
9pm	Tour “DC Night” (Opcional, por cuenta propia)	Lincoln Memorial
10pm	Cierre de propuestas Subasta Silenciosa	

Domingo

		Salón
7-8:30am	Desayuno (huéspedes de hotel)	Fairfax Dining Room
8:30-10am	Adjudicación de Subasta Silenciosa	Westfields Lounge
9-10am	Dinámica: “El Túnel del Amor”	Madison
10:30am	*** SESION GENERAL *** Al-Anon ORADORA ESPIRITUAL: Sue L. (Acceso equipo de traducción) Ceremonia de Cierre – Christy B., Coordinadora de la Convención	Washingtonian Ballroom
12pm	Almuerzo fraterno (Opcional, por cuenta propia)	Super Chicken 8357 Leesburg Pike Vienna, VA 22182

Workshops

SESSION 1

Friday

4:45-6:00pm

	Room/Location
CHAOS OR SERENITY: <i>Scattered pieces or clear picture?</i> – Stacy L.	ADAMS
BOUNDARIES & SELF-CARE: <i>First things 1st; piece together puzzle borders.</i> – Brook S.	HAMILTON
A 12TH STEP TALK: <i>A special presentation by A.A. Speaker, Beth H.</i>	LINCOLN FORUM
FEAR: <i>Even the toughest puzzle has a solution. For answers, “turn it over”.</i> – Ann F. & Randi M.	MONROE

SESSION 2

Saturday

10:15-11:30am

	Room/Location
PRAYER AND MEDITATION: <i>Pause, close your eyes, breathe, look again.</i> – Chris & Nancy B.	ADAMS
CHANGED ATTITUDES: <i>Where do I fit in?</i> – Val P.	HAMILTON
INTIMACY IN AN ALCOHOLIC RELATIONSHIP: <i>Hint: More than a three-letter word.</i> – Susan K.	LINCOLN FORUM
ANGER AND RESENTMENT: <i>Navigating the maze to reach the hidden feelings.</i> – Christy J.	MONROE

Workshops, continued

SESSION 3

Saturday

1:00-2:15pm

	Room/Location
CHANGED ATTITUDES: <i>Where do I fit in?</i> – Val P.	ADAMS
CHAOS OR SERENITY: <i>Scattered pieces or clear picture?</i> – Stacy L.	HAMILTON
FEAR: <i>Even the toughest puzzle has a solution. For answers, “turn it over”.</i> – Phyllis F.	LINCOLN FORUM
ANGER AND RESENTMENT: <i>Navigating the maze to reach the hidden feelings.</i> – Christy J.	MONROE

SESSION 4

Saturday

2:30-3:45pm

	Room/Location
DISTORTED THINKING: <i>Asking for help to see it from a different angle.</i> – Stephanie F.	ADAMS
PRAYER AND MEDITATION: <i>Pause, close your eyes, breathe, look again.</i> – Chris & Nancy B.	HAMILTON
INTIMACY IN AN ALCOHOLIC RELATIONSHIP: <i>Hint: More than a three-letter word.</i> – Susan K.	LINCOLN FORUM
BOUNDARIES & SELF-CARE: <i>First things 1st; piece together puzzle borders.</i> – Brook S.	MONROE

Putting Together The Pieces of my Puzzle

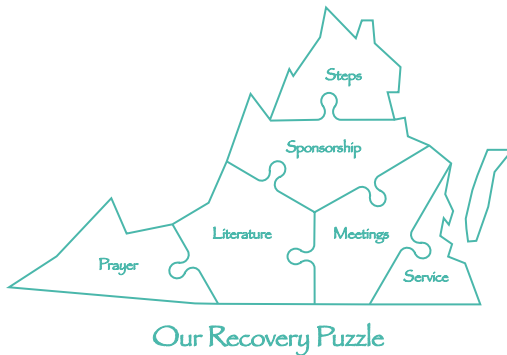
By Robert H., Virginia

When I was a newcomer, I was lost and floundering. As I look back on it now, it seems as if after a few months in the program I had been given a huge jigsaw puzzle with thousands of pieces. No picture on the outside of the box, just my name. A puzzle so big it would have needed a conference table to work on it.

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2019 Our Recovery Puzzle Convention Committee

Chair: Christy B.

Hotel Liaison: Sharon O.

Treasurer: Wendy W.

Area Liaison (current panel): Stacy L.

Area Liaison (previous panel): Terry W.

Boutique Coordinators: Julie L., Holly P.

General Support: Wendy R.

Hospitality: Shannon H., Mike L., Suzanne L.

Merchandise: Julie L.

Printing and Convention Logo: Julie L.

Program Design and Printing: Stephanie F.

Program / Workshops Chair: Patti C.

Program / Workshops: Co-chair Terry W.

Registration: Peggy F.

Scholarships: Sue A.

Silent Auction: Becky D.

Spanish Al-Anon Program Chair: Carito S.

Spanish Program Co-chair: Lillie V.

Speaker Coordinator: Linda B.

Technology & Communications: Sue V.

Translator: Nicole T.

Website: Peter M.

Alateen Coordinator: Wendy R.

A.A. Liaison: Myron M.

Literature Provided by Northern Virginia Service Center

Recording and CD Sales by Mike Burns, Mountain Recordings

Music Provided by Drive-In Riot, Woodbridge, Virginia

Workshop Facilitators, Meeting Leaders, Volunteers
So Many Helping Hands to whom we are so grateful!