

# *Reaching For Personal Freedom*



41st Virginia Area Al-Anon Convention

DoubleTree by Hilton Hotels

Charlottesville, VA

August 12-14, 2022

 Virginia  
**AL-ANON / ALATEEN**  
*Hope and help for families and friends of alcoholics*

## Welcome to the 41st Virginia Area AI-Anon Convention 2022:

# *Reaching For Personal Freedom*

**Y**our 2022 Convention Committee members are so pleased you are here! This program is your guide to all the events and activities we have prepared for you to enjoy throughout this wonderful weekend of recovery, fellowship and fun!

Read on to find AI-Anon, Alateen, A.A. and General Sessions information. Here are the highlights of what you will find here this weekend.

- AI-Anon, Alateen and A.A. Speakers to inspire us all
- 3 Sessions of Workshops, both AI-Anon and A.A.
- Early Bird and Night Owl Meetings
- Silent Auction Gift Baskets
- Grateful Gifts Boutique
- Convention-themed Merchandise
- AI-Anon Literature to purchase
- CDs of the weekend's Speakers and many others
- Saturday night Dinner & Sunday morning Breakfast

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.

### **Anonymity Statement**

*(from the AI-Anon/Alateen Service Manual, page 39)*

“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 AI-Anon, Alateen, or A.A. speaker or member be identified by full name or picture in published, broadcast, or electronic 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 AI-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.**

### ***AI-Anon Declaration***

When anyone, anywhere reaches out for help,

let the hand of AI-Anon and Alateen always be there and

Let it begin with me

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# Convention Information

## Registration

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**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 and Sunday Morning Breakfast.

## Convention Hospitality Room

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Our Convention Hospitality Room is located in the Albemarle, which is on the Main Level. For schedule, please see “Locations and Hours of Operation” on the facing page.

## A.A. Program

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The A.A. Program is located in the Montdomaine. All registered A.A. members are encouraged to participate in any of the convention activities listed.

## Alateens

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All registered Alateens are encouraged to participate in any convention activities listed.

## No Smoking or Vaping

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

## Meals

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Saturday Night Dinner is included with registration and will be served in the Promenade Ballroom & Garden from 6-7:30pm. All other meals during the convention are on your own. There are many and varied restaurants in the surrounding area to choose from including diverse cuisines and price points. The hotel restaurant is closed during lunch but will open for dinner.

## Breakfast

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Sunday Breakfast is included in the registration fee and will be available from 7-9am in the Promenade Ballroom & Garden on the lower floor. Saturday breakfast is on your own. The hotel restaurant has a buffet only breakfast for \$18.

## Speaker CD Recordings

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We will have this weekend’s inspiring speakers and many other CDs for purchase in the Rotunda Foyer.

## Literature Sales

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Al-Anon Conference Approved Literature is available in the Rotunda Foyer with thanks to the Al-Anon Service Center of Tidewater.

## Locations and Hours of Operation

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### Registration – Rotunda Foyer (Main Level)

**Hours will be posted**

### Silent Auction – Rotunda D

**Hours will be posted**

### Bidding Closes at 7:30pm on Saturday

- Announcement of Winners: Saturday 9:00pm
- Saturday (pay & pick-up): 9pm-10pm
- Sunday (pay & pick-up): 9:30am-10:30am

### Literature Sales & Speaker Recordings – Rotunda Foyer (Main Level)

**Hours will be posted**

### Grateful Gifts Boutique & Merchandise – Rotunda Foyer (Main Level)

**Hours will be posted**

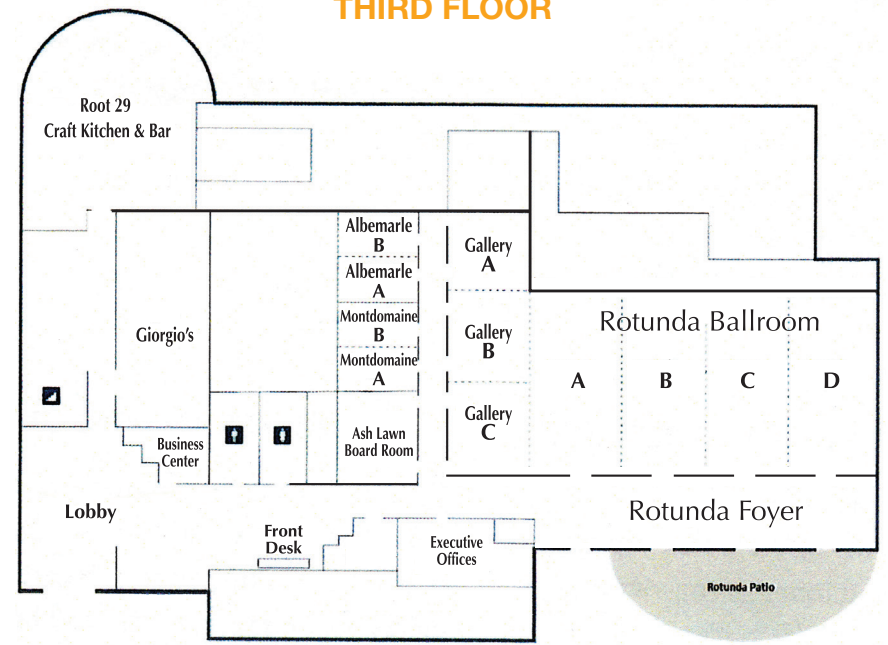
### Convention Hospitality Room – Albemarle Room (Main Level)

**Hours will be posted**

# 2022 Virginia Area AI-Anon Convention

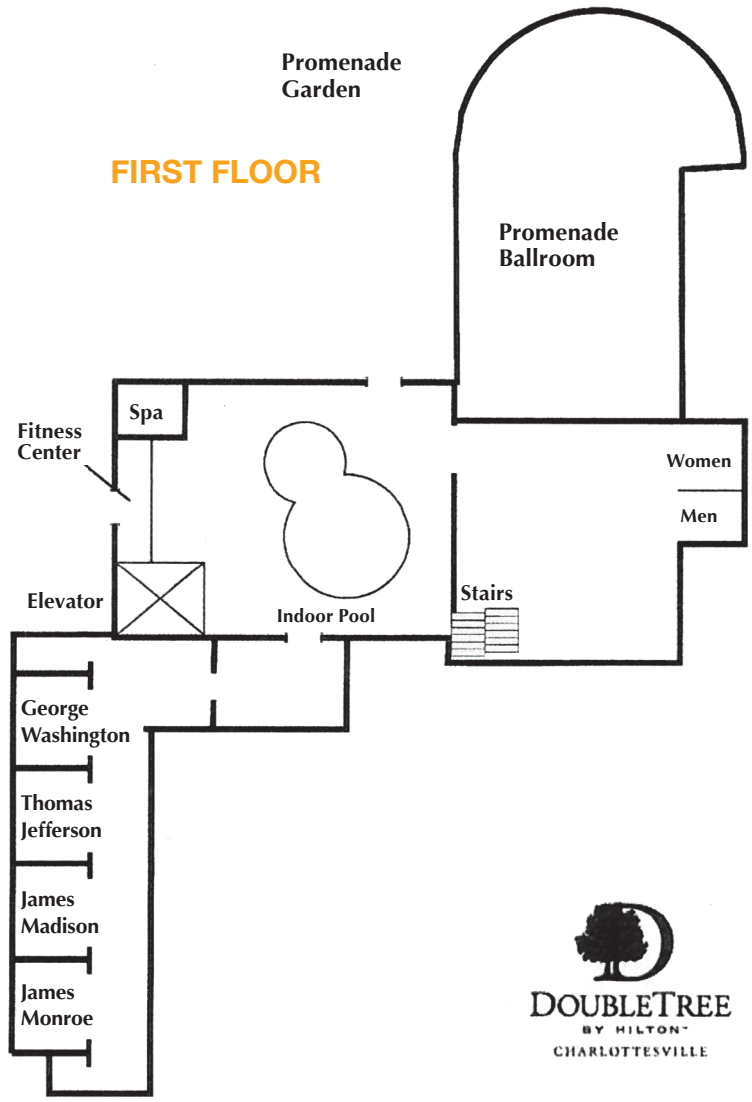
●  
**DoubleTree by Hilton**  
 990 Hilton Heights Road  
 Charlottesville, VA

## THIRD FLOOR



**ENTRANCE**

## FIRST FLOOR



# Convention Program

## Friday

		Room/Location
*	Registration & Information Grateful Gifts Boutique & Convention Merchandise Literature Sales	Rotunda Foyer
*	Silent Auction Baskets	Rotunda D
*	Hospitality Room	Albemarle
4:45-6pm	<b>Workshops</b> 5 workshops run concurrently	(See pages 10 & 11 for details)
6-8pm	Dinner On Your Own	
8-10pm	<b>Alateen Speaker: Victoria H.</b> <b>Al-Anon Speaker: Angie B.,</b> <i>Destin, FL</i>	Rotunda A/B
10-11pm	<b>Al-Anon Meeting</b>	Gallery C
10-11pm	<b>AA Meeting</b>	Montdomaine

## Saturday

		Room/Location
7-9:30am	Breakfast On Your Own	
*	Hospitality Room	Albemarle
*	Registration & Information	Rotunda Foyer
*	Grateful Gifts Boutique & Convention Merchandise Literature Sales	Rotunda Foyer
*	Silent Auction Baskets	Rotunda D
*	Hospitality Room	Albemarle
7:30-8:30am	<b>Al-Anon Meeting</b>	Gallery C
7:30-8:30am	<b>AA Meeting</b>	Montdomaine
10-11:15am	<b>AA Speaker: Dave D.</b>	Rotunda A/B

\* Hours will be posted

## Saturday, continued

		Room/Location
11:30am-12:45pm	<b>Workshops</b> 8 workshops run concurrently	(See pages 10 & 11 for details)
12:45-2:15pm	Lunch On Your Own	
2:15-3:30pm	<b>Workshops</b> 8 workshops run concurrently	(See pages 10 & 11 for details)
3:30-6pm	<b>Free Time to visit Grateful Gifts Boutique, Silent Auction Baskets, and Hospitality Suite</b>	
6-7:30pm	Dinner (included in registration fee)	Promenade Ballroom & Garden
7:30pm	Silent Auction Baskets, Grateful Gifts Boutique, Literature Sales, and Hospitality Room Close	
8-9pm	<b>Al-Anon Speaker: Rick J.</b>	Rotunda A/B/C
9pm	Announce Silent Auction Basket Winners	Rotunda A/B/C
9-10pm	Pay and Pick-up Baskets	Rotunda A/B/C
9:30-10:30pm	<b>Al-Anon Meeting</b>	Gallery C
9:30-10:30pm	<b>AA Meeting</b>	Montdomaine

## Sunday

		Room /Location
7-9am	Breakfast (included in registration fee)	Promenade Ballroom & Garden
7:30-8:30am	<b>Al-Anon Meeting</b>	Gallery C
7:30-8:30am	<b>AA Meeting</b>	Montdomaine
9:30-10:30am	Pay and Pick-up Baskets	Rotunda A/B/C
10:30-11:30am	<b>Al-Anon Spiritual Speaker</b> <b>Kathy H., Cincinnati, OH</b>	Rotunda A/B
11:30-11:45am	Convention Close	Rotunda A/B
12 Noon	Hotel Check-Out	Rotunda A/B/C

# Workshops

## Friday, August 12

4:45-6:00pm

	Room/Location
1) CONSTANT CONTACT WORKSHOP <i>Leader: Sarah L.</i>	James Madison
2) EXPLORING SELF-CARE IN INTIMACY <i>Leader: Robin A-W.</i>	Thomas Jefferson
3) EXPECTATIONS AND WORKING YOUR PROGRAM <i>Leader: Duane F.</i>	George Washington
4) SOLVING OUR PROBLEMS OF LIVING AND <i>WORKING TOGETHER</i> <i>Leader: Juanita P.</i>	James Monroe
5) LIVE FREE: FAITH OVER FEAR <i>Leader: Stacy L.</i>	Gallery A/B

## Saturday, August 13

11:30am-12:45pm

	Room/Location
1) LOVING DETACHMENT <i>Leader: Rick J.</i>	George Washington
2) BEING SPONSORED AND SPONSORING <i>Leader: Angie B.</i>	James Madison
3) SPONSORSHIP <i>Leader: Kathy H.</i>	James Monroe
4) TRANSFORMING PERSONAL RELATIONSHIPS WITH THE TRADITIONS <i>Leader: Vali F.</i>	Thomas Jefferson
5) MEETING TOPICS THAT WILL ROCK YOUR RECOVERY <i>Leader: Brook S.</i>	Gallery A/B
6) MY RECOVERY PYRAMID <i>Leader: Matt S.</i>	Gallery C

(Workshops continue on next page)

(Saturday Workshops: 11:30am-12:45pm continued)

	Room/Location
7) LIVING LARGER: WALKING WITH A HIGHER POWER <i>Leader: Elizabeth L.</i>	Montdomaine
8) EMOTIONAL SOBRIETY <i>Leader: Dave D.</i>	Giorgio's

## Saturday, August 14

2:15-3:30pm

	Room/Location
1) LOVING DETACHMENT <i>Leader: Rick J.</i>	George Washington
2) BEING SPONSORED AND SPONSORING <i>Leader: Angie B.</i>	James Madison
3) SPONSORSHIP <i>Leader: Kathy H.</i>	James Monroe
4) TRANSFORMING PERSONAL RELATIONSHIPS WITH THE TRADITIONS <i>Leader: Vali F.</i>	Thomas Jefferson
5) MEETING TOPICS THAT WILL ROCK YOUR RECOVERY <i>Leader: Brook S.</i>	Gallery A/B
6) MY RECOVERY PYRAMID <i>Leader: Matt S.</i>	Gallery C
7) LIVING LARGER: WALKING WITH A HIGHER POWER <i>Leader: Elizabeth L.</i>	Montdomaine
8) EMOTIONAL SOBRIETY <i>Leader: Dave D.</i>	Giorgio's

Our theme of “Reaching for Personal Freedom” comes from the Conference Approved Literature (CAL) legacies workbook of the same name. Our three legacies, Recovery through the Steps, Unity through the Traditions and Service through the Concepts guide us and our program. Study and integration of these legacies enhance our relationships, our recovery, and our lives.

**W**e invite you to an ever deeper understanding of these legacies while you love, laugh and learn with us this weekend.

—With love, Your Convention Committee



## **2022 Reaching for Personal Freedom Convention Committee**

Chair and so much more: Valerie P.

Treasurer: Wendy W.

Area Liaison (current panel): Ellie F.

Area Liaison (previous panel): Stacy L.

Boutique Coordinator: Ginny K.

General Support: Wendy R.

Merchandise: Ed W.

Convention Logo: Ed W.

Program Design and Printing Coordination: Stephanie F.

Program / Workshops Chair: Katherine P.

Silent Auction: Deb T.

Speaker Coordinator: Brook S.

Communications: Deb T.

Website: Peter M.

A.A. Liaison: Matt S.

Literature Provided by Al-Anon Service Center of Tidewater, Chair: Sean M.

Recording and CD Sales by Mike Burns, Mountain Recordings

Thank you to all Workshop Facilitators, Meeting Leaders and Volunteers

***So Many Helping Hands to whom we are so grateful!***