

A Healing Weekend for Adult Children and Those Who Love Them

“Many Voices, One Journey”

‘Pulling Together on a Spiritual
Odyssey’

The 24th ANNUAL
**AL-ANON ADULT CHILDREN
WORKSHOP AND FESTIVAL**
May 4th—May 6th, 2012

Green Lake Conference Center,
Green Lake, Wisconsin

- ◆ *Stirring Speakers*
- ◆ *Smoke-free environment !*
- ◆ *65+ Hours of Core Issue Meetings!*
Full program on back of flyer
- ◆ *Theme Chapter Topic Meetings*
- ◆ *Unlimited Unconditional HUGS!*
- ◆ *Outrageous Skit*
- ◆ *Dance!*
- ◆ *Campfire Fellowships!*
- ◆ *Unlimited “Growth-through-Service”
opportunities!*



Well, maybe not all pulling together.....

MAIN SPEAKERS

- ◆ *Paula H. Naperville, IL*
- ◆ *Aubrieta H. DeKalb, IL*
- ◆ *Ric B. Al-Anon World Service Office*
- ◆ *PANEL “Many Voices; One Journey”*

FOR MORE INFORMATION CALL
1-800-843-5492 (ACCESS CODE 46) OR
VISIT www.acafg.com

LODGING AND MEALS REGISTRATION

Green Lake Conference Center (GLCC)
W 2511 State Hwy 23, Green Lake, Wisconsin 54941

call (920) 294-3323 for all lodging and meal options and reservations

Ask for ACAFG special rates. After March 15, 2012 Lodging availability is not guaranteed.

Lodge/Hotel: \$96.00 per night per room single or double occupancy; \$15 per night each additional person
FOUR (4) MEAL PACKAGE required (\$41.00 additional) for all meals on Saturday and Sunday breakfast.

Houses: A variety of houses are available. **Please call GLCC to inquire about availability.**

Camping: \$25-\$40 Tent sites to full hook-up sites. **Advanced registration with GLCC Required.**

FRIDAY EVENING SUPPER OPTION (5-6 PM) Ask for this extra meal (about \$12.50) when registering with GLCC.
Confirm that it is included with your lodging and meal package.

You are invited to copy this flyer and share it (in a very non-controlling way, of course) with anyone that you think desperately needs it.

Please detach (with love) the portion below and mail with payment to address shown. PLEASE NOTE NEW ADDRESS

WORKSHOP AND FESTIVAL REGISTRATION

I understand that:

- ◆ Price is per person and includes speakers, meetings and social events.
- ◆ Cancellations less than 30 days before event may not receive a refund.
- ◆ I am responsible for my own transportation, lodging, and meals.
- ◆ Registration fee is only for the cost of the Workshop.
- ◆ For those not staying at Green Lake Conference Center there may be a \$5 per day facilities charge, payable at the Lodge Registration Desk

- \$30.00 Pre-Registrations postmarked by Mar 15, 2012
- \$45 Pre-Registrations postmarked after Mar 15, 2012
- \$45 Walk-ins and other procrastinators
(Make sure to ask for your free guilt trip at the registration table!)

PLEASE MAKE CHECK PAYABLE TO:
ACAFG of ILLINOIS
PO Box 5488
VILLA PARK, IL 60181



NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
PHONE _____
EMAIL _____

EMERGENCY CONTACT

NAME/PHONE _____

- Al-Anon/Al-Anon Adult Children
- Other 12 Step Groups
- I am willing to help. See back for options.
- I need a scholarship in order to attend.
- Special needs: (No, we don't mean a new relationship.....)

Repeat nightly at bedtime: “I am going to register early and volunteer to help at the workshop”; “I am going to register early and volunteer to help at the workshop”;
“I am going to register early and...”

	Brayton-Case (Main Room)	Johnson Room	Brown Room	Cary Room	Stansbury Room	Hansen Room (Theme Topics)	Miscellaneous Stuff
4:00 PM	2:00pm to 5:00pm meet-and-greet will take place in Ollie's Cafe in the Kraft Centre Registration begins at 4:00pm in the Kern Lodge Lobby. PLEASE NOTE THAT THIS AREA WILL NOT BE AVAILABLE UNTIL REGISTRATION OPENS.						
5:00 PM	ADDITIONAL OPTIONAL DINNER SERVED 5:00 pm to 6:00 pm (\$12.50; Must reserve this with Green Lake Conference Ctr.)						
7:30 PM	Welcome – Daily Readings, Steps and Traditions, Announcements						
8:00 PM	Speaker: Paula H., Naperville, IL						
9:00 PM	Assumptions and Expectations	Facing and Letting Go of the Past	Safety and Significance	Relationship with Mom	Welcome Newcomers	Alcoholism and Isolation	Picnic Area Campfire 
10:00 PM	Misplaced Trust and Loyalties	Anger, Rage, and the Victim Role	People-Pleasing	Relationship with Dad	AA Meeting	Unity and Diversity, the Path to Progress	
11:00 PM	Safe People and Vulnerability	Create Your Own Meeting	Overextending Myself	Create Your Own Meeting	Entertainment Film: Until 12:30	Create Your Own Meeting	
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7:30 AM	BREAKFAST SERVED FROM 7:30 AM TO 8:30 AM (Kraft Centre Dining Room)						
9:00 AM	Boundaries, and Fearing/Wanting Intimacy	Shame and Grace	Fear of Anger and Authority Figures	Don't Talk; Don't Trust; Don't Feel	Steps 1, 2 and 3	Extending the Hand of Al-Anon	Empty space signifying absolutely nothing. Unless of course you NEED it to mean something.
10:00AM	Resolving Conflicts	Believing that I am Lovable	Fear of Rejection and Abandonment	Perfectionism & Procrastination	Steps 4, 5, and 6	Participation is the Key to Harmony	
11:00 AM	Adult Children and Food	Accepting and Respecting Myself	Criticism and Self-Talk	Anxiety and Depression	Steps 7, 8, and 9	Growth and Change	
12 Noon	LUNCH SERVED FROM 12:00 NOON UNTIL 1:00 PM (Kraft Centre Dining Room)						
1:00 PM	Panel: ----- 4 Mini-stories of Recovery						
2:00 PM	Divorce and Separation	Identifying My Needs and Emotions	Hunger for Approval and Affirmation	Verbal, Spiritual, and Emotional Abuse	Steps 10, 11, and 12	Protecting the Principles	Why do you keep looking in these blank spaces? Expecting a different result perhaps?
3:00 PM	Transforming Our Losses	Standing Up for My Own Truths	All-or-Nothing Thinking	Sexual Abuse; Survivors and Partners	Humility and Gratitude	Looking Within	
4:00 PM	Adult Children Raising Children	Finding My Own Voice	Caretaking and Rescuing	Forgiving the Unforgivable	AA Meeting	A Place to Call Our Own	
5:00 PM	DINNER SERVED FROM 5:00 PM TO 6:00 PM (Kraft Centre Dining Room)						
6:30 PM	Daily Readings, Steps and Traditions, Announcements						
7:00 PM	Raffle (winner must be present to win)						
7:30 PM	Speaker: Aubrieta H, DeKalb, IL						
9:00PM	Sexual Integrity	Believing in My Own Dreams	Growing Through Crises	Al-Anon is for Gays and Lesbians	Entertainment Film:	A New Beginning	Picnic Area Campfire  Lakeview Center Dance 
10:00 PM	Detach with Love	Living in the Present	Joy, Humor, and Happiness	First Things First		One Day at a Time	
11:00 PM	Create Your Own Meeting	Create Your Own Meeting	Create Your Own Meeting	Create Your Own Meeting		Create Your Own Meeting	
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7:00 AM	11 th Step Walk - (Meditation Hike) Meet at registration desk Kern Lodge						
7:30 AM	BREAKFAST SERVED FROM 7:30 AM TO 8:30 AM (Kraft Centre Dining Room)						
8:30 AM	Is God's Will Going My Way?	Let it Begin with Me	Slips, Grace, and Forgiveness	Serenity Prayer	AA Meeting	Planting Seeds for New Growth	Write your complaints here.
9:30 AM	Daily Readings, Steps and Traditions, Announcements (Please note that after 9:30, the Sunday AM schedule is flexible)						
9:45 AM	Let Go and Let God (Resentment Roast; Meet in Brayton-Case Room)						
10:15 AM	Skit: something predictably goofy (not yet written)						
10:30 AM	Speaker: Ric B. Al-Anon World Service Office						
11:30 AM	"Something Special" Giving and Receiving Unconditional Love (Rated 'G' by our panel of experts)						
12:15 PM	Open Microphone, "Amazing Grace" and Closing						
12:30 PM	Program Ends.....Have a safe trip home.						

FRIDAY, MAY 4th

SATURDAY, MAY 5th

SUNDAY, MAY 6th

SERVICE OPPORTUNITIES

LEAD A MEETING (3 MINUTES MAXIMUM LEAD TIME.)

MY PREFERENCES ARE:

1. _____ 2. _____ 3. _____

- SKIT REGISTRATION TABLE LITERATURE TABLE
 RAFFLE TICKET SALES PUBLICITY IN MY AREA ABOUT THE WORKSHOP
 TEMPORARY SPONSOR NEXT YEAR'S WORKSHOP PLANNING COMMITTEE
 WHATEVER IS NEEDED/I'M NOT SURE YET