33rd AL-ANON ADULT CHILDREN WORKSHOP

An Open Weekend for those whose lives have been affected by the family disease of alcoholism

April 29th – May 1st 2022 perfectly Imperfect

GREEN LAKE CONFERENCE CENTER (GLCC)

W2511 State Highway 23, Green Lake, WI 54941

The Wisdom to See the Difference

Main Speakers:

Cathy S. – Yorkville, IL

Linda D. – Batavia, IL

Ron K. – Plainfield, IL

30+ Breakout Meetings!

Panel of 4 Wisdom Seekers

GLCC LODGING & MEAL RESERVATION: acafg.org or Call 920-294-3323

- \$96 per Night (Single or Double) each additional person \$15 per night
- Friday Sunday 5 meal package (required with lodging) total cost \$65.50
- Late arrivals may opt out of Friday meal \$15. (Indicate on reservation, I do not want Friday meal)
- Ask for ACAFG discount (if making reservation by phone)
- Reservations after April 15, 2022 incur an additional \$2 per meal charge

NAME

ADDRESS

Local health & safety guidelines will be followed at GLCC

WORKSHOP REGISTRATION: acafg.org or Mail

Registration fee is only for the cost of the Workshop:

I understand that:

\$50 Walk-ins - Friday or Saturday

| speakers, meetings | s, and social events. | | | | | |
|---|--|--------------------------|--------------------------------------|--|--|--|
| I am responsible for | or informing GLCC regarding any | CITY/STATE/ZIP | | | | |
| Cancellations less t | mobility needs, dietary needs). Than 30 days before event may not | PHONE | | | | |
| receive a refund. | а | EMAIL_ | | | | |
| SERVICE OPPORTUNITIES □ Lead A Meeting, (5 Mir | oute Maximum Lead Time) | EMERGENCY CONTACT: NAME | | | | |
| Please List Your Top Choi | ices from schedule: | | | | | |
| 1 | | | | | | |
| 2 | | PHONE_ | | | | |
| 3 | | | | | | |
| □ Registration Table | □ Raffle Ticket Sales | Please m | ake check payable to: ACAFG WORKSHOP | | | |
| ☐ Literature Table | □ Skit | Mail to: | ACAFG WORKSHOP | | | |
| ☐ Temporary Sponsor | □ Wherever needed | | PO Box 87473 | | | |
| \$40 Early Owl – Postmark | ked by Feb. 27th, 2022 | | Carol Stream, IL 60188 | | | |
| \$45 Late Owl – Postmark | ed after Feb. 27th. 2022 | | | | | |

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| | | Brayton-Case (Main Room) | Brown | Hanson | Stansbury | Johnson | Social Activities | | | |
|---|-----------------|--|---|--|--|-------------------|---|--|--|--|
| Friday April 29nd | 4:00 PM | Registration begins at 4:00 pm (Kern Lodge Lobby) | | | | | | | | |
| | 5:00 PM | | | | | | | | | |
| | 7:00 PM | Welcome - Daily Readings, Steps, and Announcements (Brayton-Case) | | | | | | | | |
| | 8:00 PM | | | | | | | | | |
| | 9:00 PM | Anger & Rage | Detachment with Love | Unrealistic Expectations | Welcome Newcomers | 0.4 | | | | |
| | 10:00 PM | Victim Role | Serenity, Acceptance, Courage, Wisdom | Procrastination | Over Extending Myself | Movie | Campfire Picnic Area | | | |
| | | ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ | | | | | | | | |
| | 7:30 AM | BREAKFAST served 7:30 - 8:30 am (Kraft Center) | | | | | | | | |
| | 9:00 AM | Rejection and Abandonment | Forgiving Ourselves and Others | I Can't; He can; I'll Let Him Steps 1, 2 & 3 | Clearly Seeing My Needs, Feelings & Emotions | Guided Meditation | Self Care: Take a break, a nap, | | | |
| | 10:00 AM | Resentment | Discovering New & Hidden Talents | Taking Inventory Steps 4 & 5 | Fear of Criticism | Meditation | meditate, journal, go for a walk, | | | |
| | 11:00 AM | Adult Children & Food | Our Enormous Potential | Getting Ready Steps 6 & 7 | Isolation | Meditation | explore, or rest in the lounge room | | | |
| | 12:00 PM | LUNCH served 12:00 - 1:00 pm (Kraft Center) | | | | | | | | |
| 4 | 1:30 PM | | | | | | | | | |
| aturday April 30th | 2:30 PM | Need to Control | Learning to Trust | Making Amends Steps 8 & 9 | Sexual Abuse | Meditation | Self Care: Take a break, a nap, | | | |
| | 3:30 PM | Boundaries | Caring for Myself | Spirituality Steps 10, 11 & 12 | Perfectly Imperfect | Meditation | meditate, journal, go for a walk, explore, or rest in the lounge room | | | |
| | 5:00 PM | DINNER served 5:00 - 6:00 pm (Kraft Center) | | | | | | | | |
| ഗ | 6:30 PM | Daily Readings, Steps, Traditions, and Announcements (Brayton-Case) | | | | | | | | |
| | 7:00 PM | Raffle (must be present to win) (Brayton-Case) | | | | | | | | |
| | 7:30 PM | Main Speaker - Cathy S. (Brayton-Case) | | | | | | | | |
| BARA Gentler remnant of armogeneous day general quantity and the second of the second | 8:30 PM | Transforming Our In | Intimacy and Vulnerability | Blinded by Guilt and Shame | Meditation | | | | | |
| | 9:30 PM | Entertainment: Dancing, Games, etc | Loving Myself - Teddy Bear Mtg. BYO Bear | AA (Open Meeting) | Fear of Authority Figures | Meditation | Campfire Picnic Area | | | |
| | 777777777777777 | | | | | | | | | |
| May | 7:00 AM | 11th Step Meditation Hike - Meet at Registration Desk In Kern Lodge | | | | | | | | |
| | 7:30 AM | BREAKFAST served 7:30 - 8:30 am (Kraft Center) | | | | | | | | |
| | 8:30 AM | Being Myself | Joy, Humor and Happiness | Carrying the Message | Wisdom to Know the Difference | Guided Meditation | and the control of the tenting because the same are to constrain the control of the constraint of the | | | |
| | 9:30 AM | Daily Readings, Steps, Traditions, and Announcements (Brayton-Case) | | | | | | | | |
| | 9:45 AM | Skit (Brayton-Case) | | | | | | | | |
| ng | 10:00 AM | Let Go and Let God - Resentment Roast (Brayton-Case) | | | | | | | | |
| SE | 10:30 AM | Main Speaker - Ron K. (Brayton-Case) | | | | | | | | |
| - | 11:30 AM | "Something Special" Giving & Receiving Unconditional Love in a safe & trusting environment | | | | | | | | |
| | 12:00 PM | "Amazing Grace", Closing and Open Microphone. | | | | | | | | |