

# 34<sup>th</sup> Al-Anon Adult Child Workshop

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

## Putting the Pieces Back Together With the Gifts of Al-Anon

April 28<sup>th</sup> – April 30<sup>th</sup> 2023

GREEN LAKE CONFERENCE CENTER (GLCC)  
W2511 State Highway 23, Green Lake, WI 54941



### Main Speakers:

Liam Michael – Albany, NY

David E. – Chicago, IL

Kris C – Naperville, IL

Panel of Four Gift Givers!



30+ Breakout Meetings! Guided Meditations, Dancing, Games & so much more!

### LODGING & MEAL RESERVATION: Call 920-294-3323

- Mention you are attending the ACAFG Workshop when registering
- \$97 per Night (Single or Double) each additional person \$15 per night
- Friday - Sunday 5 meal package (*required with lodging*) total cost \$70.00
- The First OR Last meal is optional. You must inform GLCC when making your room reservation.
- Reservations after April 14, 2023 incur an additional \$2 per meal charge



### WORKSHOP REGISTRATION – ONLINE: [ACAFG.ORG](http://ACAFG.ORG) or by mail

Registration fee is only for the cost of the Workshop: speakers, meetings, and social events.  
You are responsible for informing GLCC regarding any special needs.  
Cancellations less than 30 days before event may not receive a refund.  
For those not staying at GLCC, there is a \$5 per day facility charge.

#### Service Opportunities:

- Lead A Meeting, (3-5 Minute Lead Time)

List Your Top Choices (see schedule on back of flier):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Registration Table                       Set up/Break down  
 Literature or Raffle Ticket Sales    Skit  
 Campfire/Games                           Wherever needed

**\$40 Early Registration – Postmarked by March 15, 2022**

**\$45 Late Registration – Postmarked after March 15, 2022**

**\$50 Walk-ins – Friday or Saturday**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Please make check payable to: ACAFG WORKSHOP

Mail to: ACAFG WORKSHOP

PO Box 87473, Carol Stream, IL 60188






#### For more information or questions:

Visit [acafg.org](http://acafg.org) or call Dave M.

630-235-5895

# 34th AL-ANON ADULT CHILDREN WORKSHOP

An open weekend for those whose lives have been affected by the family disease of alcoholism

	Brayton-Case (Main Room)	Brown	Hanson	Stansbury	Johnson	Boehr/ Cary	Social Activities	
Friday April 28nd	4:00 PM	Registration begins at 4:00 pm (Kern Lodge Lobby)						
	5:00 PM	DINNER served 5:00 - 6:00 pm (Kraft Center)						
	7:00 PM	Welcome - Daily Readings, Steps, and Announcements (Brayton-Case)						
	8:00 PM	<b>Main Speaker- Liam Michael, Albany, NY</b> (Brayton-Case)						
	9:00 PM	Fear Of Criticism	Anger & Rage	Needs, Feelings & Emotions	Isolation	Meditation	Expressing Your Creativity	
	10:00 PM	Unlocking Secrets Of The Past	Victim Role	Perfectionism/ Procrastination	AA Meeting	Meditation	Expressing Your Creativity	 iSecond Floor Lounge Campfire Picnic Area
<u>ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ</u>								
Saturday April 29th	7:30 AM	BREAKFAST served 7:30 - 8:30 am (Kraft Center)						
	9:00 AM	Intimate Relationships	Unrealistic Expectations	Gifts Of Hope & Surrender: Steps 1, 2, 3	Welcome Newcomers	Guided Meditation	Expressing Your Creativity	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, enjoy fellowship, or relax in a lounge.
	10:00 AM	Sexual Abuse	Forgiving Ourselves & Others	Gifts Of Forgiveness Steps 4 & 5	Need To Control	Meditation	Expressing Your Creativity	
	11:00 AM	Learning To Trust	Healing Family Relationships	Gifts of Humility Steps 6 & 7	The Loving Gift Of Detachment	Meditation	Expressing Your Creativity	
	12:00 PM	LUNCH served 12:00 - 1:00 pm (Kraft Center)						
	1:30 PM	Panel of 4 Gift Givers!						
	2:30 PM	Boundaries	Letting Go of Resentments	Gifts Of Willingness Steps 8 & 9	Parenting & Grandparenting	Meditation	Expressing Your Creativity	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, enjoy fellowship, or relax in a lounge.
	3:30 PM	Adult Children & Food	Release From Guilt & Shame	Gifts of Spiritual Awakening Steps 10, 11, 12	AA Meeting	Meditation	Expressing Your Creativity	
	5:00 PM	DINNER served 5:00 - 6:00 pm (Kraft Center)						
	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	<b>Main Speaker - David E., Chicago IL</b> (Brayton-Case)							
8:30 PM		Feeling Safe Being Me	Adult Children & Finances	LGBTQ+ As Adult Children	Meditation	Expressing Your Creativity		
9:30 PM	Games	Grieving Our Losses	Sponsorship & Service	Respect & Compassion	Meditation	Expressing Your Creativity	 Dance Pillsbury Hall (w/prizes) Campfire Picnic Area	
<u>ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ</u>								
Sunday April 30th	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	Joy, Humor, Happiness & Fun	Loving Myself	Gift Of Vulnerability	AA Meeting	Guided Meditation	Expressing Your Creativity	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, enjoy fellowship, or relax in a lounge.
	9:30 AM	Daily Readings, Steps, Traditions, and Announcements (Brayton-Case)						
	9:45 AM	Skit (Brayton-Case)						
	10:00 AM	Let Go and Let God - Resentment Roast (Brayton-Case)						
	10:30 AM	<b>Main Speaker - Kris C., Naperville, IL</b> (Brayton-Case)						
11:30 AM	"Something Special" Giving & Receiving Unconditional Love in a Safe & Trusting Environment							
12:00 PM	Closing and Open Microphone.							