

# AL-ANON-CER



A Quarterly Newsletter of Al-Anon Family Groups of Maryland and District of Columbia (AFG of MD and DC, Inc.)  
 PO Box 10898, Parkville, MD 21234-0898 • [www.marylanddc-alanon.org](http://www.marylanddc-alanon.org) • email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

## IN THIS ISSUE

Area 24 Calendar.....	Page 1	Alateen Update.....	Page 8
District Meeting Schedule.....	Page 2	Our Trusted Servants.....	Page 9
AIS Meeting Schedule.....	Page 2	Fall AWSC Meeting Flyer.....	Page 12
From the Editor.....	Page 3	Fall Area Assembly Flyer.....	Page 14
Delegate's Corner.....	Page 3	District 13 Spirituality Weekend Flyer.....	Page 15
Submission/Subscription Info .....	Page 3	District 5 Fall Workshop Flyer.....	Page 17
Treasurer's Report.....	Page 4	District 18 Fall Potluck Picnic Flyer.....	Page 18
Group Records.....	Page 5	Fall Convention Flyer and Menu.....	Page 19
District Highlights.....	Page 7	Registration/Group Records Change Form.....	Page 22

## AREA 24 CALENDAR OF EVENTS

<b>Saturday, Sept. 17, 2011</b>	<b>"Keep Coming Back" Spiritual Day</b> , Hosted by District 23, 2pm – 6pm
<b>Saturday, Sept. 17, 2011</b>	<b>33rd Annual Delaware Al-Anon/Alateen Convention</b> , with AA participation at St. Mark's United Methodist Church, 1700 Limestone Rd, Wilmington, DE
<b>Saturday, Sept. 24, 2011</b>	<b>Fall Area World Service Committee</b> , Westminster Church of Christ, 75 Lamb Drive (Route 97 Littlestown Pike) Westminster, MD. (See Flyer)
<b>October 1-2, 2011</b>	<b>Spirituality Weekend</b> , Hosted by District 13, Lathrop E. Smith Center, 5110 Meadowside Lane, Rockville, MD 20855, For info email: <a href="mailto:spiritualityweekend@gmail.com">spiritualityweekend@gmail.com</a> (See Flyer)
<b>Saturday, Oct. 8, 2011</b>	<b>Fall Into a Season of Change Workshop</b> , hosted by District 5, 8:30am – 2pm at St. Mary's Episcopal Church, 1 St. Mary's Church Rd., Abingdon, MD 21009. Early registration is \$10. More Information or email: <a href="mailto:area24@marylanddc-alanon.org">area24@marylanddc-alanon.org</a> (See Flyer)
<b>Sunday, Oct 16, 2011</b>	<b>Fall Potluck Picnic</b> , Hosted by District 18, 12pm – 5pm, Rock Creek Park @ Pierce Mill Picnic Site #1 Corner of Tilden Rd (same as Park Rd) & Beach Drive NW, Washington, DC 20015
<b>Saturday, Oct. 22, 2011</b>	<b>Fall Area Election Assembly</b> , Hosted by District 8, 9:30am – 3pm at Ascension Lutheran Church, 7601 York Road, Baltimore, MD 21204 (See Flyer)
<b>Saturday, Nov. 5, 2011</b>	<b>WMAAIS Luncheon</b> , 11:30am - 2:30pm at the Navy Yard
<b>Saturday, Nov. 5, 2011</b>	<b>District 11 Pot Luck Dinner</b> , Linthicum Heights United Methodist Church, 200 School Lane, Linthicum
<b>November 11-13, 2011</b>	<b>Area 24 Fall Convention</b> , at Rocky Gap Lodge & Conference Center, Flintstone, MD (See Flyer)

**This is your Area's confidential newsletter. Please share this information within the Fellowship only.**

## District Meeting Schedule

**ALL** members, not just Group Representatives, are welcome at district meetings.  
If you would like your District Meeting listed on this calendar, please contact the Editor (see page 3).

- District 2** Usually held first Saturday of the month from 9:30 - 11:30 am at Mt. Zion United Methodist Church, 603 Main St., Myersville, MD 21773. For information, **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)
- District 5** Meetings are held on the third Wednesdays of January, March, May, July, September and November at 7:00pm before the Wednesday Fallston Unity Group at the Fallston Presbyterian Church, 600 Fallston Rd. Rt.52, Fallston, MD 21047. We are invited to attend the 8:00pm Fallston Unity meeting. For more information, **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)
- District 8** Meets 1st Wednesday of each even month February, April, June, August, October and December. St. John's Lutheran Church, 8808 Harford Rd., Baltimore, MD 21234.
- District 9** Last Friday of the month, February, April, June, August, October, December. Meeting is held at 7:00pm, before the Friday Night Fellowship meeting at Orems United Methodist Church, Fellowship Hall, Room 100, 1020 Orems Rd., Middle River, MD 21220. For more information, **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)
- District 11** Next Meeting October 7, 2011, 6:00pm at Monday Harundale
- District 12** Next Meeting November 3, 2010, 7:30–8:45pm at Neelsville Presbyterian Church, Room L-2 (lower basement) Frederick Rd, Germantown, MD 20876
- District 13** District 13 Group Reps meet on the third Wednesday, every other month. The meetings are as follows: September 21<sup>st</sup>, November 16<sup>th</sup>, at Colesville Presbyterian Church on 12800 New Hampshire Ave at 7:30pm. For more information **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org).
- District 17** District meetings are usually held every other month, except not in July and August. The next meeting is scheduled for Saturday, October 1, 12:30 p.m., at Chevy Chase Circle District of Columbia Library. This will be a transition meeting, including both the outgoing and newly elected Group Representatives. For more information, **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)
- District 18** Meetings are usually on the 3<sup>rd</sup> Saturday every other month @ 10:00am at the Northeast Neighborhood Library, 330 7<sup>th</sup> St, N.E., Washington, DC. Schedule for 2011: September 17, and November 19. For further information **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)
- District 22** District meeting are held the 2nd Friday every other month at 7:00pm at Life Stream Church of the Nazarene in Waldorf MD. Schedule for 2011: 9/9, 11/11. For more information **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)
- District 23** District 23 meets quarterly. The meetings are as follows: Monday, Sept 12, Chester; Thurs., Nov. 10, Easton. For more information, **email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

---

## Al-Anon Information Services Meeting Schedule

- Anne Arundel** January, May, and September on the third Wednesday of the month, 8:00 p.m., at Woods Memorial Church, 611 Baltimore-Annapolis Blvd., Severna Park, MD 21146. For more information, call (410) 766-1984 or email [alanon@md-al-anon.org](mailto:alanon@md-al-anon.org). Information is also available at [www.md-al-anon.org](http://www.md-al-anon.org).
- Baltimore** Second Tuesday of the month (no meetings held in June or December), 7:30 p.m., at Parkville Senior Center, 8601 Harford Rd., Baltimore, MD 21234. For more information, call (410) 832-7094 or go to [www.alanon-maryland.org](http://www.alanon-maryland.org).
- Mary Del Tri-County** Every other month (Feb/Apr/Jun/Oct/Dec), 1st Tuesday of that month, 7:30 p.m., at North East United Methodist Church, 308 South Main St., North East, MD 21901. For more information call (410) 836-6209 or go to [www.marydelalanon.org](http://www.marydelalanon.org)
- WMAAAIS** All Steering Committee and WMAAAIS meetings are held at Seekers Church Building, 278 Carroll Street, NW Washington, DC 20012, and (202) 635-2023. For further information contact Service Center Administrative Assistant, Caroline at 202-635-2023 or go to [www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org).

## From the Editor

Wow! It's hard to believe that it's already been a year since I started working on the newsletter (with much help, of course)! And each edition is an adventure in trusting in my Higher Power and relying on the fellowship. I start with a blank document and an email request to everyone for news. I never know what is going to be submitted, how I'm going to lay things out beforehand, or even how many pages it will be. But in trusting the process, the finished product is always a wonderful reflection of our group unity and growth. Hopefully we all like what we see!

Editor

## Delegate's Corner

### The WSO Quarterly Appeal Letter

When I was a new Group Representative, I dreaded the arrival the World Service Office Appeal letter. I just hated asking the group members for money.

As I recovered in Al-Anon and got more involved in Al-Anon service, I began to understand how important it is for Al-Anon to have a World Service Office with sufficient financial resources. Now that I have been your World Service Delegate and have seen up-close the workings of the WSO, I can assure you that our contributions are being used wisely and prudently.

The Al-Anon Family Groups is a fellowship of giving. In our groups we give of ourselves as we share our experience, strength, and hope. Those of us in Al-Anon service give our time and talents. Those of us who are able to also give financially to support our groups and our service structure. Our financial contributions are no less spiritual than our gifts of sharing and service; they are all part of our recovery and growth in Al-Anon.

Group Reps: Please read the entire WSO Appeal letter at your meetings and be enthusiastic about this opportunity to give.

All Al-Anon members: Please allow your Group Rep the time to read the WSO Appeal letter and listen courteously. Contribute if you can and choose to, but please don't discourage other members with comments such as "Oh no. Not again" or "They're always asking for money".

With love in Al-Anon,  
Charlie, World Service Delegate,  
Maryland & the District of Columbia

## Treasurer's Report

## *Al-Anon-Cer*

### Published by Al-Anon Family Groups of MD & DC

P.O. Box 10898

Parkville, MD 21234-0898

[www.marylanddc-alanon.org](http://www.marylanddc-alanon.org)

**Editor:**

**Email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

### SUBMISSIONS

Send articles, calendar events, and reports for the Al-Anon-Cer to the editor at the email address above or by US mail to:

**email:** [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)  
**for address.** Please include a phone number or email address with your submission to enable the editor to verify/clarify information.

### SUBMISSION DEADLINES

Issue	Deadline
March	February 1
June	May 1
September	August 1
December	November 1

### SUBSCRIPTIONS

The Al-Anon-Cer is emailed at no charge to any member who requests a subscription. Group Reps (or Current Mailing Address for group if different from GR), District Reps, Area Officers and Coordinators, Past Delegates, Regional Trustee, and Area Information Services are able to receive a mailed copy at no charge.

Email your subscription request to:  
[area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org).

<b>Income/Expense by Category – Second Qtr 2011</b>	
<b>4/1/2011 through 6/30/2011</b>	
<b>Beginning balance 4/1/2011</b>	<b>12,348.30</b>
<b>Plus Income</b> *	<b>2,829.83</b>
<b>Total Cash</b>	<b>15,178.13</b>
<b>Less Total Expenses</b>	<b>4,041.48</b>
<b>Ending Balance 6/30/11</b>	<b>11,136.65</b>
<b>Less Operating Reserve</b>	<b>5,611.00</b>
<b>Spendable Balance</b>	<b>5,525.65</b>
<b>Category Description</b>	
<b>2nd Qtr Income</b>	
AL-ANON-CER Subscription	5.00
Convention Share D&O Ins	
Convention Share Liability Ins.	182.75
Group Contributions	2,541.98
Individual Contributions	100.10
<b>Total 2nd Qtr</b>	<b>2,829.83</b>
<b>Expenses</b>	
Cat 02 Delegate Expenses	327.51
Cat 03 Delegate NERD	483.44
Cat 07 Treasurer Exp	65.02
Cat 10a Jessup Detention Center	300.00
Cat 13 AL-ANON-CER Exp	410.97
Cat 22 Assembly Meeting	360.00
Cat 23 AWSC Meeting	100.00
Cat 24 Liability Insurance Premium	551.25
Cat 31 Bank Charge	4.00
Cat 33 Fall Convention Refund	254.34
Cat 35 WSO Donations(1st&2nd Qtr)	1,167.00
Misc.Office Supplies	17.95
<b>Total 2nd Qtr</b>	<b>4,041.48</b>
Two (2) outstanding checks totalling \$400 are counted in Expense total, but still uncashed as of 7/31/11	
Form 990E Federal Tax return has been filed with IRS. Copy is available to any interested member.	

### Group Contributions – Second Qtr 2011

<u>Group Number/Name</u>	<u>Amount</u>	<u>Group Number/Name</u>	<u>Amount</u>
no name or number	\$ 20.00	5917	\$ 18.00
061600 Mt Airy	\$ 127.19	046625 BELTWAY THURS	\$ 75.00
046107 Gratitude Group	\$ 20.00	002438 NEW PERSPECTIVE	\$ 8.99
00502097 Colors of the Rainbow	\$ 25.00	002433 LET IT BEGIN W/ME	\$ 50.60
0002430 Up Marlboro	\$ 18.94	00 CHEVY CHASE MON	\$ 20.00
502745	\$ 8.00	006047 Baltimore	\$ 75.00
5768	\$ 40.00	501422 ODAT Silver Spring	\$ 75.00
3120	\$ 67.93	Gaithersburg MD	\$ 100.00
50306	\$ 98.07	062653 Courage to Change	\$ 13.50
2435	\$ 10.00	029743 Friends of Lois	\$ 20.00
no name or number	\$ 31.06	0062352 Leitersburg 12&12	\$ 10.00
00 Lafayette Sq	\$ 90.00	005849 Wed Night Beltsville	\$ 50.00
30518769	\$ 23.65	0041029 Crofton Tues Night	\$ 181.85
5968	\$ 30.00	006009 Mont Village	\$ 13.23
2 money orders	\$ 70.00	42848 Palisades	\$ 27.20
6035	\$ 60.00	002415 Tues Brightwood	\$ 44.85
0005916 Forest Hill Sun Night	\$ 10.00	503754	\$ 25.00
67317	\$ 88.07	Wed Middletown	\$ 100.00
40274	\$ 24.70	502641 Riderwood	\$ 48.61
0043421 Courage to Change	\$ 30.00	005839 We Care	\$ 75.00
60333	\$ 23.00	045964 Germantown Lunch	\$ 38.23
05722 Sun Night	\$ 25.00	005937 Hagerstown Group	\$ 35.00
500932	\$ 20.00	005943 Friday nighters	\$ 74.00
044667 AFG The Weekenders	\$ 38.00	05884 Clinton Daytime	\$ 40.00
District 13	\$ 100.00	06015 Mon Night Step	\$ 25.00
002436 PITSTOP	\$ 21.54	06015 Mon Night Step	\$ 10.00
5777	\$ 75.00	063518 Courage to Change	\$ 17.77
0502760 OPEN DOOR GBLT	\$ 10.00	005824 Wed Night Parkville	\$ 25.00
2437	\$ 20.00	046107 Friday Morning gratitude	\$ 20.00
		4/1/2011 - 6/30/2011	\$2,541.98
		<b>TOTAL Contributions</b>	<b>\$2,541.98</b>

### Group Records

Group Representatives—please keep your District, Area Information Service, Area 24, and the World Service Office informed of your group’s new contact information by sending each of them a copy of a completed “Al-Anon Registration/Group Records Change Form.” The form is available at the end of the newsletter, or on the Area website: [www.marylanddc-alanon.org](http://www.marylanddc-alanon.org).

	2011	%	2011
AFG of MD&DC Inc Budgeted Income/Exp. vs. Actuals	YTD Actuals THRU 06/30/11	of Bud	APPROVED BUDGET
<b>Income</b>			
Group Contributions	\$5,910	36%	\$16,242
Misc Income	\$170		\$130
AI-Anon-Cer Subscriptions	\$15		\$10
Convention Share D&O ins			\$500
Convention Share Liab. Ins.	<u>\$365</u>	24%	<u>\$1,500</u>
<u>Total Income</u>	<b>\$6,700</b>	40%	<b>\$17,882</b>
<b>Expenses</b>			
Cat 01 Delegate WSC			\$2,200
Cat 02 Delegate Exp.Other	\$419	84%	\$500
Cat 03 NE Reg Del Conf	\$483	97%	\$500
Cat 04 Alt Delegate Exp			\$300
Cat 05 Past Del NERD			\$500
Cat 06 Past Delegate Exp.			\$125
Cat 08 Chairman Expense			\$200
Cat 09 Treasurer Expense	\$139	69%	\$200
Cat 11 Literature Coord			\$200
Cat 10 Secretary Expense	\$52		\$200
Cat 11a Jessup Prison Literature			\$500
Cat 11b Fred. Det Cntr Literature	\$515	86%	\$600
Cat 11c Wicomico Detention Cntr			\$500
Cat 12 Archives Coord			\$200
Cat 12 AL-Anon-Cer Exp	\$921	46%	\$2,000
Cat 13 Web Service			\$300
Cat 14 Liaison AA State Conv			\$200
Cat 15 Liason AA Fall Conv			\$200
Cat 16 AlaTeen Area P.P.			\$500
Cat 17 Public Outreach Coord.			\$300
Cat 18 Group Records Coord	\$7		\$200
Cat 19 Convention Coord			\$200
Cat 20 PO Box Rent			\$100
Cat 21 Assembly Mtg Expen	\$360		\$850
Cat 22 AWSC Meetings	\$286		\$700
Cat 23 Liability Ins Premium	\$525		\$775
Cat 25 D&O Ins Premium	\$763	102%	\$750
Cat 26 Contingency	\$254		\$2,500
Cat 27 Audit Books			\$325
Cat 28 Software Expense	\$18		\$200
Cat 29 Spring Convention Chairperson			\$200
Cat 30 Fall Convention/Chair			\$200
Cat 35 WSO Donations	\$1,167	92%	
Bank adj.	\$18		
<b>Totals</b>	<b>\$5,928</b>	<b>34%</b>	<b>\$17,225</b>
RESERVE (1/3 Ins.Ded.+25% exp.)	\$5,611		\$5,242

# DISTRICT HIGHLIGHTS

## **District 3**

Ten of our twelve meetings report attendance doing well. Our Saturday morning and evening meetings need support. The Eldersburg Alateen meeting has 3-4 attending regularly but have 10-11 registered. We need more Certified Alateen Sponsors in Howard County, Frederick County, or the Area so current sponsors do not get burned out from over use.

For our community outreach, a paper with Al-Anon telephone numbers was placed in grocery stores, Laundromats, doctor offices, the detention center and other places throughout the community. We continue to supply Junction, Urgent Care, and Behavioral Health with literature, directories and Forums.

## **District 10**

District 10 hosted their first picnic on Saturday, July 30<sup>th</sup> in the Avalon section of the Patapsco State Park. The district supplied hot dogs/hamburgers and all the fixings, paper supplies, water and ice. Everyone who came was asked to bring a dish to share and their own drinks. The picnic was from noon until 6, with a speaker from AA, 2 Alateen speakers and an Al-Anon speaker. It was a team effort on the part of the GR's from the district, as well as member volunteers who did everything from cooking to clean-up. It was six hours of food, fun and fellowship between the 3 groups and I'm sure word will spread and this won't be the only picnic we'll do.

## **District 13**

We held a very successful second annual Relationship Workshop on April 30<sup>th</sup> in Silver Spring, MD. Over 100 attended the workshop chaired by Sarabess. After a continental breakfast two speakers shared their thoughts during the morning session after a candle lighting ceremony. Then after a delicious lunch, participants were able to choose two of ten table discussions dealing with all sorts of relationships including those between spouses, children, co-workers, relatives, higher power, etc. It was truly a moving and educational experience!

We hosted a Picnic on Sunday, August 14<sup>th</sup> at Black Hill Regional Park. Even though it was raining earlier in the day, about 30 folks showed up for a delightful afternoon filled with friendship, rowboat rides, skateboarding, whiffle ball and lots of good food and friendship! A special thanks to a great *Picnic Committee* for their wonderful service!

We continue to have several outreach projects that include literature at Holy Cross Hospital and Montgomery General Hospital and some radio spots in the future.

Our Spirituality Weekend is already in the works for October 1-2, 2011 in Rockville, MD so hold that date open!! See our flyer attached.

## **District 18**

We will host a picnic on Sunday, October 16 at Pierce Mill in Rock Creek Park, Washington, DC. See our flyer!

Our District meeting format includes the reading and discussion of a tradition or concept at the beginning. Following the business meeting, we hold a 50/50 raffle for the benefit of the district. We continue to discuss how to get members involved in service above the group level.

The reading and discussion of the concept or tradition has expanded my understanding of the foundation of AFG. Our founders were wise people who recognized that conflicts can easily arise in any association and thus the unity & service legacies were developed to address these. (The Alcoholics Anonymous traditions and concepts were used as guidelines during the drafting in 1984.)

My favorite concept is # 4, "Participation is the key to harmony", and my first awareness of this concept came during the 5<sup>th</sup> Fall Convention when it was the theme. That all the workshops' titles included the theme of harmony in music was entrancing to me. Then I started thinking "what does this really mean and how does it apply to me?" If I do not include myself in an event then I do not reap the benefits, thus resulting in a lack of harmony or understanding. When I do join in, I contribute to the overall purpose, receive as much as I give, and feel that I belong. Belonging brings me feel peace or contentment. When I am thus serene, all is in harmony in my world. And when everyone works together, beautiful music is made.

# ALATEEN UPDATE

By Maryann

Greetings to everyone reading this edition of the AI-Anon-Cer. I have been the AAPP (Area Alateen Process Person) for almost four years now. While I realize that I am not in control of anyone else, if I don't ask for help then I have failed the Area. This position will be very important to keep filled because if we are going to rely on insurance to keep us safe from ruin then there has to be someone keeping track of the paper work.

We are finally very close to getting the account set up with CJIS (Criminal Justice Information System) where the background checks come from. We are waiting for a reference letter from Bank America. This should complete the hoop jumping which will cause CJIS to open a line of communication that will enable the background checks to be paid for through the Area Treasury.

Once that happens the rest of the present registered sponsors will get background checks completed and then we can start on all the new people that want to become sponsors and hopefully open some new meetings. Alateen has had a few meetings close and to be honest there are only a few groups that have teens coming on a regular basis.

Please consider becoming the AAPP or the Area Coordinator to make sure that Alateen is able to continue. As you know with most things, when asked the job seems monstrous. But a little bit every day or every few days makes short work of a large task. If this position is not filled there will not be any meetings that can safely continue. If there aren't any meetings the teens don't have a chance to become aware of the help that is out there. If the teens only come once that may give them enough information for their future progress into AI-Anon or AA. Thank you for reading this piece, I hope it is informative and persuasive.



## OUR TRUSTED SERVANTS

### Area Officers

#### Delegate

Charlie

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Alternate Delegate

Carol

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Chairperson

Idalia

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Secretary

Dolores

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Treasurer

Teddie

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

SEND AREA CONTRIBUTIONS AND  
CORRESPONDENCE TO THIS ADDRESS:  
AFG OF MD AND DC  
PO Box 10898  
PARKVILLE, MD 21234-0898

---

### Coordinators

#### Group Records

Angela

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Archives

Mike

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Public Outreach

Sarabess

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Alateen Coordinator

Maryann

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Al-Anon-Cer Editor

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Webmaster

Linda

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Literature Coordinator

OPEN – Service Opportunity

#### Convention Coordinator

OPEN – Service Opportunity

#### Spring 2011 Convention Chair

Ann

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Fall 2011 Convention Chair

Patti

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### AA State Convention Liaison

Bob

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

#### Spanish Language Contact

OPEN – Service Opportunity

#### NORTHEAST REGIONAL TRUSTEE

Anne

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

### Past World Service Delegates

Karen

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

Julie

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

Lee

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

Melody

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

Beatrice

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

MiKell

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

Al-Anon-Cer

Angela  
email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

Isabel  
email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

---

## Area Information Services

**Al-Anon/Alateen Information Service of Anne Arundel County**  
P.O. Box 763  
Severna Park, MD 21146-0763  
(410) 766-1984  
[www.md-al-anon.org](http://www.md-al-anon.org)

**Baltimore Area Al-Anon Information Service**  
P.O. Box 28259  
Baltimore, MD 21234  
(410) 832-7094  
[www.alanon-maryland.org](http://www.alanon-maryland.org)

**Cumberland Answering Service**  
(301) 722-6110  
(through AA answering service)

**Easton Answering Service**  
(410) 822-4226  
(through AA answering service)

**Salisbury/Ocean City Answering Service**  
(410) 742-2504

**Mary Del Tri-County Al-Anon Information Service (Harford & Cecil Counties)**  
PO Box 561  
North East, MD 21901-0561  
(410) 398-2004 (Cecil County)  
(410) 836-6209 (Harford County)  
[www.marydelalanon.org](http://www.marydelalanon.org)

**Frederick – Hagerstown Answering Service (Frederick & Washington Counties)**  
(301) 663-6626  
1-800-344-2666

**Southern Maryland (Calvert, Charles, & St. Mary's Counties) Answering Service**  
(301) 934-4086  
1-800-425-2666

**Washington Metropolitan Area Al-Anon/Alateen Information Service (WMAAAIS)**  
c/o Seekers Church Building  
278 Carroll Street, NW  
Washington, DC 20012  
(202) 635-2023  
[www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org)

---

## Literature Depots

**Baltimore, Baltimore County, Harford County & surrounding areas**  
email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

**Washington DC and surrounding areas:**  
See WMAAAIS contact information above.

**Eastern Shore (District 24):**  
email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

## District Representatives

D1 Diane

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D2 Connie

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D3 Yvonne

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D4 Julie

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D5 Carolyn

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D6 Julie

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D7 Wilhelmina

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D8 Dolores

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D9 John

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D10 Tish

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D11 Carol

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D12 Gerry

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D13 Gail

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D14 OPEN— SERVICE OPPORTUNITY

D15 Cindy (Acting )

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D16 OPEN— SERVICE OPPORTUNITY

D17 David

email: [area24@marylanddc-alanon.org.net](mailto:area24@marylanddc-alanon.org.net)

D18 Hannah

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D19 OPEN — SERVICE OPPORTUNITY

Renee (Acting)

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D20 Mary

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D21 Jill

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D22 Audrey

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D23 Nita

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

D24 Madeline

email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

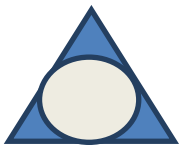
---

## WORLD SERVICE OFFICE

Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway.  
Virginia Beach, VA 23454-5617  
Email: [wso@al-anon.org](mailto:wso@al-anon.org)

Meeting information: 1-888-425-2666  
All other business: (757) 563-1600  
Website: [www.al-non.alateen.org/members](http://www.al-non.alateen.org/members)

**Note: Make WSO donation checks payable to "AFG, Inc."**



# Al-Anon World Service Committee Meeting

Area 24- AFG of Maryland and District of Columbia

*Date:* **Saturday, September 24, 2011**

*Time:* **9:30 A.M. Registration**

*Meeting:* **10:00 A.M. – 3:00 P.M.**

*Place:* **Westminster Church of Christ**

**75 Lamb Drive, (MD-97 / Littlestown Pike)**

**Westminster, MD. 21158**

**Snacks and refreshments provided. Please bring a bag lunch. Hosted by District 3**

The Area Word Service Conference (AWSC) consists of the officers of the Area Assembly, District Representatives, Area Coordinators, and liaison members who meet between Assemblies to plan the agenda for the Assembly and to discuss other Area and district matters. (Source 2010-2013 Al-Anon/Al-ateen Service Manual p.124) Other Al-Anon members are welcome to attend the AWSC.

## **From Baltimore Lock Raven Area:**

1. Take I-695 W/Baltimore Beltway Outer Loop toward Towson 10 miles.
2. Merge onto I-795 Northwest Expressway via Exit 19 toward Owings Mills/Reisterstown about 9 miles.
3. Merge right onto MD-140 W via Exit 9B toward Westminster about 9 miles.
4. Take MD-97 N ramp toward Union Mills/Gettysburg, bear right onto Littlestown Pike/MD 97
5. Go about 2 miles turn right onto Lamb Drive. The church is at the end of the road.

## **From Zip Code 21217, 21239:**

1. Take 1-83N/Jones Falls Expressway ramp merge onto Jones Falls Expressway.
2. Merge onto I-695 W/Baltimore Beltway Outer Loop toward Pikesville about 5 miles.
3. Merge onto I-795 Northwest Expressway via Exit 19 toward Owings Mills/Reisterstown about 9 miles.
4. See # 3 above and follow directions to the church.

## **From Severn Area:**

1. MD-170/Telegraph Rd. Continue to follow MD-170 N.
2. Merge onto I-195 W toward Baltimore/Washington.
3. Merge on I-95 N via Exit 4A toward I-695/Baltimore.
4. Merge onto I-695 North Baltimore Beltway Inner Loop via Exit 49 B on the left toward Towson.
5. See # 2 of Loch Raven directions and follow the directions to the church.

## **From Parkville Area zip 21234: From Harford Rd/MD-147**

1. Merge onto I-695 W/Baltimore Beltway Outer Loop toward Towson.
2. Merge onto I-795 NW Expressway Exit 19 toward Owings Mills/Reisterstown about 9 miles.
3. Merge onto MD-140 W via Exit 9B toward Westminster for about 13 miles.
4. Take MD-97 N ramp towards Union Mills/Gettysburg bear right onto Littlestown Pike/MD-97.
5. Go about 2 miles turn right onto Lamb Drive. The church is at the end of the road.

**From Rising Sun Area and 21220:**

1. I-95 S via ramp on Left toward Baltimore about 26 miles
2. Merge onto MD-43 W/ White Marsh Blvd via Exit 67B toward US -1
3. See #1 of Parkville area and follow the rest of the directions to the church

**From Eastern Shore and Points South.**

1. Take Route 50 West to Exit 21 right lane exit to I-97 N toward Baltimore
2. Continue on I-97 N but stay in the 2 left lanes for 17 miles
3. Take Exit 17A (right lanes) I-695 W toward Baltimore/Towson
4. Continue on I-695 N Inner Loop 15 miles
5. Merge (right 2 lanes) Exit 19 I-795 NW Expressway toward Owings Mills/Reisterstown for about 9 miles
6. See # 3 of Parkville area and follow the rest of the directions to the church.

**From Frederick:**

1. Merge onto US-15 via the ramp on the left
2. Merge onto MD-26E/Liberty Road via Exit 17 toward MD-194/ Libertytown / Walkersville
3. Turn slight right onto Liberty Rd./MD-26
4. Turn left onto MD-31 East/ New Windsor Rd. Continue to follow MD-31East
5. Turn right onto Main St. Main St. becomes New Windsor Rd./MD-31 for about 6 miles
6. Merge right to MD Rt. 140 East. Bear right onto I-97 N toward Union Mills/Gettysburg, turn left at the stop sign.
7. Go about 2 ½ miles, and turn right onto Lamb Drive. The church will be at the end of the road.

**From Silver Spring area:**

1. Georgia Ave North toward US-29/29<sup>th</sup> Infantry Division Memorial Highway. Turn slight right onto US-29/Georgia Ave/29<sup>th</sup> Infantry Division Memorial Highway.
2. Turn right onto Colesville RD. /US-N29th Infantry Division Memorial Highway. Continue to follow US-29 N/29<sup>th</sup> Infantry Division Memorial Highway
3. Merge onto MD-32 via Exit 16B toward Clarksville.
4. Turn Left onto MD-26/Liberty Road.
5. Merge onto MD-97 North toward Westminster for 10 miles.
6. Turn left onto Baltimore Blvd/MD 140 West/MD97 N for 2 miles.
7. Take the MD-97 North ramp toward Union Mills/ Gettysburg bear right onto Littlestown Pike/MD 97.
8. Go about 2 miles turn right onto Lamb Drive. The church is at the end of the road.

**From Rockville and Washington D.C. area:**

1. From Connecticut Ave/ MD-185 N continue to follow Connecticut Ave about 8 miles
2. Turn left onto Georgia Ave. /MD- 97 N and Pass through 1 roundabout about 26 miles
3. Turn left onto Baltimore Blvd/ MD-140 W/ MD-97 N about 2miles
4. Take the MD-97 N ramp toward Union Mills/Gettysburg, bear right onto Littlestown Pike/ MD-97
5. Go about 2 miles turn right onto Lamb Drive. The church is at the end of the road.

**From Gaithersburg Area:**

1. Take the I-270 N ramp toward Frederick. Merge onto I-270 Local N. I-270 Local N becomes I-270 N
2. Take Father Hurley Boulevard exit 16 toward MD-27 / DAMASCUS
3. Take Exit 16A toward MD-27 E/ Damascus
4. Merge onto Father Hurley Blvd. Father Hurley Blvd. becomes Ridge Road. Ridge Road becomes Lewis Dr.
5. Stay straight to go onto High Corner St.
6. Take the 1<sup>st</sup> left onto Ridge Rd / MD-27 N Continue to follow MD-27 N about 25 miles
7. Merge onto MD-140 W /MD-97 N toward Taneytown/Gettysburg
8. Take MD-97 ramp toward Union Mills/ Gettysburg, bear right onto Littlestown Pike/MD-97
9. Go about 2 miles, turn right onto Lamb Drive. The church is at the end of the road.

**Al-Anon Family Group of Maryland and District of Columbia  
Area 24 Fall Election Assembly  
Saturday, October 22, 2011**

Hosted by District 8  
Registration 9:30, Assembly from 10am to 3 pm

**Ascension Lutheran Church  
7601 York Road  
Baltimore, MD 21204**

Parking lot is across the street from the Church

(This church is in the Rodgers Forge area, north of Baltimore City, just south of St. Joseph Hospital and Towson University)

***Directions in the vicinity:***

Go through Towson, part way around the traffic circle in the heart of Towson, and continue south on York Road. Parking lot will be on the right in a residential area past Sister Pierre Drive at St. Joseph Medical Center's York Rd. back entrance. Big stone church is on the left side of York Road. Enter the hall around the left side of the front of the church. (If you don't like the traffic circle, take N. Charles St. South, turn left on W. Towsontown Blvd., turn right on Burke Ave. and right on York Road. It's just a short distance to the church.)

***Directions to Towson:***

***From Washington DC:*** Take 95 to Baltimore, continue North through the Fort McHenry Tunnel. Take the exit marked toward Towson. These roads are all reconstructed and it is now a right exit, which goes to an overhead ramp. Take 695 northwest toward Towson and get off at York Road South.

On the return trip, take the Beltway to 95 South. Access to both the Harbor Tunnel and the Ft. McHenry Tunnel are merged together, but the Harbor Tunnel exit is now on the right and the Ft. McHenry Tunnel is now on the left. This is new construction and it's disorienting to people who were used to the old roads.

***From the Eastern Shore:*** Take Route 50 across the Bay Bridge to Rt. 97 to Baltimore. As you continue north, get in the left hand lane toward the Baltimore Harbor Tunnel (Tunnel Thruway). After you go through the tunnel, the thruway merges with Rt. 95 North. Get in the right lane and get off at the Baltimore Beltway exit toward Towson. This is now a right exit with a ramp going over the highway. Take the Baltimore Beltway, Rt. 695 northwest toward Towson and get off at York Road South.

On the return trip, take the Beltway to 95 South. Access to both the Harbor Tunnel and the Ft. McHenry Tunnel are merged together, but the Harbor Tunnel exit is now on the right and the Ft. McHenry Tunnel is now on the left. This is new construction and it's disorienting to people who were used to the old roads. Take the Harbor Tunnel thruway and get off at the exit marked toward the Bay Bridge. Take Rt. 97 South and follow the signs to Rt. 50 and the Bay Bridge. You will cross the Severn River Bridge near the Naval Academy, before the Bay Bridge.

***From Rt. 70 West:*** Continue east on Rt. 70 to the Baltimore Beltway toward Towson. Merge onto 695 and continue around to Towson.

***From Carroll County:*** Use Rt. 795 South toward the Baltimore Beltway. Go toward Towson. Get on the Baltimore Beltway and go around to Towson.

**For more information, email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)**

*Please join us for the  
12th Annual Spirituality Weekend*

Hosted by: District 13 AFG

**"Spiritual Tools of the Trade"**

***SATURDAY & SUNDAY OCTOBER 1<sup>ST</sup> & 2<sup>ND</sup>, 2011***



**LARROP E. SMITH Center**

**5110 MEADOWSIDE Lane, ROCKVILLE, MD 20855**

Attend a series of Al-Anon workshops and enjoy the beautiful, natural surroundings of the Smith Center including several acres of wooded land, fields, trails, streams and meadows. Most importantly, spend time with others from the Al-Anon community in a relaxed and spiritual setting.

**Only \$45 for the weekend (8am Saturday – 2pm Sunday)  
(Includes all meals, snacks & lodging for one night)  
or \$30 if you come for Saturday only!**

**\*Al-Anon Workshops \*Bonfire \*Singing \*Letting-Go Ceremony  
\*Outdoor Meetings \*Morning Yoga/Meditation \*Arts and Crafts  
\*Group Hikes in the Woods \*Relaxation \*Fellowship!!**

***Come and Share the Experience, Strength,  
and Hope of the Program***

**2011 District 13 AFG Spirituality Weekend Registration Form**

**(Saturday Oct 1, 8am – Sunday Oct 2, 2:00 pm)**

**-- Registration Deadline is September 27, 2011 --**

- The total cost for the weekend is \$45\* which includes housing for one night, registration & all meals & snacks. Saturday-only registration is \$30\* and includes meals on Saturday.
- Housing for this event is single-sex dormitory style (bunk beds) with shared bathrooms.
- Meals and most meetings/workshops are in the main lodge. Some sessions will be held outside if weather permits.
- Return the registration form below with your check as early as possible to secure your place. All registrations must be made in advance.** In order to adequately plan meals, we regret we cannot accommodate walk-ins.
- Bedding, towels and toiletries are not provided. Suggestions: sleeping bag/linens, towels, soap, a flashlight, a bedtime reading light, yoga mat, flip flops for the shower, ear plugs, bug spray, musical instruments, and songsheets.

Other Questions? email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

**Cut on line below**

\*\*\*\*\*

**To register, please complete and mail this form, along with your check, to:  
email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org) for mailing address**

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

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

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

Home: \_\_\_\_\_ - \_\_\_\_\_ Cell: \_\_\_\_\_ - \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ (Please provide your email address, if available, so we can send confirmation of your registration and any last minute details)

Please describe any dietary concerns/restrictions:

**Please indicate your intention for the weekend:**

- I am coming for the full-weekend (one night) (\$45)\*
- I am coming for Saturday-only (\$30)\*

**Total amount enclosed: \$\_\_\_\_\_ \*(Make check payable to "District 13 AFG ")**

Comments: \_\_\_\_\_

**\*No person will be left out for financial reasons. If you have a concern, email [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)**

**DISTRICT 5 Fall Workshop** go here for Flyer <http://www.marylanddc-alanon.org/D5workshop2011.pdf>

**District 18 invites you to an AFG Fall Potluck Picnic  
Rock Creek Park @ Pierce Mill Picnic Site # 1  
Corner of Tilden Rd (same as Park Rd) & Beach Drive NW, Washington, DC 20015**

**SUNDAY, OCTOBER 16, 2011, NOON-5 pm**

**Bring a dish for the grill or the table.  
Beverages, condiments & paper goods/utensils will be provided.**

**DIRECTIONS:** From Rt. 95 south at Rt. 495 (Washington Beltway) drive 6.9 mi west (toward Silver Spring) to exit 33 Connecticut Ave (Rt. 185). From Rt. 270 south, drive 2 miles east (toward Silver Spring/Baltimore) on 495 to Exit 33. Drive south on Connecticut Ave (toward Chevy Chase) for 4.5 miles & turn left on Tilden Rd NW. Drive .5 mile. Pierce Mill is on the left & picnic site # 1 & parking are on the right.

**METRO:** Van Ness/UDC. Walk 2 blocks to Tilden, go left & walk .5 mi.

For further info email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)



**FUN! FELLOWSHIP! 50-50 RAFFLE!**

## **22nd Annual AFG Fall Convention**

Al-Anon Family Groups of MD and the District of Columbia  
with Alateen and AA participation

# *Metamorphosis through Al-Anon*

**November 11-13, 2011**

opens 4 pm Friday, closes 11:30 am Sunday

To be held at the

Rocky Gap Lodge and Conference Center

16701 Lakeview Drive

Flintstone, MD 21530

(800) 724-0828

*Make room reservations directly with Rocky Gap*

Rooms must be reserved by 10/8/11

to get our special convention rates

\$115 per night -- Regular Room

(2 queen beds or 1 king size bed)

\$175 per night -- Junior Suite

(maximum 3 people per room)

To register, fill out the form on the other side

Return it to AFG Convention, 3116 Rolling Meadow Ct. Monrovia, MD 21770

*Register early to help us fulfill the financial obligations of the convention.*

For additional information: email [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)

**AFG Fall Conference 2011 Registration Form** (A separate form is required for each attendee.)

PLEASE PRINT LEGIBLY

Name \_\_\_\_\_

Member status and length of time:

Address \_\_\_\_\_

Al-Anon \_\_\_\_ How long? \_\_\_\_\_

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

AA \_\_\_\_ How long? \_\_\_\_\_

Evening phone no. \_\_\_\_\_

Alateen \_\_\_\_ How long? \_\_\_\_\_

Email address \_\_\_\_\_

If Alateen, how old are you? \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_

Phone No. \_\_\_\_\_

- Please confirm my registration and/or workshop chair topics by email (preferred)  by mail
- It's okay to contact me about future conventions by email  by mail

**Convention Registration and Meals:** (Room registration is made directly through Rocky Gap Resort.)

Early bird registration is \$30 per person.

Price of all Meals \$110.50

After 9/30/11 registration is \$40 per person

Friday Dinner \$27.00

Registration is Non-Refundable

Saturday Breakfast \$17.75

Saturday Lunch \$23.75

Total You Enclosed for Registration and Meals:

Saturday Dinner \$29.50

\$\_\_\_\_\_ (Make check payable to AFG Fall Conv.)

Sunday Breakfast \$12.50

Convention buffet meals are available ONLY through the registration committee and cannot be purchased onsite at the convention. Meal purchases or cancellations must be made by **10/31/11**. View the menu at [www.marylanddc-alanon.org/calendar\\_of\\_events.htm](http://www.marylanddc-alanon.org/calendar_of_events.htm)

*Purchase of meals helps cover the cost of our meeting rooms. If you have special dietary needs please contact the hotel directly. While Rocky Gap tries to offer a variety of food choices, we cannot guarantee that the buffet meals will accommodate all needs.*

*The Convention Committee welcomes gifts of baked goods, fruit, coffee, or other items for the Hospitality Room.*

**Sign up to chair a meeting.** Please indicate your top 3 choices by marking 1, 2, or 3:

- |   |  |
|---|--|
| <input type="checkbox"/> Acceptance from the Start – Step 1 as a Caterpillar              | <input type="checkbox"/> The Family Transformed (Tradition 6)                                    |
| <input type="checkbox"/> From Obsession to Detachment (Steps 1, 2 and 3)                  | <input type="checkbox"/> Becoming Self-Supporting and Prudent (Traditions 4 to 7 and Warranty 1) |
| <input type="checkbox"/> From Fear to Faith, Courage and Trust (Steps 1, 2 and 3)         | <input type="checkbox"/> Maturing and Self-Esteem with Service (Concepts 4 and 9)                |
| <input type="checkbox"/> Our Budding Self-Awareness (Step 4)                              | <input type="checkbox"/> Attracting Like a Flower (Tradition 11)                                 |
| <input type="checkbox"/> From Denial to Honesty (Step 4)                                  | <input type="checkbox"/> Our Foundation: Anonymity (Traditions 8, 10, 11 and 12)                 |
| <input type="checkbox"/> Accepting the Discomfort of Change (Steps 5 to 7)                | <input type="checkbox"/> From Anger to Love/From Resentment to Compassion                        |
| <input type="checkbox"/> Breaking Out of Isolation (Step 5)                               | <input type="checkbox"/> From Shame to Acceptance  |
| <input type="checkbox"/> H.O.W. We change (Honesty, Openness, Willingness) (Steps 4 to 6) | <input type="checkbox"/> The Joyful Workshop: Letting Go with Laughter                           |
| <input type="checkbox"/> Becoming Humble (Step 7)   | <input type="checkbox"/> Marriage, Intimacy, Divorce   |
| <input type="checkbox"/> (Butterfly) Release from Guilt (Steps 8, 9 and 10)               | <input type="checkbox"/> Leaving the Nest/Spreading Our Wings                                    |
| <input type="checkbox"/> Awakening Our Connections (Steps 9, 12 and Tradition 5)          | <input type="checkbox"/> Willing to chair AA meeting or panel                                    |
| <input type="checkbox"/> Listening for God (Step 11)                                      | <input type="checkbox"/> Willing to chair Alateen meeting  |
| <input type="checkbox"/> From Powerless to the Power to Carry It Out (Step 1 and 11)      |  |
| <input type="checkbox"/> Loving Our New Self (Steps 10 to 12)                             |  |
| <input type="checkbox"/> Thriving Through Unity (Tradition 1)                             |  |
| <input type="checkbox"/> A Loving God ...in our Group Conscience (Tradition 2)            |  |
| <input type="checkbox"/> Embracing our New Family (Traditions 3 to 5)                     |  |

**Please return form to: AFG Fall Convention, 3116 Rolling Meadow Court, Monrovia, MD 21770**

### **Friday, November 11, 2011**

#### Seafood Dinner Buffet - \$27.00 per person

Starters to include: Peel & Eat Shrimp, Maryland Crab Slaw, Herb Crusted Salmon  
Salads: Mesclun Salad with Tomatoes, Cucumbers, Red Onions, Olives and House Vinaigrette      Traditional Caesar Salad  
with Herbed Croutons and Parmesan Cheese  
Hot Entrees: Stuffed Flounder with Lobster Sauce, Seafood Pasta, Fish & Chips, Chef's Choice of Starch and Vegetables  
Fresh Baked Rolls and Creamery Butter  
Chef's Selection of Assorted Desserts  
Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas and Iced Tea

### **Saturday, November 12, 2011**

#### Breakfast Buffet - \$17.75 per person

Orange, Grapefruit and Cranberry Juice  
Mixed Fruit Salad  
Bakery Basket to include Muffins, Danish with Creamery Butter  
Assorted Dry Cereal with Milk  
Farm Fresh Scrambled Eggs with Chives  
Buttermilk Pancakes with Syrup  
Bacon and Sausage  
Breakfast Potatoes  
Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas

#### Lunch Buffet - \$23.75 per person

Sweet & Sour Broccoli Salad, Pasta Salad with Parmesan Cheese Basil and Tomatoes, Southern Style Cole Slaw,  
Kaiser Rolls and Hot Dog Buns,  
Hamburgers with Sliced Onions, Sliced Tomatoes, Lettuce, Sliced Cheese, Mustard, Ketchup and Mayonnaise,  
Hot Dogs, Chopped Onions and Relish,  
Country Fried Chicken, Spicy Baked Beans, Sliced Watermelon, Apple Cobbler with Fresh Whipped Cream,  
Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas and Iced Tea

#### Prime Rib Dinner Buffet - \$29.50 per person

Salads: Mesclun Salad with Tomatoes, Cucumbers, Red Onions, Olives and House Vinaigrette, Traditional Caesar Salad  
with Herbed Croutons and Parmesan Cheese and Potato Salad  
Starters: Antipasto Salad, Peel & Eat Shrimp  
Entrees: Barbeque Flank Steak, Herb Crusted Chicken and CARVED Prime Rib  
Chef's Choice of Starch and Vegetables  
Fresh Baked Rolls and Creamery Butter  
Chef's Selection of Assorted Desserts  
Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas and Iced Tea

### **Sunday, November 13, 2011**

#### Continental Breakfast Buffet - \$12.50++ per person

Orange, Grapefruit, Cranberry, Apple and V-8 Juices  
Assorted Bagels and Cream Cheese  
Selection of Fruit Preserves, Honey and Low Fat Margarine  
Sliced Seasonal Fresh Fruit and Berries  
A Variety of Low Fat Fruit Yogurts  
Low Fat Granola and Skim and 2% Milk  
Assorted Hot and Cold Cereals  
Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas



**Office Use Only:** Date Proposed \_\_\_\_\_ By \_\_\_\_\_  
Date Registered \_\_\_\_\_ By \_\_\_\_\_

fold

Place  
Stamp  
Here

**Al-Anon Family Group Headquarters, Inc.**  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454

fold