

The Heartbeat of Al-Anon

Registration is now open for the 33rd Annual AFG of MD & DC
Area 24 Fall 2025 Convention with AA Participation



Friday October 31 – Sunday November 2, 2025

Registration \$155 by Oct 12 \$175 Oct 13-30 \$195 at the door

includes Free Parking, Friday Dinner, Saturday Lunch & Dinner All with Vegetarian options
50% Registration Assistance may be available, if you find you need it.

Details on page 2 and on the Convention site, for both applying and donating. First-come, first-granted as donations allow.

Sheraton Baltimore North Hotel 903 Dulaney Valley Road 21204

\$125/night All rooms in our block have two queen or double beds. [Book Hotel Room at the AFG rate](#)

Or call 888-236-2427 for Room Reservations. Tell the Sheraton you are with AFG, please!

¡Al-Anon para todos! Intérpretes de español en vivo para las reuniones de los oradores, y algunos
reuniones serán interpretadas por cualquier voluntario bilingüe disponible presente en esas reuniones.

For more info [2025 Fall Convention AFG of MD and DC](#)

Questions? Email AFG24FallConv@gmail.com or call 443-574-7668

[Register Online Here](#)



Or to register by mail, make checks payable to “**AFG Fall Convention**”
Send to **AFG Fall Convention, 3116 Parkway, Cheverly, MD 20785**

Name _____ Email _____

Address _____ Phone _____

City _____ State _____ Zip _____ Al-Anon ____ AA ____

Emergency Contact: Name _____ Phone _____

18 years old or older? Yes ____ No ____

(over)



What makes it all work easiest is registering online. But if you need to mail in a check, please feel free to use the form at the bottom of this Registration Sheet. Once we've registered, we will be prompted to *Confirm our Account*, adding a password. This allows us to

- ☐ Pay a deposit at the time of registration, and then add payments on your own schedule, until Oct 12.
- ☐ Modify our choices
- ☐ Click to apply for Registration Assistance
- ☐ Click to donate to the Registration Assistance Fund
- ☐ Click to sign up to be available to co-lead a workshop, and designate topic choices.
- ☐ **Designate if you are looking for Spanish-speaking meetings or can help with informal translation**
- ☐ Sign up for service tasks at the convention (booth coverage, help with set-up or clean-up, interpretation, etc)

Registration Assistance

All Registration Assistance is Early Bird. Registration Assistance closes October 12.

All Registration Assistance is for 50% of the early-bird cost, or \$77.50.

If you feel you need help to be able to attend, you can apply for confidential registration assistance provided by the generosity of our fellow members thru the Registration Assistance Program. All Registration Assistance is granted on a first-come, first-granted basis thru [Register Online Here](#). As donations come in from our donating members, we will contact the next person on the list and subtract 77.50 from their total. We will disburse assistance as donations arrive, in the order of RegAssist registrations received, so register as soon as possible. If you have applied for Registration Assistance, we will contact you as soon as we can, and no later than October 14.

Alateen [Register Online Here](#) or email us at AFG24FallConv@gmail.com or call 443-574-7668

Al-Anon Meeting Topics

1. Detachment with Love from the Heart
2. Meditation – an Aid to Recovery
3. Participation is the Heartbeat of Harmony
4. Living the Legacies at Home and at Work
5. Finding Fulfillment through Spiritual Creativity
6. H.O.W. our Meetings Work – Honest, Open, & Willing
7. Gaining Strength through our Vulnerability
8. Transforming from Anger to Serenity
9. Changed Attitudes Aid Recovery
10. Keep Coming Back – WE are the Heartbeat of Al-Anon
11. Sponsorship – Greater Growth for All
12. An Attitude of Gratitude
13. Slogans – Al-Anon's Bumper Stickers
14. Emotional Intimacy: Building & Rebuilding Trust
15. Communication: Listening & Sharing
16. Boundaries – Protecting our serenity

17. Adult Children of Alcoholics: Shaking the Family Tree
18. Addressing Resentments for Emotional Wellbeing
19. Self-Care is not Selfish
20. Steps 1, 2, 3 – it's More than just a Dance
21. Steps 4, 5 – Searching and Sharing
22. Steps 6, 7, 8, 9 – Striving for a Clean Slate
23. Steps 10, 11, 12 – Keeping my Side of the Street Clean
24. Applying the Traditions in Everyday Life
25. **Paso 11: Mediante la Oración y la Meditación**
26. **Cuarto Concepto: La Participación es la Klave de la Armonía**
27. **Usando Oracion de la Serenidad para Aliviar Resentimiento**

AA Meeting Topics

28. [How I came to Believe](#)
29. [Inventory – the way out](#)
30. [No longer alone](#)

← *Mail-in registration, continued:*

____ I'm willing to co-lead a meeting. My topic choices: a) _____ b) _____ c) _____

____ I would like to request Registration Assistance. (Please register online or call 443-574-7668 and we'll help you.)

____ I would like to donate \$ _____ to the Registration Assistance fund.

____ I can be available for service tasks at the convention:

Friday __ afternoon __ evening **Saturday** __ morning __ afternoon __ evening **Sunday** __ morning __ clean-up

____ **Me beneficiaré de la interpretación en español de las reuniones de oradores.**

____ **I am available to help with informal Spanish interpretation of a topic meeting.**

Registration(s) \$ _____ OPTIONAL Registration Assistance Donation _____ Total Amount Enclosed: \$ _____
