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| **AA Convention Workshops** |
| **Day** | **TIME** | **Name** | **Title** | **Description** |
| Friday | 4:45-5:45 |  Stacy | Healing your heartaches | Using the spiritual tools of the program |
| Saturday am | 9:00-10:15 | Susette  | Making the right choices |  workshop |
| Saturday am | 10:30-noon |   | **The Sober Family\*\*\* (2 AA, 1 Al-Anon)** | Panel. Talk 5-7 minutes each, then open it up to discussion  |
| Saturday am | 10:30-noon | Jean  | Transforming our losses |  workshop |
| Saturday pm | 2:30-3:45pm | Beaddie | Honest feelings from the heart | Honestly identifying your feelings |
| Saturday pm | 4:00-4:15 | Jack? | What is unacceptable behavior?  |  Will give it up  |
| Sunday am | 9:00-1015am |  Beth | **Acceptance is the Answer\*\*\* (2 AA, 1 Al-Anon)** | Panel. Talk 5-7 minutes each, than open it up to discussion  |
| Sunday am | 9:00-10:15 |   | Finding my way back to reality |   |
|   |   |  **SPEAKERS** |   |   |
| Saturday  | 12:00-1:00pm | Beth  | **AA / Al-Anon Speaker Meeting** |  Al-Anon member will speak for approximately ½ hour |
| Sunday | 10:30-11:30am | Vince  | **AA / Al-Anon Speaker Meeting, closing** |   Al-Anon member will speak for approximately ½ hour |
|   |   |  **OTHER** |   |   |
| throughout | n/a | Mary Lou | Literature |   |
|   |   | Jean | Co-liaison |   |
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We are asking for 1 basket from each district. We will welcome a book or pamphlets from groups or individuals.

My contact information is: Jack M. (207) 651-4244 (text or call) email is aaliaison@nhal-anon.org

Volunteers are needed.