


SUNDAY, APRIL 22, 2018 (continued)		
Al-Anon	Live and Let Live	Brimfield/ Charlton
Al-Anon	Restoring Through Amends	Seminar Theatre
Alateen	Being a Part of Al-Anon	Southbridge
AA	Honesty & Gratitude	Sturbridge

10:15am- 12:00pm	SPIRITUAL MEETING 	Brookfield/ Abbington
	Chairperson: Abby V, Southbridge AA: Dennis M, Foxboro Al-Anon: Mo I, Sturbridge Alateen: Colin B, Closing: Janet T, Marlborough	

The 2018 Convention Committee	
General Chair	Janet T, Marlborough
General Co-Chair	Cindy J, West Bridgewater
Secretary	Lynda H, Lynn
Secretary Co-Chair	Luisa F, Hudson
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Registration Co-Chair	Mary Anne I, Framingham
Program Chair	Abby V, Southbridge
Program Co-Chair	John D, Woburn
Treasurer Chair	Lorri K, Weymouth
Treasurer Co-Chair	Donna R, Lynn
Publicity Chair	Cindi B, Brookfield
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Hospitality Co-Chair	Paula G, Salem
Literature Chair	Tony V, S. Weymouth
Literature Co-Chair	Coleen R, Hudson
AA Liaison Chair	Danny K, Foxboro
AA Liaison Co-Chair	Jenny T, Carlisle
Alateen Chair	Jocelyn, Melrose
Alateen Co-Chair	Grace, Lexington
Alateen Liaison	Dorothy A, Dedham
Site Chair	Jim F, Salem
Site Co-Chair	Jamie Y, Boston

- Coffee, fellowship and activities will be available in Hospitality (Oxford Room) throughout the weekend. Please note that due to the terms of our contract with the hotel, no food will be available. Snacks can be purchased from the hotel directly.
- Our “Marketplace” will be in Hawthorne Foyer. Here you will find raffle tickets sales, literature sales and MAC tables. Please stop by throughout the weekend.
- Raffle Drawing 5:00 pm Saturday – winning numbers will be posted at the raffle table.
- Quiet Meditation Room available throughout weekend in (Dudley Room).
- Please turn your cell phones off during meetings.
- Only service dogs allowed in meeting rooms.
- In keeping with Tradition Eleven, videotaping or picture taking at conventions is not allowed.
- Free Wi-Fi for registered guests.
-  These meetings are recorded.
- **No attendance after meeting starts.



Heart of Recovery

**42nd Annual Massachusetts
Al-Anon/Alateen Convention
with AA participation
April 20-22, 2018**

FRIDAY, APRIL 20, 2018		
3:00-8:00pm	Welcome & Registration	Hawthorne
4:00-7:00pm	Reception in Hospitality Room	Oxford
5:00-6:00pm	~ DISCUSSION MEETINGS ~ GETTING TO THE HEART OF THE PROBLEM	
Al-Anon	Awareness, Acceptance, Action	Cheshire
Al-Anon	Feeling the Nudge of a HP	Danforth
6:15-7:15pm	~ DISCUSSION MEETINGS ~ The First Heartbeats	
Al-Anon	Slogans	Cheshire
Al-Anon	Many Paths – Many Choices	Danforth
Alateen	Care Taking	Southbridge
7:30–8:45pm	SPEAKER MEETING 	Brookfield/Abbington
	Chairperson: Judi G, Worcester AA: Jeff K, Foxboro Al-Anon: Nancy B, Holden Alateen: Joseph D	
9:00-10:00pm	~ DISCUSSION MEETINGS ~ CHERISHED GIFTS	
Al-Anon	Honesty	Cheshire
Al-Anon	Surrender & Acceptance	Danforth
Al-Anon	Keep It Simple	Seminar Theatre
Alateen	Detaching w/love versus Anger	Southbridge
AA	Staying Pumped in Recovery	Sturbridge

**No attendance after meeting starts.

SATURDAY, APRIL 21, 2018		
8 am-2 pm	REGISTRATION	Hawthorne
7:00-8:00am	ODAT, CTC & HFT Daily Reading & Meeting	Cheshire
7:30-9:00am	BUFFET BREAKFAST (avail. w/ prev. purchased meal ticket only)	Hawthorne
8:30-9:30am	~ DISCUSSION MEETINGS ~ AND THE BEAT GOES ON	
Al-Anon	Came-Came to-Came to Believe 1, 2 & 3	Cheshire
Al-Anon	Clear Your Mind of “Can’t”	Danforth
Al-Anon	Following My Heart	Brimfield/Charlton
Al-Anon	Fear To Faith	Seminar Theatre
AA	Heart Healthy Tips for Recovery	Sturbridge

SATURDAY, APRIL 21, 2018 (CONTINUED)		
9:45-10:45am	SPEAKER MEETING 	Brookfield/Abbington
	Chairperson: Luisa F, Hudson AA: Lloyd T, Carlisle Al-Anon: Monica C, Northboro Alateen: Adrianna F	
9:45-10:45am	~ DISCUSSION MEETINGS ~ HOPE RUNNING THROUGH YOUR VEINS	
Al-Anon	Hope	Cheshire
Al-Anon	Joy Is In Us	Danforth
AA	Clogged Arteries in Sobriety	Sturbridge
11:00am-12:00pm	~ DISCUSSION MEETINGS ~ LOVE RECOVERY	
Al-Anon	The Key To Harmony	Seminar Theatre
Al-Anon	**The Light of the Spiritual Walk (Limited to 50 people/door closes @ 11:00)	Cheshire
Al-Anon	Making a Life by What We Give	Danforth
Al-Anon	Spiritual Awakenings	Brimfield/Charlton
Alateen	Fear	Southbridge
AA	Life After “isms”	Sturbridge
11:00am-12:30pm	BUFFET LUNCH (avail. w/ prev. purchased meal ticket only)	Hawthorne`
12:30-1:45pm	AL-ANON Speakers Giving Comfort to Families 	Brookfield/Abbington
	Chairperson: Janet T, Marlborough Al-Anon: Spouse Will E, Cambridge Adult child: Eddie B Winchester Al-Anon: Jane P, Wayland	
1:00-2:00pm	~ DISCUSSION MEETINGS ~ FROM THE HEART	
Al-Anon	LBGTQ Meeting	Cheshire
Al-Anon	Beginners Meeting	Danforth
Alateen	Loving & Understanding Your HP	Southbridge
Al-Anon	Amor, fe y Experiencia ~Spanish Spoken Here~	Brimfield/Charlton
AA	Helping Others	Sturbridge
	AMIAS Workshop (Al-Anon Member In Alateen Service)	Seminar Theatre
2:00-3:15pm	ALATEEN KEYNOTE PANEL Chairperson: Jocelyn Cat C. Alice P. Emma D. 	Brookfield/Abbington
2:15-3:15pm	~ DISCUSSION MEETINGS ~ HEART OF IT ALL	
Al-Anon	Gratitude from A to Z	Cheshire
Al-Anon	Sponsorship	Danforth

SATURDAY, APRIL 21, 2018 (CONTINUED)		
Al-Anon	Courage to Change	Brimfield/Charlton
Al-Anon	Step 10 – Daily Honesty	Seminar Theatre
AA	Cardio Workout -12 Steps	Sturbridge
3:30-4:30pm	AA KEYNOTE SPEAKER Chairperson: Danny K, Foxboro AA Speaker: Clif G.  Oklahoma City, OK	Brookfield/Abbington
3:30-4:30pm	~ DISCUSSION MEETINGS ~ Keeping Your Arteries Wide Open	
Al-Anon	Healing From Grief and Loss	Cheshire
Al-Anon	Fully Self Supporting – Financial Insecurity	Danforth
Al-Anon	Letting Go: Anxiety and Worry	Brimfield/Charlton
Al-Anon	Detaching with Love	Seminar Theatre
Alateen	Slogans and Acronyms	Southbridge
4:45-5:45pm	~ DISCUSSION MEETINGS ~ Your Gotta Have Heart	
Al-Anon	Compassion	Cheshire
Al-Anon	Changed Attitudes Aid Recovery	Danforth
Alateen	What Does Sponsorship Mean?	Southbridge
AA	Keep the Bloodline Flowing	Sturbridge
6:00-7:30pm	BANQUET	Hawthorne Hall
6:00–7:30pm	ALATEEN PIZZA PARTY	Southbridge
7:30-9:00pm	AL-ANON KEYNOTE SPEAKER  Kerri K., Glendale, AZ Chairperson: Abby V, Southbridge	Hawthorne Hall
9:30pm–12:30am	 DANCE PARTY!!	Hawthorne Hall
9:15-10:15pm	~ DISCUSSION MEETINGS ~ SPIRITUAL PULSE	
Al-Anon	**Meditation Meeting (Limited to 50 people/doors close @ 9:15)	Seminar Theatre
Al-Anon	Caretaking	Cheshire
AA	Recovery in Your Heart	Sturbridge
SUNDAY, APRIL 22, 2018		
7:00 - 8:00 am	ODAT, CTC & HFT Daily Reading & Meeting	Cheshire
7:00-9:00am	BUFFET BREAKFAST (avail. w/ prev. purchased meal ticket only)	Hawthorne
9:00-10:00am	~ DISCUSSION MEETINGS ~ Keeping your Heart in the Journey	
Al-Anon	Serenity	Cheshire
Al-Anon	In All Our Affairs	Danforth