

'I was anxious to forge ahead full steam into Step Four - to hurry up and take action to change my life. Then I remembered that when we talk about "awareness, acceptance, and action" that "action" is last. It's like something I heard from friends who did target shooting-the people who run into trouble are the ones who rush and go "ready, fire, aim" instead of "ready, aim, fire."

Step four is about awareness: It is looking with clear eyes at who I am, and what I have done, taking stock without judgment. There is nothing in this step about taking action with the results. I need only take stock of who I am at this moment in time. Action will come in future Steps.

Today's reminder

If I am feeling impatient with my progress, I can focus on the work that's immediately in front of me. In taking care of today, I am building a better tomorrow.

"Recovery is a process, and there is no quick fix for what ails us. Fortunately, Al-Anon reminds us to be gentle with ourselves."

Paths to recovery

In what ways do I practice patience with myself and my recovery?"

A Little Time For Myself B-34, pg 271

REGISTRATION

Register and pay online at
www.aa.org.nz/aa-convention

The AA Convention website has comprehensive information around registration, travel, and accomodation options (including a discount code for the Copthorne).

Please bring cash along for Al-Anon merchandise and literature.

Convention Contacts

Robyn D: 021 213 7748

AA email: convention@aa.org.nz



Copthorne Hotel and Resort
1 Tau Henare Drive
Bay of Islands


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

AWARENESS, ACCEPTANCE, ACTION

**62nd Annual AA Convention
with Al-Anon and Alateen
participation**

17 - 19 January 2025
Copthorne Hotel and Resort
Bay of Islands

AFG PROGRAM

FRIDAY

12.00 - 9.00pm Registration

4.30 - 5.00pm *Mihi Whakatau*

5.30 - 7.00pm BBQ Dinner (prepaid)

7.30 - 7.45pm Al-Anon Welcome

7.45 - 9.00pm *Awareness, Acceptance, Action*

SATURDAY

Registration - From 7.30am

8.30 - 10.00am *Awareness*

10.00 - 10.30am Morning tea

10.30 - 12.00pm *Acceptance*

12.00 - 1.00pm Lunch

1.00 - 2.30pm *Staying in your own Hula Hoop*

2.30 - 3.00pm Afternoon tea

3.00 - 4.30pm *Action*

5.30 - 7.00pm Dinner

7.30 - 9.00pm Public meeting

SUNDAY

6.30 - 7.30am *Sunrise Meditation*

8.30 - 10.00am *My Spiritual Awakening*

10.00 - 10.30am Morning Tea

10.30 - 11.30am *Al-Anon Spiritual Meeting*

11.30 - 12.00pm Farewell & Handover

AL-ANON

Each Al-Anon Family Group has but one purpose: to help families of alcoholics.

We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

2022-2025 Al-Anon / Alateen Service Manual P-24/27

Al-Anon meetings are open to any and all registered convention attendees.

THANK YOU

"If I had just given up earlier in my efforts to control his drinking, our home would have been more tranquil, at least by the measure of my own acceptance and serenity."

The Al-Anon Family Groups Classic Edition B-5

Al-Anon thanks Alcoholics Anonymous for inviting us to participate in the 62nd National Convention.

ALATEEN

ALATEEN MEETINGS

(Held on Saturday)

10.30 - 12.00pm *Awareness, Acceptance*

3.30 - 4.30pm *Action*

Alateen meetings are closed meetings.

Alateen is where young people come together to:

- Share experience, strength and hope with each other
- Discuss their difficulties
- Learn effective ways to cope with their problems
- Encourage one another
- Help each other understand the principles of the Al-Anon program

Alateen members learn:

- They are not the cause of anyone else's drinking or behaviour
- They cannot change or control anyone but themselves
- They can build satisfying and rewarding life experiences for themselves

If you know a teen or young person who you think might benefit from attending Alateen, please register their interest with Robyn D.