

Let it Begin with Me in 2023 – Program at a Glance

Saturday, March 25, 2023

8:30am Walk-in Registration - Lobby

9:00am Opening, Welcome - Grand Ballroom

10:00am-10:50am

Honesty, Open-mindedness, Willingness - Salon I & II

The Steps are the Heart of My Program - Salon III

This topic in Spanish below

“Los pasos son el corazón de mi programa” - Salon C

Alateen Activity - Hartford

AA Meeting Step 1 - Salon D

ACTIVITY: Serenity Sound Healing - Salon B

Participants are welcome to bring their own

yoga mat, blanket, or pillow for this activity

11:00am-11:50am

“Detachment: Learning to Detach” – Salon I & II

This topic in Spanish below

“Using My Toolbox” – Salon III

“Desapego: Aprender a desapegarse” *Bilingual* – Salon C

Alateen “Transitioning from Alateen to Al-Anon” -

Hartford

Alex B., speaker

AA Meeting – Steps 2 and 3 – Salon D

ACTIVITY: HeART Journal – Salon B

12:00pm-12:50pm

LUNCH ON YOUR OWN

Alateen Brown Bag - Hartford

(Al-Anon members interested in Alateen service)

AA Meeting – Steps 4 and 5 – Salon D

ACTIVITY: Courage to Be Me Charades – Salon B

1:00pm-1:50pm

“Serenity is my Spiritual Treasurer” – Salon I & II

“Happiness Begins With Me” – Salon III

This topic in Spanish below

“La felicidad comienza conmigo” *Bilingual* – Salon C

AA Meeting – 6 and 7 – Salon D

2:00pm-2:50pm

“Finding Freedom” Al-Anon/Adult Children – Salon I & II

“Accepting Where You Are” – Salon III

This topic in Spanish below

“Aceptandó estás” - Salon C

Alateen “Forgiveness” - Hartford

Saturday, March 25, 2023 continued

2:00pm-2:50pm continued

AA Meeting – Steps 8 and 9 – Salon D

ACTIVITY: Let Go, Let God Walk – Salon A & B

3:00pm-3:50pm

“Yes You Can: From Despair to Hope” – Salon I & II

“Becoming the Person I Want to Be” – Salon III

This topic in Spanish below

“Convirtiéndome en la persona que quiero ser” – Salon C

“Step 1: Admitting Powerlessness” -Alateen – Hartford

AA Meeting – “Practice These Principles in All Our

Affairs” – Salon D

ACTIVITY: Let Go, Let God Walk – Salon A & B

4:00pm-5:30pm

BREAK

5:30pm-7:00pm

BANQUET (Meal ticket required) – Grand Ballroom

Alateen PIZZA PARTY - Hartford

(CT Teens, Sponsors & AMIAS only; registration required)

7:30pm-8:00pm

WELCOME, RAFFLE, COUNTDOWN -Grand Ballroom

8:00pm-9:30pm

KEYNOTE SPEAKERS – Grand Ballroom

10:00pm-11:00pm

Al-Anon Candlelight Meeting -Salon A & B

“From Isolation to Connection”

Alateen Candlelight Meeting - Hartford

“Fear” CLOSED meeting

Sunday, March 26, 2023

BREAKFAST ON YOUR OWN

Hospitality will be providing a coffee/tea station in the Hallway outside of the Grand Ballroom beginning at 8:15am

9:00am Welcome – Grand Ballroom

9:30am-11:30am Keynote Spiritual Speakers – Grand Ballroom

1:00pm-3:00pm Committee Wrap Up Meeting