



**Al-Anon Family Groups,**  
57B Great Suffolk Street,  
London SE1 0BB  
National UK Helpline:  
020 7403 0888 (10am-10pm)

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**Al-Anon Information Service**

5 Capel Street, Dublin 1.  
Open to the public  
Mon-Fri 10am to 2pm  
Helpline 01 8732699 (10am to  
10pm)  
website: [www.alanon.ie](http://www.alanon.ie)

*Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not*



**YOU ARE NOT  
ALONE**

**Serenity Prayer**  
*God grant me the serenity  
to accept the things  
I cannot change;  
courage to change  
the things I can;  
and wisdom  
to know the difference.*

AREA 29 WELCOMES YOU

To

**The 63rd All Ireland  
AA Convention**

*With*

**Al-Anon Participation**

Theme

***Courage to Change***

Friday 17<sup>th</sup> April 2020

To

Sunday 19<sup>th</sup> April 2020

At

Bloomfield House Hotel,  
Mullingar, Co. Westmeath,

Meetings & Literature Sales  
in **The Rochford Suite**

**USEFUL INFORMATION**

AL-ANON REGISTRATION AREA IN THE FOYER

REGISTRATION €6.00

ALL AL-ANON MEETINGS IN

**THE ROCHFORD SUITE**

AL-ANON LITERATURE ONSALE IN THE ROCHFORD SUITE

**QUERIES—IF YOU HAVE ANY**

*ASK A MEMBER OF THE COMMITTEE WHO WILL BE HAPPY TO HELP*

*TEA & COFFEE SERVED IN THE FOYER*

**REGISTRATION FRIDAY EVENING**

**5.30PM ONWARDS**

**Meeting** Fellowship- 6 p m  
*You are not alone*

**Meeting** *Changed attitudes* 7 p m  
*Aid Recovery*

**AA Open Meeting** 8 p m  
*Al-Anon participation*  
Room TBC

**SATURDAY MORNING MEETINGS**

**REGSITRATION 10.30 AM**

**ONWARDS**

**MEETING**

*The Three A's*  
*Acceptance Awareness* 11 a m  
*Action*

**MEETING**

*One Day At A Time* 12 noon

**Meeting**

*The Joy of Recovery* 1 p m

**LUNCH**

**PROGRAMME RESUMES 4 P M**

**Open Al-Anon Meeting** 4 p m  
**with AA Participation**

**MEETING**

*The Serenity Prayer* 5 p m

**AA Open Meeting** 8 p m  
*Al-Anon participation*  
Room TBC

**SUNDAY MORNING MEETING**

FINAL AL-ANON MEETING

10.30AM

**NEW BEGINNINGS**

**AA CLOSING CEREMONY 12 NOON**

**WE HOPE YOU ENJOYED THE WEEKEND**

**HAVE A SAFE JOURNEY AND REMEMBER .....**

*"WHEN ANYONE, ANYWHERE REACHES OUT FOR HELP,*

*LET THE HAND OF AL-ANON AND ALATEEN*

*ALWAYS BE THERE, AND ~ LET IT BEGIN WITH ME"*