

47th Annual Massachusetts Al-Anon/Alateen Convention with AA Participation

*Keep
Growing
Forward*



March 15th - 17th, 2024



**“It takes only one person to
start something, but many
others to carry it out.”**

Lois W.

BEST WESTERN ROYAL PLAZA HOTEL & TRADE CENTER

181 Boston Post Road West, Marlborough, MA 01752

(508) 460-0700

It is my pleasure to welcome you to the 47th Annual Al-Anon/Alateen Convention with AA participation!

Our theme this year is KEEP GROWING FORWARD. As I pondered this year's theme, I found it so very relatable to my journey in recovery. So many times, I have questioned whether I have progressed in my personal growth. So many times, I felt very successful in the committed changes I was making in my character. Other times I reverted back to my old, distorted thinking and felt like a newcomer again.

The most useful words that helped me maintain hope at every meeting were “you will find contentment and even happiness whether the alcoholic is drinking or not.” It is words like these, and other principles of this program, that inspire me to always do the next best thing and continue my spiritual journey. I will always find joy in my recovery if I commit to KEEP GROWING FORWARD!

In regards to the service aspect of this year's convention, I want to thank all our planning committee chairs and co-chairs. This planning committee went above and beyond to make this special weekend. There were some challenges, but “we talked to each other and reasoned things out”. We came up with great ideas when challenges occurred, and created great solutions to meet those challenges.

I was so blessed by the committee's abundance of knowledge, skill sets, commitment, and love. As you wander the halls of the hotel this weekend please look for the committee members wearing special buttons and show your gratitude.

As someone who derived an abundance of gratitude from serving on this year's committee I would encourage you to think about serving on the various sub-committees for the 2025 convention and KEEP GROWING FORWARD in your service work. As our declaration states, "Let it begin with me. When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me." If you are not sure about making such a commitment please stop a convention committee member and chat with them about their experience.

Don R., Leominster
2024 General Chairperson
47th Annual Massachusetts Al-Anon/Alateen Convention
with AA Participation

2024 CONVENTION COMMITTEE

General Chairperson Don R., Leominster
General Co-Chairperson Linda W., Waltham
Secretary Chair Alex D., Jamaica Plain
Secretary Co-Chair Aisling W., Needham
Treasury Chair Cindi B., Brookfield
Treasury Co-Chair Janet T., North Oxford
Hospitality Chair Maryellen D., East Bridgewater
Hospitality Co-Chair Chuck F., Dennis Port
Raffle Chair Tania T., Greenfield
Raffle Co-Chair Jo W., Ludlow
Literature Chair Ann R., Plympton
Literature Co-Chair Mary W., Hanson
Program Chair Skye J., Worcester
Publicity Chair Cosmo C., Wrentham
Publicity Co-Chair Pam C., Norwood
Registration Chair Dee B., Swampscott
Registration Co-Chair Amanda B., Medway
Alateen Committee AMIAS Terry C., Shrewsbury
AA Liaison David C., South Boston
AA Liaison Co-Chair Brian T., Jamaica Plain



Convention & Program Notes

- **Special information on Streaming Meetings in the Royal Ballroom**
 - All meetings in the Ballroom are live streamed.
 - Speakers have the choice of appearing to virtual attendees or a Convention Banner will display. Participants will not be shown.
- Program Subject to Change.
- Turn off or silence cell phones during all speaker and workshop meetings.
- Only service dogs are allowed in meeting rooms.
- Raffle tickets are cash only.
- Literature is cash or check.
- Recorded (audio) meetings will be available for purchase outside Royal Ballroom.
- Live transcription and ASL services are available for the hearing impaired.
- Alateen meetings, in the Princess Room are open to **teens only**.
- AA meetings are in the Seminar Room, across from the Royal Ballroom.
- The Meditation room is in the Wayland Room and open during all convention hours.
- Hospitality is in the Duchess Room, just off the Registration area and will be open during all convention hours. The Hospitality committee has created fun and uplifting activities, such as a God Box and Love Gifts for our Delegates on Saturday from 9am--2pm. There are always snacks, a Message Board and treasured fellowship available.

For assistance please ask any committee member who are wearing special buttons.

Friday

5:00 pm - 6:00pm

Let It Begin With Me	Royal Ballroom
Why I Keep Coming Back	Marlborough Room
The Hand Of Al-Anon: Reaching Out For Help	Southborough Room
Self-Love: Making Myself A Priority	Westborough Room
The Tools of The Program	Sudbury Room
Taking Care of Ourselves	Boxborough Room
Faith Versus Fear	Northborough Room
Attitude of Gratitude	Seminar Room (AA)
Reserved room for Alateens	Princess Room (Alateen)

6:15pm - 7:15pm

Together We Can Make It	Royal Ballroom
Welcome Newcomer!	Marlborough Room
Listen & Learn	Southborough Room
Blossoming in Al-Anon	Westborough Room
HOPE (Happy Our Program Exists)	Sudbury Room
Building a Support System	Boxborough Room
Detachment	Northborough Room
Changing Old Habits	Seminar Room (AA)
Meet & Greet	Princess Room (Alateen)

7:30pm - 8:45pm

Opening Meeting	
Al-Anon, AA, Alateen, Adult Child Speaker Meeting	
AA Speaker - Marc A.	Royal Ballroom
Adult Child / Alateen Speaker - TBD	
Al-Anon Speaker - TBD	

Friday Continued

9:00pm - 10:00 pm

Let Go and Let God	Royal Ballroom
The Hand Of Al-Anon: Reaching Out For Help	Marlborough Room
Which Tools Of The Program Work Best For Me	Southborough Room
Growth Opportunities	Westborough Room
Forgiveness	Sudbury Room
Faith Versus Fear	Boxborough Room
Compassion	Northborough Room
Embracing Change	Seminar Room (AA)
Reserved room for Alateens	Princess Room (Alateen)

Saturday

7:30am - 8:15am

Daily Reader	Royal Ballroom
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8:30am - 9:30am

My Favorite Conference Approved Literature	Royal Ballroom
Spiritual Walk/Affirmation Circle	Marlborough Room
Trust	Southborough Room
Who Have I Become In Recovery?	Westborough Room
Welcome Newcomer!	Sudbury Room
Prayer and Meditation	Boxborough Room
The 3 Legacies Marathon Meeting 1	Northborough Room
Expect Miracles	Seminar Room (AA)
Alateen	Princess Room (Alateen)

Saturday Continued

9:45am - 10:45am

Panel Meeting (Area Chairs - Love in Service)	Royal Ballroom
Why I Keep Coming Back	Marlborough Room
THINK: is it... Thoughtful Honest Intelligent Necessary Kind.	Southborough Room
Participation	Westborough Room
Self-Care	Sudbury Room
Progress Not Perfection	Boxborough Room
The 3 Legacies Marathon Meeting 2	Northborough Room
Stick with the Winners	Seminar Room (AA)
Alateen Room	Princess Room (Alateen)

11:00am - 12:30pm LUNCH

12:30pm - 1:30pm

Panel Meeting: Sponsorship, Together We Grow	Royal Ballroom
Al-Anon Spoken Here: Shared Language for Shared Recovery	Marlborough Room
Al-Anon is for Adult Children of Alcoholics	Southborough Room
So You Love an Alcoholic	Westborough Room
Al-Anon is for Men	Sudbury Room
Diversity-Being Different And Unique In Al-Anon	Boxborough Room
The 3 Legacies Marathon Meeting 3	Northborough Room
Dual Members- Al-Anon & Alateens who are also AA Members	Seminar Room (AA)
What's in the Toolbox?	Princess Room (Alateen)
God Box Activity (Drop in, no set time)	Duchess Room (Hospitality)

Saturday Continued

1:45pm - 2:45pm

Alateen Speaker Meeting	Royal Ballroom
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Take What You Like & Leave The Rest	Marlborough Room
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Parenting in Recovery	Southborough Room
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Sex, Intimacy, and Relationships	Westborough Room
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Serenity Prayer	Sudbury Room
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Welcoming the Newcomer	Boxborough Room
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The 3 Legacies Marathon Meeting 4	Northborough Room
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	Seminar Room (AA)
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(Alateen Speaker Meeting in Ballroom)	Princess Room (Alateen)
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3:00pm - 4:00pm

AMIAS Workshop	Royal Ballroom
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Experience, Strength and Hope	Marlborough Room
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The Family Disease	Southborough Room
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Daily Practice & Habits in Recovery	Westborough Room
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Service	Sudbury Room
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Freedom	Boxborough Room
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The 3 Legacies Marathon Meeting 5	Northborough Room
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	Seminar Room (AA)
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Moving On! From Alateen to Alanon and AA	Princess Room (Alateen)
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Saturday Continued

4:15pm - 5:15pm

Closed For Banquet Prep	Royal Ballroom
Taking a Group Inventory	Marlborough Room
Healing From Grief And Loss	Southborough Room
Home, Sweet Home, Meeting	Westborough Room
Just for Today	Sudbury Room
Hope	Boxborough Room
The 3 Legacies Marathon Meeting 6	Northborough Room
	Seminar Room (AA)
Pizza Party	Princess Room (Alateen)

5:30pm - 9:00pm

Banquet & Keynote Speakers	
Al-Anon Speaker - Noah, New Hampshire	Royal Ballroom
AA Speaker - Sarah D., Georgia	

9:15pm - 12:00am

Dance Party!!	Royal Ballroom
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9:15pm - 10:15pm

Restored to Sanity	Marlborough Room
Gratitude	Southborough Room
Let it Go	Westborough Room
Easy Does It	Sudbury Room
Growing Forward	Boxborough Room
Traditions: Rules of the Game	Northborough Room
It Works! It Really Does!	Seminar Room (AA)
Closed	Princess Room (Alateen)

Sunday

7:30am - 8:15am

Daily Reader- Al-Anon & AA

Royal Ballroom

8:30am - 9:30am

Al-Anon For Women

Marlborough Room

Came To Believe

Southborough Room

Tools of the Program

Westborough Room

Boundaries

Sudbury Room

Keep Coming Back

Boxborough Room

One Day At A Time

Northborough Room

Step 12 Carry it Forward

Seminar Room (AA)

Alateen Spiritual Meeting- Hello HP!

Princess Room (Alateen)

9:45am - 11:15am

Spiritual Speaker Meeting

AA Speaker - Ken S.,

Al-Anon Speaker - TBA

Royal Ballroom

Adult Child / Alateen Speaker - TBA

Restaurants Near Best Western Royal Plaza Hotel and Trade Center
181 Boston Post Road (508) 460-0700

All Star Bar & Grill
181 Boston Post Rd W
Distance from Hotel: 0.2 miles

Atlantic Poke
237 Boston Post Rd W
Distance from Hotel: 0.2 miles

Ben & Jerry's
187 Boston Post Road West
Distance from Hotel: 0.2 miles

China Taste
197 Boston Post Rd W Ste A
Distance from Hotel: 0.2 miles

Evviva Trattoria - Marlborough
142 Apex Dr
Distance from Hotel: 0.3 miles

Friendly's
180 Boston Post Rd W
Distance from Hotel: 0.3 miles

Five Guys
197 Boston Post Road West
Distance from Hotel: 0.1 miles

Linguine's Italian Eatery
350 Boston Post Rd W
Distance from Hotel: 0.5 miles

McDonald's
155 Boston Post Rd W
Distance from Hotel: 0.2 miles

Mirchi Nation
197H Boston Post Rd W
Distance from Hotel: 0.1 miles

Panera Bread
197 Boston Post Road W
Distance from Hotel: 0.2 miles

Tao Ramen Sushi
197 Boston Post Rd W Ste
Distance from Hotel: 0.1 miles

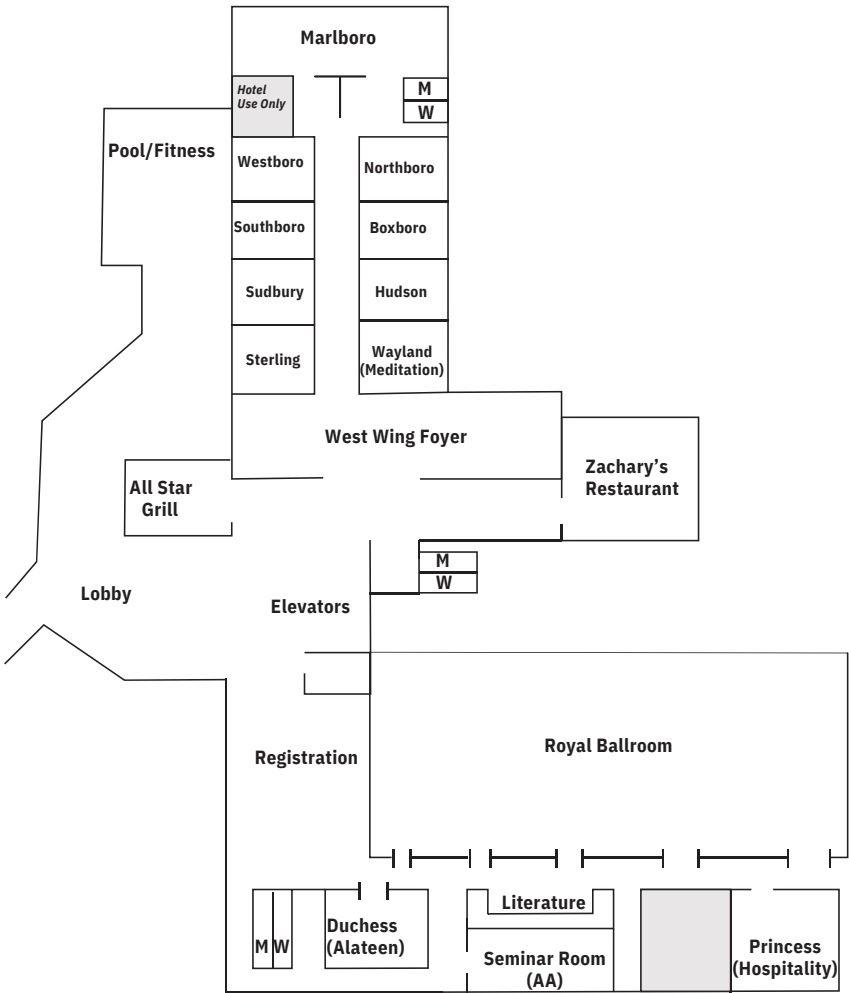
The Pit Stop Tavern
21 Apex Dr
Distance from Hotel: 0.4 miles

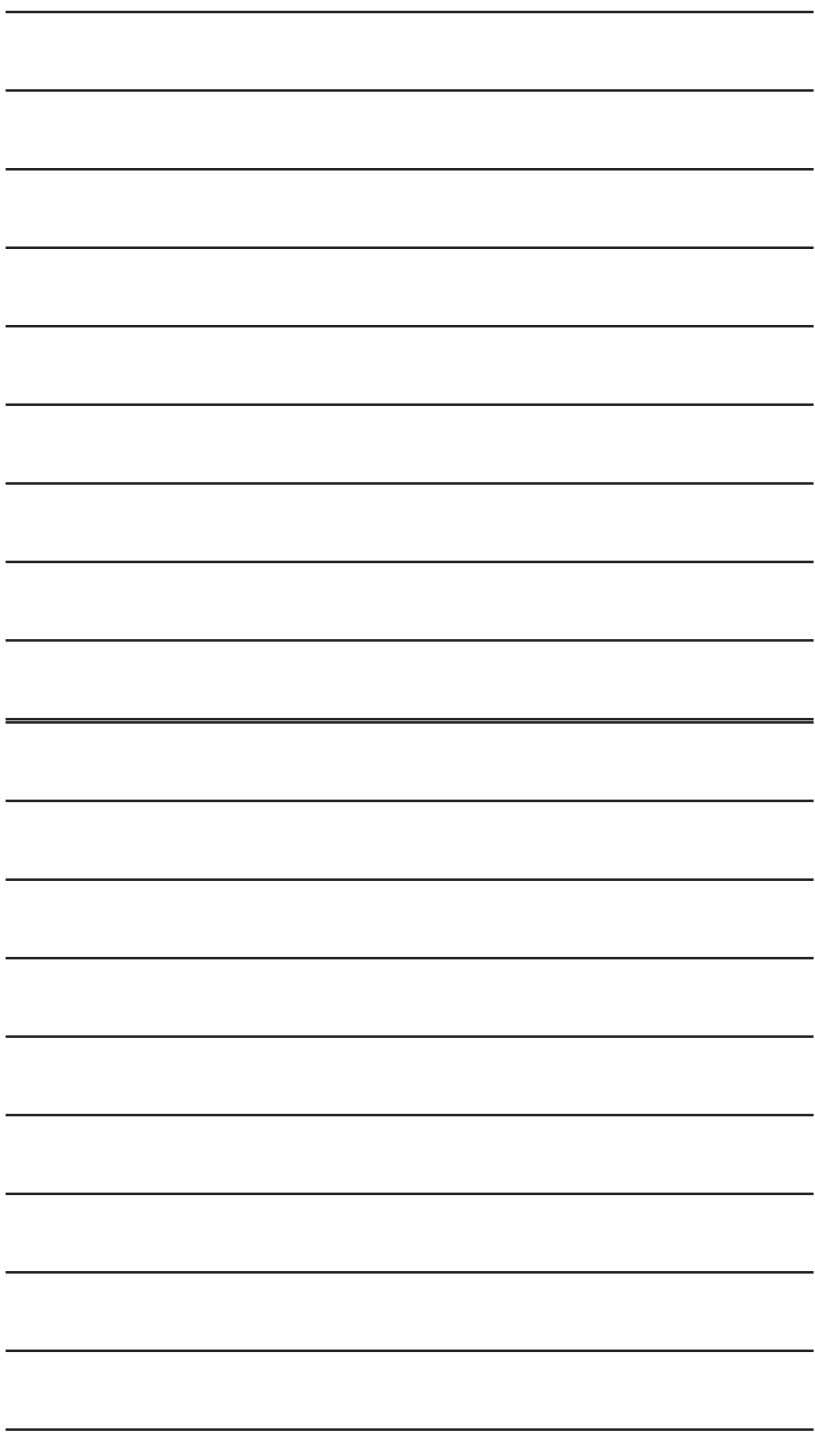
Wendy's
176 Boston Post Rd West
Distance from Hotel: 0.2 miles

99 Restaurants
32 Boston Post Rd W
Distance from Hotel: 0.5 miles

110 Grill
115 Apex Dr Ste A
Distance from Hotel: 0.3 miles

BEST WESTERN ROYAL PLAZA HOTEL, MARLBOROUGH, MA





A DROP OF FAITH

By Maryellen D. 2024

Feelings numb
Feelings are
Forbidden
We people please
Seeking peace
Acceptance

We all live in fear
We hide our fear inside
We build walls Our safety
But truth will abide

Refrain
We need a drop of faith
We need an ocean of hope
The steps they lead us on our way
Traditions Concepts..Unity....Serenity
We have choices
Voices to be heard
We are good enough
We need
CONFIDENCE!!!!



Scan here for an online
Feedback & Volunteer Form
for the 2025 Convention

Please return lanyards to Registration
Thank you!