

**49th Annual Massachusetts
Al-Anon / Alateen Convention
with AA Participation**



Growing
OUR RECOVERY



March 20-22, 2026

EMERALD RESORT

35 Scudder Avenue | Hyannis, MA 02601

P: 508-394-9300

info@theemeraldresort.com

Welcome to Our Al-Anon/Alateen Convention
with AA Participation: **Growing Our Recovery**

Dear Friends in Fellowship,

Welcome! We are so very glad you're here!

Whether this is your very first Al-Anon event or one of many you've attended over the years, you belong here. Each person who walks through these doors brings something special to our fellowship. Your presence matters. Your story matters. Just by showing up, you are participating and you matter. And together, we create a space where recovery can grow.

Our theme, "Growing Our Recovery," speaks to the beautiful, ongoing journey we share. Recovery isn't something we finish ~ it's something we nurture. Like a garden, it grows with care, patience, and connection. Some seasons feel full of blossoms; other seasons we are quietly building our roots. But when we stay connected, growth always comes ~ it is a journey ;-)

One of the most meaningful ways we grow is through service. Service isn't just a task ~ it's love in action. When we open the doors, greet newcomers, reach out and pick up that 100 pound phone, share our experience or simply show up, we strengthen not only the fellowship but our own recovery. Service shifts our focus outward, reminds us we are not alone, and connects us to something larger than ourselves.

It has been a privilege to serve as Chair this year and have the opportunity to spend time with the awesome 2026 Team. They have contributed so much to make this weekend happen with such love and care. Each person brought their best: Talents, dedication, love and patience.

When you see someone with a round name tag, the special committee member button, please take a moment to thank them.

This weekend is a gift. A gift of time, connection, learning, laughter and reflection. It is the committee's gift to you, and by participating, it is your gift to the fellowship and most importantly to yourself. May we embrace every opportunity to grow ~ in understanding, in compassion, in service, and in hope.

Thank you for being here. Thank you for showing up for your recovery. And thank you for helping all of us continue Growing Our Recovery.

In Grateful Service,

Skye J.,

Worcester, MA

2026 General Chair, 49th Massachusetts State

Al-Anon/Alateen Convention with AA Participation

2026 CONVENTION COMMITTEE

General Chairperson.....Skye J., Worcester
General Co-ChairpersonChuck F., Orleans
Secretary ChairLynn H., Randolph
Treasury Chair.....Jack D., Medford
Treasury Co-Chair..... Mary P., Berlin
Hospitality Chair.....Maryellen D., E. Bridgewater
Hospitality Co-ChairPam L., Hyannis
Literature ChairFrances M., Northborough
Literature Co-ChairMadonna B., W Roxbury
Program ChairKevin S., Hingham
Program Co-ChairDebbie C., Whitman
Program Co-ChairJanine M., Hingham
Publicity ChairChuck F., Orleans
Publicity Co-Chair.....Chris W., Marstons Mills
Registration ChairRobyn T., Lancaster
Registration Co-Chair..... Sandi G., Weymouth
Alateen AMIAS ChairColleen R., Hudson
AA Liaison Chair.....Sue D., Uxbridge
AA Liaison Co-ChairCheryl B. , Uxbridge
Raffle Chair..... Pam C., Norwood
Raffle Co-ChairBarbara M., Walpole



Convention & Program Notes

Special information on live streaming meetings in Grand Ballroom

- All meetings in the Ballroom are live streamed.
- Speakers have the choice of appearing to virtual attendees. If they choose not to appear, a convention banner will display.
- Participants will not be shown.
- Audio recordings of the Ballroom meetings are included in registration and will be sent via email after the convention. For an extra charge, you may purchase the recordings on a thumb drive from Fleetwood at the convention.
- Live transcription and ASL services are available for the hearing impaired in the Grand Ballroom.

General Information

- Please turn off or silence cell phones during all speaker and workshop meetings.
- No animals except service dogs are allowed in meeting rooms.
- Program is subject to change.
- Registration and Literature is credit card, cash or check.
- Raffle tickets are cash and credit card.

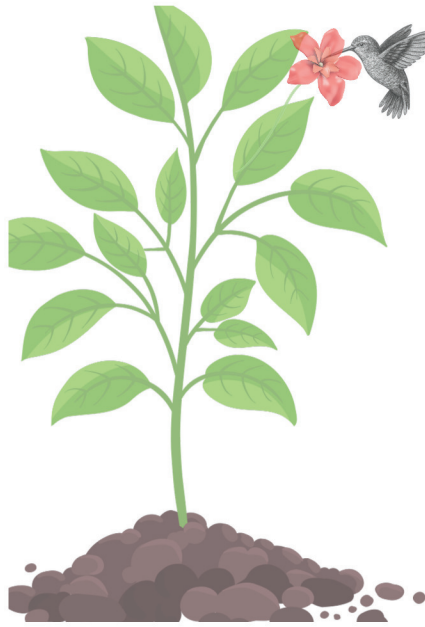


Continued: Convention & Program Notes

- **AA meetings are in BARNSTABLE I Room.**
- **Alateen meetings in BARNSTABLE II are open to teen attendees and AMIAS only.**
- **The Meditation room is in BARNSTABLE III and open during all convention hours.**
- **Hospitality is in BASS RIVER. It is upstairs and will be open during all convention hours.**
- The Hospitality committee has created fun and uplifting activities, such as making God boxes, puzzles, art projects. We invite you to make love gifts for our Delegate's trip to the World Service Conference. There are snacks, coffee nearby, a message board, and treasured fellowship available. Enjoy!
- **Raffle Information Below**
- Tickets will be sold Friday evening until 9:00 pm and on Saturday until 4:00 pm. Tickets for the baskets will be pulled by 4:30 pm. A winner's list will be posted publicly on the poster board afterwards.
- Participants must put their name and phone number on the raffle tickets. The winners will be determined as follows:
- Winners of the basket of Al-Anon literature and the complimentary 2027 convention weekend from the Convention Committee will be drawn during the banquet.
- Raffle baskets unclaimed Saturday night will be available through Sunday morning. Please have your ticket with you.
- Remaining baskets will be taken to the Area Office for pickup.

For assistance, please ask any committee member; they are wearing special buttons.

Friday	
5:00-6:00 PM	
Came for Their Drinking, Stayed for My Thinking	Grand Ballroom
Awareness, Acceptance, Action or Anxiety	Centerville
FAITH - Forward All Issues to HP	Orleans
Planting the seed (AA)	Barnstable I
Living with Sobriety (Literature)	Barnstable II
6:15-7:15 PM	
The Rewards of Being a Trusted Servant	Grand Ballroom
PAUSE - Perhaps an Unexpected Solution Exists	Orleans
My Exit Strategy: Be Brief, Be Kind, Be Gone	Centerville
Tools for the garden (AA)	Barnstable I
Making Crises Work for You (Literature)	Barnstable II
7:30-8:30 PM	
Opening Meeting - Adult Child, Al-Anon, AA Speaker	Grand Ballroom
9:00-10:00 PM	
Mothering, Managing, Manipulating Martyrdom	Centerville
Spiritual Walk (Limit to 50)	Hyannisport East
Just for Today and Just for Tonight (Bookmarks)	Barnstable I
Reserved for Alateen	Barnstable II



"Each day is a new opportunity to grow."

– Courage to Change, Al-Anon

Hospitality Room is in Bass River
AA Workshops are in Barnstable I
Alateen Workshops are in Barnstable II
Meditation Room is in Barnstable III

Saturday	
7:00-7:45 AM	
Daily Reader	Grand Ballroom
Meditative Movement (Activity)	Hyannisport East

8:00-9:00 AM

Challenges and Rewards of Virtual Meetings	Grand Ballroom
Expectations - How Important is It?	Centerville
Taking Your MEDS: Meditation, Exercise, Diet, Self-Care	Orleans
Making a Recovery Collage (Activity)	Osterville
Spiritual Growth: From Survival to Recovery (Literature)	Cape Cod
Steps 1-3: Honesty, Hope, Faith	Hyannisport West
Daily Reflections (AA)	Barnstable I
Reserved (Alateen)	Barnstable II

9:15 - 10:15 AM

Growing our New England Al-Anon Community	Grand Ballroom
Make a Choice, Take a Chance or Nothing Ever Changes	Centerville
Loving Others Without Losing Ourselves	Orleans
Journaling and Writing to a Higher Power (Activity)	Osterville
Intimacy in Alcoholic Relationships (Literature)	Cape Cod
Steps 4-5: Courage and Integrity	Hyannisport West
HALT (Hungry, Angry, Lonely or Tired) (AA)	Barnstable I

10:30-11:30 AM	
Panel: Adult Child, Al-Anon, AA	Grand Ballroom
FROG: Forever Remembering Our Gratitude	Centerville
Grandparents/Parents - My Part/ My Boundaries	Orleans
Contributing to New Literature - Your Financial Story (Activity)	Osterville
LGBT+: Being Part of Al-Anon and Alateen	Cape Cod
Steps 6-7: Willingness and Humility	Hyannisport West
No Workshop (AA)	Barnstable I
Reserved (Alateen)	Barnstable II
LUNCH 11:30-1:00 PM	
1:00-2:00 PM	
Mental Illness, Alcoholism and Recovery	Grand Ballroom
Suffering from Chaos	Centerville
Anger and Regret: Change my Attitude, Change my Life	Orleans
Spiritual Walk (Limit 50)	Hyannisport East
AMIAS Certification Training Workshop	Cape Cod
Steps 8-9: Compassion and Justice	Hyannisport West
Live Laugh Love (AA)	Barnstable I
Reserved (Alateen)	Barnstable II

2:15 - 3:15 PM	
Panel: Adult Child, Al-Anon, AA	Grand Ballroom
Loss, Grief and Healing within our Alcoholic Relationships (Literature)	Centerville
We will Laugh More	Orleans
Effective Leadership, Delegating Authority (Concept Number 2)	Hyannisport East
Give Them to God, Get on with Your Life	Cape Cod
Steps 10-12: Perseverance, Spiritual Awareness, Service	Hyannisport West
No Workshop (AA)	Barnstable I
Reserved (Alateen)	Barnstable II
3:30-4:30 PM	
(Prep for Banquet)	Grand Ballroom
Growing up with Alcoholism: What it Took; What it Gave	Centerville
Lois's Three Levels of Prayer: Give Me, Help Me, Use Me	Orleans
Solving Conflict Using the Program (Literature)	Osterville
Men in Al-Anon - Growing our Community	Cape Cod
Transformations: Who I Was, Who I Am	Hyannisport West
Knowing our Emotions/ Being Slaves to Them	Hyannisport East
Pulling out the weeds (AA)	Barnstable I
Reserved (Alateen)	Barnstable II

5:00-6:30 PM	
Pizza Party (Alateen)	Barnstable II
5:30-8:00 PM	
Banquet & Keynote Speakers	Grand Ballroom
Al-Anon Speaker - Kate I., Vermont	
AA Speaker - Eduardo M., Massachusetts	
9:00-10:00 PM	
Spiritual Walk (limit 50)	Hyannisport East
Be GLAD: Grateful For, Learned about, Accomplished, Delighted in	Cape Cod
My Favorite Slogan	Hyannisport West
No workshop (AA)	Barnstable I
Pizza Party until 6:30 (Alateen)	Barnstable II
8:30-11:00 PM	
Dance	Grand Ballroom

Sunday	
7:30-8:15 AM	
Daily Reader	Grand Ballroom
8:30-9:30 AM	
Convention Reflections and Gratitude	Grand Ballroom
My GPS: God Powered Serenity	Orleans
Perfection and Paralysis vs Progress and Potential	Centerville
Daily Reflections (AA)	Barnstable I
Taking Care with Caretaking	Barnstable II
9:45-11:15 AM	
Spiritual Speakers (AA, Al-Anon, Adult Child)	Grand Ballroom

Literature Below Corresponds to Workshops and Daily Reader
It is Available for Purchase at Literature Table

Books:

- Living with Sobriety (P-49);
- Courage to Change (B-17);
- One Day at a Time in Al-Anon (B-6);
- A Little Time for Myself (B-34);
- Hope for Today (B-27);
- From Survival to Recovery (B-21);
- Intimacy in Alcoholic Relationships (B-33)
- Opening our Hearts; Transforming our Losses (B-29)
- Making Crises Work for You (B-15)
- Paths to Recovery (B-24)
- Reaching for Personal Freedom (B-92)
- The Dilemma of the Alcoholic Marriage (B-4)

Booklets, Cards and Kits:

- Talk to Each Other; Resolving Conflict Within Al-Anon (S-73)
- Using Al-Anon Principles to Resolve Conflict (K-70)
- Conflict Resolution Using our Twelve Traditions (S-72)

Pamphlets:

- Hope and Understanding for Parents and Grandparents (P-94)
- Al-Anon is for Men (P-1)
- How Can I Help My Children (P-9)
- To Parents and Grandparents of Alcoholics (P-16)
- Youth and the Alcoholic Parent (P-21)
- Information for the Newcomer (S-4)
- Twelve Steps and Traditions (P-17)

Bookmarks:

- Just for Today (M-12);
- Just for Tonight (M-81)

Wallet Card:

- Loving Interchange to Resolve Conflict (S-71)

Restaurants Near EMERALD RESORT
35 Scudder Avenue | Hyannis, MA 02601
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Spanky's Clam Shack
138 Ocean St
1.25 miles

Anejo Mexican Bistro
599 Main St
0.5 miles

Shake Shack
790 Iyannough Rd
Hyannis, MA
2.3 miles

Embargo
453 Main St
0.9 miles

Not Your Average Joe's
293 Iyannough Rd
Hyannis, Ma
2.3 miles

Sea Street Café
50 Sea St
0.4 miles

Black Cat Tavern
165 Ocean St
1.2 miles

Tap City Grille
586 Main St
0.5 miles

The Break Restaurant
235 Ocean St
1.3 miles

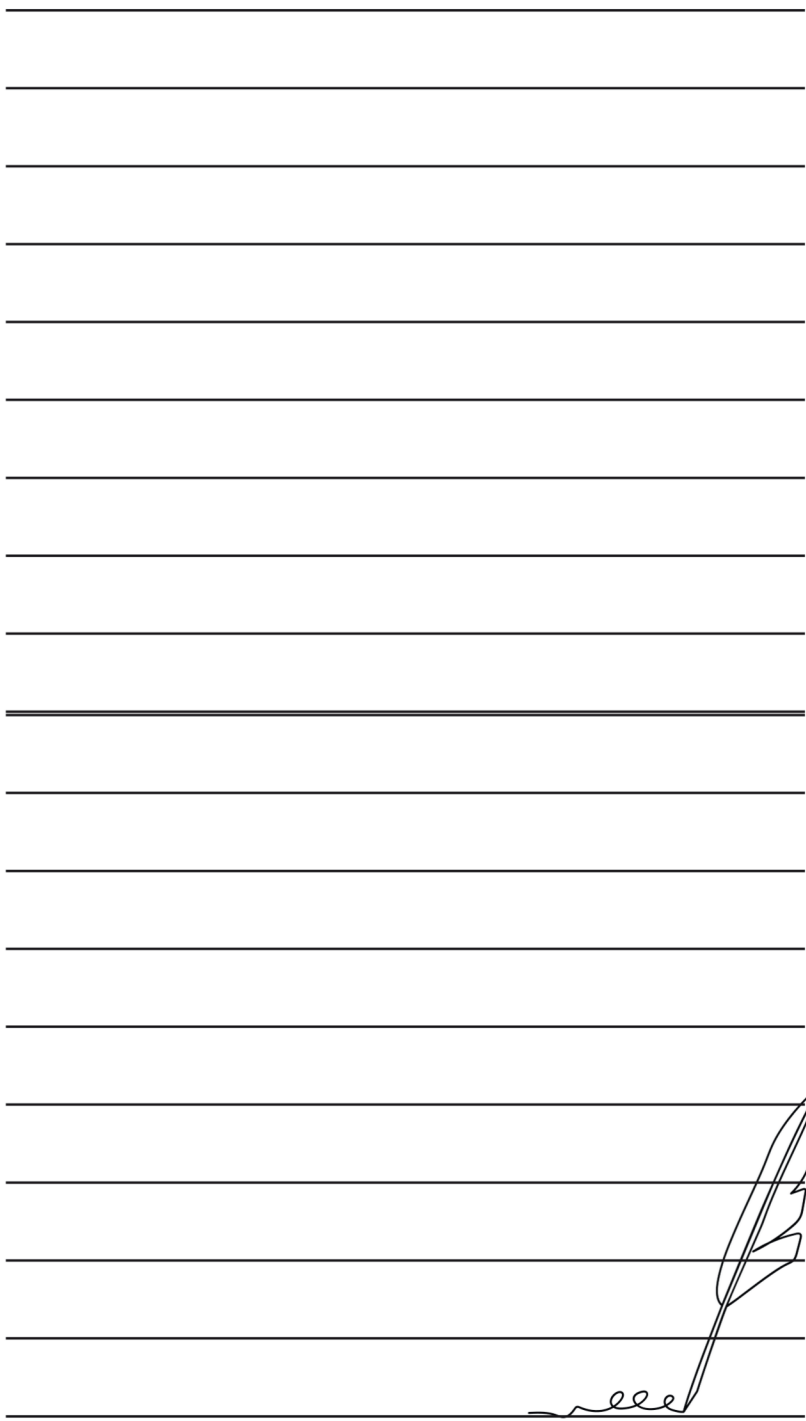
The Roadhouse Café
488 South St
0.4 miles

Portside Tavern
72 North St
0.9 miles

Katie's Homemade Ice Cream
568 Main St
0.7 miles

Alberto's Ristorante
360 Main St
0.9 miles

El Mariachi Loco
569 Main St
0.8 miles

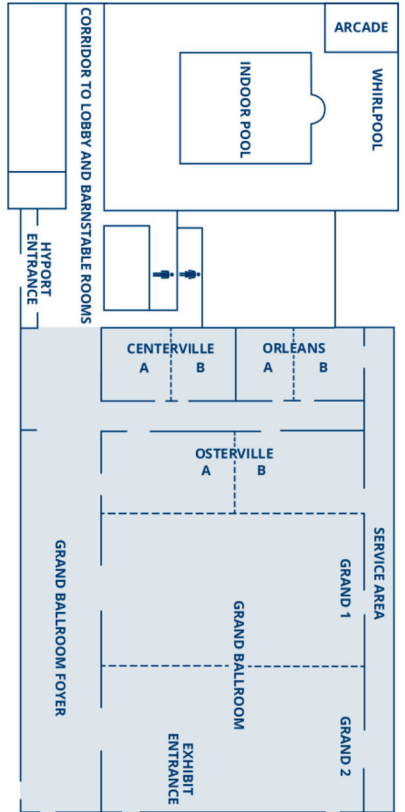


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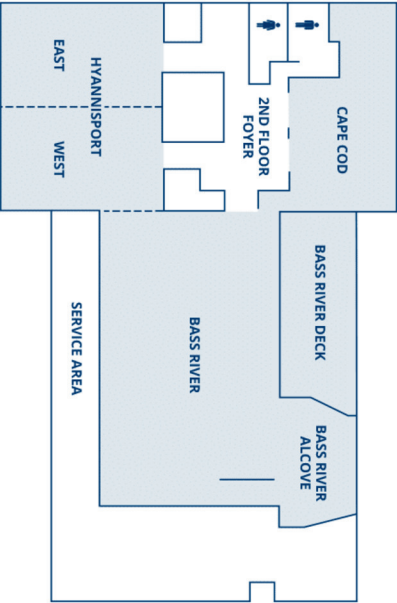
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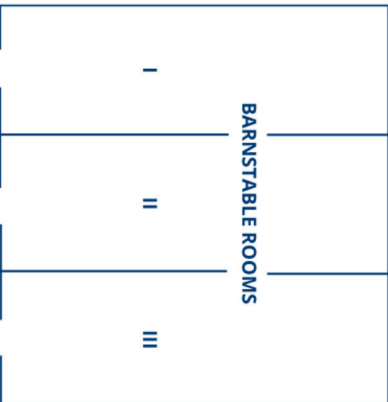
info@theemeraldresort.com



Conference Center



Second Floor above Hotel Lobby



Breakout Rooms



Scan here for an online
**Feedback & Volunteer
Form**
for the 2027 Convention

**Please return lanyards to
Registration.
Thank you!**

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— Courage to Change, Al-Anon