

# Stepping Up & Stepping Out

Living and Loving Our Al-Anon Program



Register at [wvafg.org](http://wvafg.org)

Draft Agenda – We’re working to create an uplifting and inspiring event. We hope you agree.

## FRIDAY – JULY 21

Holiday Inn, Pineview Drive, Morgantown

3:00 – 5:00 PM	Hospitality Rm 215 – serving light snacks & drinks
4:30	Registration Opens & Basket Drop-Off – Montani Semper Ballroom
5:00	Fellowship in Montani Semper Ballroom
5:20	Welcome & Opening
5:30	Activities & Fellowship: Crafting ½ Group / Game ½ Group
6:00	Activities: GROUP SWITCH!
6:30	Break
6:45	Skit #1 – Stepping On Up with Al-Anon Song
7:00	Speaker: Bill R - Finding Joy After Great Loss
7:30	Table Talk – each table shares what they just heard from the speaker and what resonated most
7:45	Stepping Up Mini-Workshop – Laura L & Mike M / (Steps 4 & 9)
8:30	Al-Anon Closing
8:30 – 9:30	Hospitality Rm 215 – serving light snacks & drinks

## SATURDAY – JULY 22

7:00 – 8:15 AM	Hospitality Rm 215 – serving light breakfast snacks & drinks
8:00	Registration Opens – Montani Semper Ballroom
8:30	Welcome – Montani Semper Ballroom
8:35	Coffee & Autographs – This event is like a yearbook signing. Attendees will bring their personal Al-Anon books and others can sign them next to their favorite passage. Or add a personal note.
9:00 AM	Stepping Up Panel Discussion on Service: “How I Became a Sponsor, Lessons Learned, Benefits.” Panelists: Marilyn, Marsha, and Clair. Q&A starts at 9:30. Plus, individual table discussion on what benefits people have when working the steps with a sponsor.

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10:00 AM	Break
10:20 AM	Years in Al-Anon Recognition
10:30 AM	Dave R – AA Speaker
11:30 AM	Table Talk - each table shares what they just heard from the speaker and what resonated most
11:45 AM	Skit #2 – Stepping Up and Stepping Out Skit
Noon	Box Lunch & Fellowship Continue signing books
1:15 PM	Skit #3 – Public Service
1:30	Wanda R Al-Anon Speaker
2:30	Table Talk - each table shares what they just heard from the speaker and what resonated most
2:45	Break
3:00	Al-Anon Bingo
3:30	Basket Raffle
4:30	Candlelight Vigil
4:45	Al-Anon Closing
5:00	Stepping Out - Group Dinners On-Your-Own (for those who don't have a long drive home) / Self-Organized