

48th Annual District 5 Al-Anon Alateen Winter Roundup Schedule, February 21, 2026

8:00 - 8:30	Registration and Fellowship - Banquet Room 1st Floor								
8:30 - 9:00	Welcome, Announcements, Opening, Steps, Traditions - Banquet Room 1st Floor *								
Room Numbers	Banquet Room (1st Floor)	Room 114 - Hybrid In-Person & Zoom *	Room 125-132 (1st Floor)	Room 239 - 241 (2nd Floor)	Room 234 - 235 (2nd Floor)	Room 203 (2nd Floor)	Room 204 (2nd Floor)	Room 209 (2nd Floor)	
9:00 - 9:50	Facing Our Anger/Fear. Do We Let Them Control Us? King C.	Choices * Brian H.	The 3 A's - Awareness, Acceptance & Action Jim H.	Forgiving Myself - Steps 6, 7, 8 & 9 Gay F.	How Does Rationalization & Justification Harm Me? Bud L.	Finding Joy Michele B.	Thriving Spiritually Shannon K.	Alateen Meeting Closed	
9:50 - 10:00	10 Minute Break								
10:00 - 10:50	How to Detach with Love Roxanna D.	Detachment * Katherine C.	The 3 B's - Be Quick, Be Kind, Be Gone Jena L.	How Can Sponsorship Help Me In My Relationships? Jim E.	We Must Know Ourselves Before We Can Change Ourselves Becca H.	Meditation & Step 11 Don L.	How Does Pride Harm My Relationships? Delaine L.	Alateen Meeting Open	
10:50 - 11:00	10 Minute Break								
11:00 - 11:15	Alateen Speaker - Sammy - In Banquet Room (1st Floor) *								
11:15 - 11:30	***** "Amazing Al-Anon Literature Review" in the Banquet Room * *****								
11:30 - 12:45	Lunch - Bring Your Own Lunch and eat in the Banquet Room or go to nearby restaurant								
1:00 - 1:50	How Does Gratitude Affect My Relationships? Laura W.	Boundaries * Ted Matthews	The 4 M's - Mothering, Martyrdom, Manipulating, Managing Anne E.	From Pain to Sanity - Stepping Our Way Towards Balance Thru Recovery Leslie W & Anne S.	My Powerlessness & Steps 1, 2 & 3 Andrew M.	How Forgiveness Benefits Me Clarrice K.	How Service Work Helps In My Relationships Molly M.	Alateen Meeting Closed	
1:50 - 2:00	10 Minute Break								
2:00 - 3:00	Al-Anon Speaker - Robin M. In Banquet Room (1st Floor) *								
3:00 - 3:45	Silent Auction and Raffle Winners Announced								
3:45 - 4:00	Clean Up - All Rooms								

* In-Person and Zoom Events

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