



## District 5 AFG --- 2026 Winter Roundup

### “Healing Within Our Alcoholic Relationships”

**Moving from Pain to Healing – How the tools of the program help me find serenity. When we react to alcoholic behavior, we lose serenity so quickly. Join us and share your experience, strength and hope to restore and maintain Serenity.**

**February 21, 2026, 8:00 am to 4:00 pm**

**St. Matthew Catholic Church**

**8015 Ballantyne Commons Parkway, Charlotte, NC**

**Registration: \$10.00. Cash, Checks, Venmo, Zelle and “Tap” Credit Card also welcomed.**

**Pre-Register by credit card online at [www.charlottealanon.org](http://www.charlottealanon.org)**

**Free for Alateens and Zoom attendees.**

**Coordinator – Theresa Pasek @ 704-516-9027 or [tpasek@gmail.com](mailto:tpasek@gmail.com)**

#### **Schedule:**

8:00 – 8:30	Registration
8:30 – 9:00	Welcome, Announcements, Opening *
9:00 – 9:50	1 <sup>st</sup> Breakout Meeting Session
10:00 – 10:50	2 <sup>nd</sup> Breakout Meeting Session
11:00 – 11:15	Alateen Speaker, Sammy – in Banquet Room *
11:15 – 11:30	Literature Presentation – “Amazing Al-Anon Literature Review” – in Banquet Room *
11:30 – 12:45	Lunch - BYOL and eat in the Banquet Room or go to nearby restaurants.
1:00 – 1:50	3 <sup>rd</sup> Breakout Meeting Session
1:50 – 2:00	Silent Auction bids and Raffle ticket sales end.
2:00 – 3:00	Al-Anon Speaker – Robin M. *
3:30 – 3:45	Silent Auction & Raffle Winners Announced
3:45 – 4:00	Clean Up All Rooms – We welcome your help.

#### **In-Person Breakout Session Topics:**

Facing Our Anger/Fear – Do We Let Them Control Us?	The 3 A's Awareness, Acceptance & Action,
Thriving Spiritually	The 3 B's Be Quick, Be Kind, Be Gone
My Powerlessness & Steps 1,2,3	The 4 M's Mothering, Martyrdom, Manipulating, Managing
How Can Service Work Help Me In My Relationships?	Meditation & Step 11
We Must Know Ourselves Before We Can Change Ourselves	How Forgiveness Benefits Me
How To Detach With Love	How Does Pride Harm My Relationships?
From Pain to Sanity, Stepping Our Way Towards Balance Thru Recovery In Al-Anon	

#### **Alateen's Closed Session 1 & 3, Open Session 2**

#### **Hybrid In-Person & Zoom Meetings \***

Detachment  
Boundaries

#### **\* Events also accessible on Zoom:**

<https://zoom.us/j/97233085713?pwd=T74FUaZbAQaFQJmmYzj0wSXS0eWlsc.1>

Meeting ID: 972 3308 5713 Passcode: 831628 Dial by Phone: 646 558 8656

**Literature Table** – The District 5 Bookstore will be present and ready for business. You can pre-order literature and pickup at the Winter Roundup. You can also buy on-site. See the pre-order form available in this email or online.

**Donate Baskets and Raffle Items** - Every group in District 5 is asked to donate a basket to be included in the Silent Auction. It would also be great for any group or individual who can donate an item of value for the Raffle, such as gift cards, craft items, free service from a business, old Al-Anon books out of print, etc. Contact Whitnie C. @ 614-499-6067 for Silent Auction and June L. @ 617-901-3426 for Raffle.

**Food and Drinks** - Coffee, tea, and water are provided by District 5. We ask all who would like to please bring a snack to share with others – purchased or homemade, either are fine. For lunch, bring a bag lunch for yourself or sample one of the many restaurants nearby.