

FRIDAY	Regency E	Regency A,B,C	Polo D	Polo F	Sanibel
5-5:45 PM	Log Cabin Fever - <i>Breaking a Pattern of Isolation</i>	Pony Up! - <i>Making Amends Using My Daily Inventory</i>	Keep Those Doggies Rollin' - <i>Sponsorship</i>	Log Cabin Fever - <i>Service: When We Got Busy We Got Better</i>	Just For Today - <i>First Things First</i>
6-6:45 PM	The Fork In The Road <i>-Guidance</i>	Stay Off The Party Line <i>-Gossip</i>	Cracking The Whip - <i>First Things First</i>	Using Your Compass <i>-The Three A's</i>	Keep The Pot A-Boiling - <i>Commitment</i>
7-7:45 PM			Blazing A Trail So Others May Follow - <i>Step 12</i>	Good Night John Boy <i>-Freedom</i>	Goldmine - <i>Of Literature</i>
8-10 PM (Approx.)	OPENING CEREMONY/AL-ANON AND ALATEEN SPEAKERS – Regency D				
SATURDAY					
8-8:45 AM	Unpacking My Trunk - <i>Shame</i>	Pony Express - <i>Communication</i>	Putting Lipstick On A Pig - <i>Unacceptable Behavior</i>	Sowing Your Seed - <i>Keep An Open Mind</i>	Greenhorn - <i>Newcomers</i>
9-9:45 AM	Patch Your Quilt - <i>Forgiveness</i>	Riding The Rapids - <i>Frustration</i>	Forging Bravely Ahead - <i>Where Do I Find Courage?</i>	Sunrise To Sunset - <i>Just For Today</i>	Around The Campfire <i>-Sharing Our Strength And Hope</i>
10-10:45 AM	Covered Bridge Over Troubled Waters - <i>How To Regain Serenity</i>	Saddle Up! - <i>Owning My Part</i>	Jump On The Alanon Express - <i>Changing The Things I Can</i>	Stampede - <i>Anger</i>	Taking A Hay Ride - <i>Easy Does It</i>
11-11:45 AM	Buggy Ride - <i>Intimacy</i>	Release The Reins - <i>Control</i>	Home On The Range - <i>Belonging</i>	Through The River Or Over The Rocks? - <i>Making Decisions</i>	Around The Campfire <i>-Finding Common Ground With Fellow Members</i>

12-12:45 PM	Cutting The Apron Strings - <i>Detachment</i>	Wagon Wheel Of Fortune - <i>Gifts Of The Program</i>	Yippee Ki Yay! - <i>Having Had A Spiritual Awakening</i>	Mining For Gold - <i>Self Love</i>	Watch Out For The Quicksand - <i>How Important Is It?</i>
2-3:30 PM	GENERAL SESSION: AA SPEAKER/RAFFLE – REGENCY D				
4-4:45 PM			Mending Fences - <i>Making Amends</i>	Out Of The Woods - <i>Using Faith To Find My Way</i>	Circle Your Wagons - <i>Boundaries</i>
5-5:45 PM			What's In Your Wagon? - <i>Fourth Step Inventory</i>	Sock It To Me! - <i>Surrender</i>	Blue Skies Ahead - <i>Let Go, Let God</i>
6-7:30 PM	BANQUET – REGENCY D				
8-10 PM (Approx.)	GENERAL SESSION: AL-ANON SPEAKER/RAFFLE – REGENCY D				
SUNDAY					
8-8:45 AM			Planting A Seed - <i>Patience</i>	Snake Oil - <i>The Three C's</i>	Plowing Through - <i>Working The Steps Of The Program</i>
9-9:30 AM	GENERAL SESSION: CAME TO BELIEVE – REGENCY D				
10 AM-Noon (Approx)	TURNOVER TO 2023 CONVENTION/CLOSING				