

2012 Jal-Con Meeting Schedule

Friday- August 10, 2012

Time/Group	Activity	Room
6:00 pm - 8:00 pm	JAL-CON Welcome & Registration	Lobby/Foyer
7:00 pm - 8:30 pm	“Meet & Greet”	Labs 3 & 4
8:30 pm - 9:00 pm	Welcome/Opening	Labs 3 & 4
9:00 pm - 9:40 pm	Keynote Speaker --	Labs 3 & 4
10:00 pm - 11:15 pm	Candlelight Meeting “Share the Joy”	Labs 3 & 4
11:30 pm - 12:30 am	Night Owl Meetings	
Al-Anon	Fear of Intimacy	Lab 3
AA	Open Topic	Bell
12:30 am - 1:30 am	Rooms Available to Rap	
Al-Anon	Open Discussion	Lab 3
AA	Open Discussion	Bell

Saturday- August 11, 2012

Time/Group	Activity	Room
8:00 am - 4:00 pm	Welcome/Registration	Lobby / Foyer
7:30 am - 8:30 am	Daily Reading Meetings	Room
Al-Anon	ODAT/CTC/HFT	Lab 3 & 4
Alateen	No Meeting	Armstrong
AA	Daily Reflections	Bell
8:45 am - 9:45 am	Topic Meetings	Room
Al-Anon	Miracles	Sprague
Al-Anon	Betrayal	Tesla
Al-Anon	Steps 11& 12	Edison
Al-Anon	Isolation	Lab 1
Al-Anon	Accepting Where I Am	Lab 2
Al-Anon	Traditions & Concepts	Lab 3 & 4
Alateen	No Meeting	Armstrong
AA	Steps 1 & 2	Bell
10:00 am - 11:00 am	Topic Meetings	Room
Al-Anon	Spanish Speaking Meeting	Sprague
Al-Anon	Anger	Tesla
Al-Anon	Gratitude	Edison
Al-Anon	Asking for Help	Lab 1
Al-Anon	Serenity	Lab 2
Al-Anon	Living with the Disease & Serenity	Lab 3 & 4

Alateen Tools of the Program (closed) Armstrong

AA Steps 3 & 4 Bell

11:15 am - 12:15 pm Topic Meetings

Room

Al-Anon Self Sabotage Sprague
Al-Anon Manipulation Tesla
Al-Anon Powerlessness Edison
Al-Anon Abandonment Lab 1
Al-Anon Boundaries Lab 2
Al-Anon Sex Lab 3 & 4

Alateen Self Worth (Closed) Armstrong

AA Steps 5 & 6 Bell

1:00-2:30 pm Adult Children Panel
Panelists: TBA

Room
Lab 3 & 4

12:30-1:30pm Topic Meetings

Room

Al-Anon Steps 1, 2 & 3 Sprague
Al-Anon Humor Tesla
Al-Anon Forgiveness Edison
Al-Anon Divorce & Breakups Lab 1
Al-Anon Action v. Reaction Lab 2

Alateen How Alateen Meetings Work (open) Armstrong

AA Open Topic Bell

1:45-2:45pm Topic Meetings

Room

Al-Anon LGBTI in Al-Anon Sprague
Al-Anon Responsibility Tesla
Al-Anon Healing Relationships Edison
Al-Anon Step 4 / Fearless Inventory Lab 1
Al-Anon Acceptance Lab 2

Alateen You are not Alone - Anger (Closed) Armstrong

AA Steps 7 & 8 Bell

2:45-4:00 pm Men in Al-Anon Panel
Panelists: TBA

Room
Lab 3 & 4

3:00-4:00 pm Topic Meetings

Room

Al-Anon Communication Sprague
Al-Anon Attitudes Tesla
Al-Anon Alcohol is a Family Disease Edison
Al-Anon Steps 5, 6 & 7 Lab 1
Al-Anon Sponsorship Lab 2

Alateen Feelings & What to do with them
(Closed) Armstrong

AA Steps 9 & 10 Bell

4:00 pm - 6:30 pm	No Labs available Banquet Preparation	
4:15 pm - 5:15 pm	Topic Meetings	Room
Al-Anon	F.E.A.R.	Sprague
Al-Anon	Self-Care / HALT	Tesla
Al-Anon	Accepting Change	Edison
Alateen	Using the Steps in Life (Closed)	Armstrong
AA	Steps 11 & 12	Bell
5:30 pm - 6:30 pm	Topic Meetings	Room
Al-Anon	Steps 8, 9 & 10	Sprague
Al-Anon	Detachment	Tesla
Al-Anon	Growth	Edison
Alateen	No Meeting - get ready, dinner!	Armstrong
AA	Open Discussion	Bell
6:30 pm - 8:30 pm	Banquet & Introductions	Ballroom
8:00 pm- 8:30 pm	Open seating to hear speakers for those not attending banquet	Lab 1
8:30 pm - 10:00 pm	Speakers Alateen—Carly C. Shrewsbury, NJ AA—Elaine McA., Runnemedede, NJ	
10:00 pm - 10:30 am	RAFFLE DRAWING!	Ballroom
10:30 pm - 1:00 am	Dance	Ballroom
10:30 pm - 11:30 pm	Topic Meetings	
Al-Anon	Asking for Help	Sprague
Al-Anon	Choices	Tesla
Al-Anon	Joy of the Journey	Edison
Alateen	No Meeting - Enjoy the Dance!	Armstrong
AA	Open Topic	Bell
11:45 pm - 12:45 am	Topic Meetings	
Al-Anon	Open Discussion	Sprague
Al-Anon	Beginners & Insomnia	Edison
Alateen	No Meeting - Enjoy the Dance!	Armstrong
AA	Open Topic	Bell
12:30 am - 1:30 am	Rooms Available to Rap	
Al-Anon	Open Discussion	Sprague
AA	Open Discussion	Bell
Hospitality Room Closes at 2:00 am		Imagination

Sunday, August 12, 2012

Time/Group	Activity	Room
8:00 am - Noon	Hospitality Suite/Sit 'n Chat	Imagination
8:00 am - 9:00 am Al-Anon	Daily Reading Meetings ODAT/CTC/HFT -	Lab 3 & 4
AA	Open Discussion	Bell
9:00 am - 10:00 am Al-Anon Al-Anon	Topic Meetings Progress not Perfection Faith and Hope	Lab 3 & 4 Lab 3 & 4
AA	Daily Reflections	Bell
10:20 am - 11:20 am	Spiritual Speaker	Lab 3 & 4
11:20 am - 12:00 pm	Farewell Shares and Closing	Lab 3 & 4
12:00 pm - 1:00 pm	Hotel Checkout	