

**51st Annual Pennsylvania AFG Convention  
With AA Participation**

**PROGRESS NOT PERFECTION...  
IT'S A JOURNEY!**



the JOY is in the Journey

Image Source: kevinandkaia.com

**June 7-9, 2024  
Susquehanna University  
Selinsgrove, PA**

**REGISTER ONLINE ONLY  
DEADLINE 5/23/24**

<https://convention.pa-al-anon.org>

- Single - full plan   **\$180**
- Double - full plan   **\$170**
- No Room (2 meals)   **\$70**
- No Room (no meals)   **\$45**
- Saturday only (2 meals)   **\$55**
- Saturday only (no meals)   **\$40**

Help your friends who don't have computers by filling out the online registration for them.

**Workshops**

- ❖ **Learning**
  - Acceptance is Always the Beginning
  - Denial: The Elephant in the Livingroom
  - The God of our Understanding
  - The 500 Pound Telephone
- ❖ **Growing**
  - Releasing Resentments
  - Courage to Change our Character Defects
  - Detaching with Love
  - Self-Love is Not Selfish
- ❖ **Improving**
  - Building Healthy Relationships
  - Choosing Happiness
  - Setting Boundaries
  - Taking Responsibility for Myself
- ❖ **Evolving**
  - The Gifts of Service
  - What Makes a Good Meeting?
  - Sponsorship: What's it all About?
  - A Little Time for Myself: Moving Meditation

**Speakers    Dance    Fellowship  
Basket Raffle    50/50**

Sheets, pillowcase, thin blanket and towels provided.

**\*Bring your own pillow** and extra blanket if needed.

Also, water bottle, travel coffee mug, coffee pot, alarm clock, night light, hangers, phone charger, etc.

**NO ONE UNDER THE AGE OF 18**

**For questions contact:  
convention.registrar@pa-al-anon.org**