

## Sunday August 26<sup>th</sup>

**Kl. 08.00 – 10.00:** Breakfast

**Kl.10.00 – 10.10:** Good morning -  
reading the text of today

**Kl. 10.10 – 11.30:**

Al-Anon meeting:

**My own recovery**

The meeting starts with a speaker

**Kl. 11.30 – 12.00:**

Break. Check-out at hotel

**Kl.12.00–13.00:** Lunch

**Kl. 13.00 – 14.00:**

Al-Anon meeting: **Live and let live**

**Kl. 14.00 – 14.30:** Final part

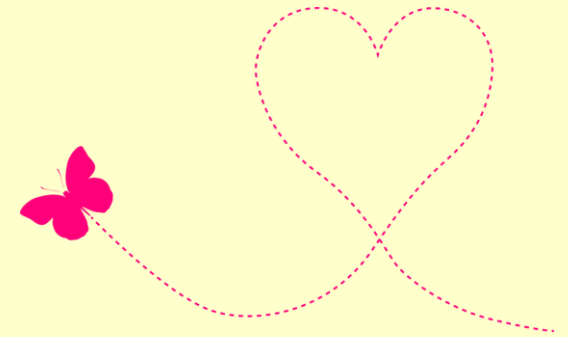


Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

*Al-Anon Declaration:*

*"Let It Begin With Me.*

*When anyone, anywhere,  
reaches out for help - let the hand of  
Al-Anon and Alateen always be there,  
- and Let It Begin With Me"*



## WELCOME TO SUMMER CONVENTION in Al-Anon Norway

Arranged by District 7 and 9  
August 24th – 26th 2018  
at Sandefjord Motor Hotel

With participation from  
World Service Office, United States



## Welcome to Sandefjord!

Sandefjord Motor Hotel is located at highway E18, between Tønsberg and Sandefjord in Vestfold County, and near Torp Airport. It takes about 1 ½ hour by car from Oslo to the hotel, which has a large parking lot with free parking. One can also come to Sandefjord by train from Oslo (2 hours) or Gardermoen Airport (3 hours), or take a ferry from Strømstad in Sweden (crossing 2½ hours).

## Pricing and Registration

Option 1: Registration fee incl. Lunch, fruit and coffee / tea per. day: **NOK 500.-**

Option 2: Registration fee with accommodation incl. breakfast, lunch and dinner per night:

**NOK 1515.- single room**

**NOK 1435.- double room**

Dinner can be ordered:

**NOK 360.- 2 dishes**

**NOK 405.- 3 dishes**

Registration deadline is **August 10<sup>th</sup>**.

Sign up by e-mail to: [post@al-anon.no](mailto:post@al-anon.no) or phone no. + 47 483 05 999

(Phone only Mondays from 9:30 am until 5:30 pm)

## PROGRAM

### Friday August 24<sup>th</sup>:

Program will come later

### Saturday August 25<sup>th</sup>:

**Kl. 09.00 – 10.00:** Registration/  
welcome

**Kl. 10.00 – 11.00:** Official opening  
Presentation by WSO  
Presentation by the Norwegian  
board of trustees and GM at the  
Service Office

**Kl. 11.00 – 12.00:**  
Al-Anon meeting: **First tradition**

**Kl. 12.30 -14.00:**Lunch



**Kl. 14.00 – 15.30:**

Al-Anon meeting: **Fourth step**  
The meeting starts with  
a speaker

**Kl. 16.00 – 16.30:**

Question time - by WSO

**Kl. 19.00: Dinner**

**Kl. 21.00:** Candle light meeting

Socializing