

48th Annual Al-Anon Family Groups of MD & DC Spring Convention With AA Participation

A Little Time For Myself



June 12, 13, & 14, 2026

Frostburg University, Frostburg, MD

(SMOKE-FREE CAMPUS)

You must be 18 to attend

Early Bird Prices through April 30:

\$140 Saturday Only (all Saturday events and meals)

\$210 No Lodging (full weekend, all events and meals)

\$240+ \$25 Refundable Key Deposit (single dorm **NO** AC)

\$255 + \$25 Refundable Key Deposit (single dorm with AC)

\$260 + \$25 Refundable Key Deposit (double dorm **NO** AC)

\$270 + \$25 Refundable Key Deposit (double dorm with AC)

Online Registration at: www.TinyURL.com/AFG24SC

(PayPal/Credit Card with convenience/platform fees)

Convention starts 4:00 pm Friday and ends after lunch Sunday.

Registration is Friday 2:00 to 8:00 PM and Saturday 7:00 to 9:00 AM.

Questions? Email Kelly N. at SpringConventionChair@gmail.com

Topic Meetings • Al-Anon and AA Speakers • Spirituality Speakers
Fellowship • Friday Night Entertainment • Dance • Bingo • Hospitality Room
~ Meals with Vegan and Gluten-Free Options ~

Directions to Frostburg University: <https://maps.app.goo.gl/L3HfqCc7PfbdvXwM9>

Campus lodging must be reserved by May 15. Registrations fully refundable through May 15, 2026



MD/DC AFG Convention 2026 Registration Form

“A Little Time for Myself” June 12, 13 & 14, 2026

Online Registration at www.TinyURL.com/AFG24SC (Credit Card/Debit Card with 3% fee)

Form with check to: AFG Spring Convention, PO BOX 29013, Washington, DC 20017

PLEASE NOTE: No minors under the age of 18 are allowed at the Convention

Questions? Contact Christine, Treasurer: 202-607-9111; Treasurer.MDDCSpringCon@gmail.com

Registrant Information Full registration fee refundable through May 15. After May 15 a \$25 cancellation fee will be charged

Name: _____

Street: _____

REGISTRATION DEADLINE:

City: _____ State _____ Zip _____

May 15, 2026

Phone Number: _____ Email Address: _____

Roommate(s): _____

To assist with room assignments, please check Male ☐ Female ☐ Prefer Single ☐ Indicate any concerns or special physical needs:

Emergency contact (optional): _____

Registration Options, including all meals

Number of years in Alanon _____ or AA _____

Meals and Events, No Lodging

Saturday Only (Meals: breakfast, lunch and dinner)

By April 30	After April 30	Onsite
_____ \$140	_____ \$150	_____ \$175

Full Weekend

_____ \$210	_____ \$220	_____ \$245
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Lodging, Meals and Events (includes \$25 refundable key deposit)

Single **NO** AC Dorm (includes linen packet)

_____ \$265	_____ \$275	N/A
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Single with AC Dorm (includes linen packet)

_____ \$280	_____ \$290	N/A
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Double room **NO** AC dorm (includes linen packet)

_____ \$285	_____ \$295	N/A
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Double room with AC dorm (includes linen packet)

_____ \$295	_____ \$305	N/A
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Linen Packet Includes: (1) mattress pad, (2) flat sheets, (1) blanket, (1) pillow case, (1) pillow, (1) wash cloth, and (1) towel.

Bring toiletries, hangers, reading lamp (if desired), extra towel (if desired).

Make check or money order payable to: **AFG Spring Convention**

Total Amount Enclosed: \$ _____

Service Opportunity for active Al-Anon or AA members to lead a workshop

Al-Anon Workshop Topics: Three workshops you are willing to co-lead: _____, _____, _____

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| 1. Steps 1, 2 & 3: Time to be Restored to Sanity | 10. Gratitude: Time to Accept God's Care for Me |
| 2. Steps 4, 5 & 6: Self-Exploration | 11. Financial Serenity: Faith in Relaxing & Enjoying Life |
| 3. Steps 7, 8 & 9: Becoming a Compassionate Person | 12. Intimacy & Sexuality: Establishing a Spiritual Experience |
| 4. Steps 10, 11 & 12: Time to Listen to My HP | 13. Acceptance: I Am Enough |
| 5. Traditions: My (Our) Common Welfare Comes First | 14. Self-Esteem: Standing Up for Myself |
| 6. Concepts: How to Love the World I Live In | 15. Humor: Goofy Cat on My Book |
| 7. Slogans: Simple Readings for When I Am in a Fix | 16. Boundaries: Safeguarding Me |
| 8. Resentments: A Trip to Nowhere | 17. Grief & Loss: Discover & Express Buried Feelings |
| 9. Sponsorship: Often I Need Fellowship Company | |

AA Workshop Topics– from "As Bill Sees It: Two workshops you are willing to co-lead: _____, _____

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|-------------------------------------|-------------------------------|
| 1. Morning Thoughts, p. 243 | 3. Spot Checking, p. 132 |
| 2. A Full and Thankful Heart, p. 37 | 4. Foundation For Life, p. 33 |