

2010 Virginia Area Al-Anon Fall Assembly

"Building Healthy Groups through Attention – Appreciation – Affection"

October 9-10

Wyndham Virginia Crossings Hotel & Conference Center
1000 Virginia Center Parkway – Glen Allen, VA 23059

PLEASE BRING YOUR SERVICE MANUAL AND EVERYTHING INCLUDED IN THIS MAILING WHEN YOU COME TO ASSEMBLY.

Group Representatives and members from every Virginia Area Al-Anon/Alateen Group are encouraged to attend this Assembly to represent their Group, share ideas, experience the workings of the Assembly, and to enjoy the special fellowship that Assemblies provide. The focus at Assembly is on service and business of the Area.

Assembly Activities Include:

- Vital information-packed Opening Sessions for all GRs, all DRs, and all first time Assembly attendees.
- Action Committee/Workshop break-out sessions
- Update activity reports from Districts, Area Officers and Area Coordinators
- Voting Issues
 - 2011 Area Budget
 - Recommendations from VAWSC (Virginia Area World Service Committee)
- Spiritual Speaker
- Early Bird and Night Owl Meetings
- GR and DR Rap Sessions

The Area Action Committee/Workshop structure provides members a choice to participate in one of the following four sessions. The choices are:

1. Public Outreach Action Committee topic: "Public Outreach Projects on a Shoestring" – During this session, members have the opportunity to develop a resource list of effective projects that any Group or District can do that can be done with modest or limited funds.
2. Group Services Action Committee topic: "The 12 Concepts: Real Tools for Real Groups" – During this session, members have the opportunity to continue developing an outline of where and how The Concepts can be used and studied within Groups and Districts in order to build and support strong, healthy meetings.
3. Alateen Action Committee topic: "How to Attract and Keep Alateens" – During this session, members have the opportunity to develop meeting ideas and ways to work with different age groups.
4. Workshop topic: "My Pal CAL" – Learn how the Conference Approved Literature process works and how to build a relationship with the many friends in our literature. Explore easy and productive ways to use CAL as a powerful lifeline tool to build vibrant and healthy Groups.

Registration fee includes Saturday dinner, Sunday breakfast and guest room.

**SEND ALL PAYMENTS FOR ASSEMBLY TO THE AREA ADDRESS LISTED ON THE SEND-IN REGISTRATION FORM.
DO NOT SEND A PAYMENT TO THE HOTEL.**

Assembly check-in begins at 9:00 AM on Saturday in the Madison Building, 2nd floor Ballroom Lobby.

*****Hotel guest room check-in begins at 4:00 PM in the Jefferson Building Lobby*****

OPENING SESSIONS BEGIN AT 10:30 AM ON SATURDAY. (ALL GRs – ALL DRs – ALL FIRST TIME ASSEMBLY ATTENDEES)

Saturday lunch is on your own.

(The Crossings has offered a special rate of \$14.00 per person {this includes tax and tip} if you would like to have their lunch buffet between noon and 1:00 on Saturday. Your check-in packet will also contain a listing of many local restaurants for your convenience.)

ASSEMBLY CONTINUES AT 1:00 PM THROUGH NOON ON SUNDAY.

Return the registration form postmarked by **Sept. 25** to receive the best registration rates. No refunds after that date.

Registration forms postmarked **Sept. 26 to Sept. 30** add \$25 to the listed registration rates.

REGISTRATION IS CLOSED MIDNIGHT SEPTEMBER 30

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The Crossings is a smoke-free facility. Smoking is permitted outside near provided receptacles.
Driving directions are on the back and a map of The Crossings is also included.

All questions regarding registration should be directed to: Juanita P. : 804-339-4941 or jep6fap@gmail.com

Thank you for all you do to make the work of The Virginia Area Al-Anon Assembly possible.

Directions

Wyndham Virginia Crossings Hotel and Conference Center

1000 Virginia Center Parkway
Glen Allen (Richmond), Virginia, 23059
Phone: **804.727.1400**

From Washington, DC

From Washington, DC Take I-95 South. Exit 86B onto Route 656, Elmont West. At second light, turn left onto Route 1 South for one mile. Turn left onto Virginia Center Parkway. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

From Charlottesville, Virginia

Take I-64 East to I-295 South. Follow I-295 for 8 miles. Stay in right lane and merge "To Exits 43 D-C-B-A, US 1". Take Exit 43C US 1 North to Ashland. Exit ramp will merge onto US 1 North (Brook Road). Follow US 1 for 3/10 of a mile to first stop light at Virginia Center Parkway, turn right. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

From Virginia Beach / Norfolk, Virginia

Take I-64 West to I-295 North. Follow I-295 north for 15 miles. Stay in right lane and merge "To Exit 43 B-C-D toward Richmond/Ashland /US 1". Take Exit 43C to Ashland and US 1 North. Exit ramp will merge onto US 1 North (Brook Road). Follow US 1 to first stop light at Virginia Center Parkway, turn right. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

From Richmond, Virginia & North Carolina

Take I-95 North to Exit 84 B. Exit ramp will merge on to I-295 North. Remain in right lane. Take Exit 43C to Ashland and US 1. Exit ramp will merge onto US 1 North (Brook Road). Follow US 1 to first stop light at Virginia Center Parkway, turn right. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

