

**2023 AA National Convention Pretoria
Al-Anon Meeting Programme – In the Musaion Theatre**

Friday, 07 April 2023

09:00-10:30	Getting to Know You	
Chair	Venita	Courage to be Me AAC
	Informal	All Introduction
Tea break – 10:30 to 11:00		

Saturday, 08 April 2023

09:00-10:30	It's ok to be Me	
Chair	Annalise	Lansdowne CT
Speakers	Vilo Al-Anon	Merewent KZN
	Lebo AA	Pretoria Ladies
	Saskia AAC	Sunninghill
	Sarah Al-Anon	St Francis
Tea break – 10:30 to 11:00		

11:00-12:30 **Al-Anon Opening Meeting
Showing up for ourselves**

Chair	Marlene	Weltevreden Park
Speakers	Sunitha Al-Anon	Sunday 5:30 KZN
	Juliet Al-Anon	Kampala Uganda
	Avriane AAC	Courage to be Me
	Michaela Al-Anon	Bracken E-Rand
	Christo AA	Villieria Pretoria
Lunch – 12:30 to 14:00		

11:00-12:30 **Building relationships through service**

Chair	Uthica	Stepping Stones
Speakers	Nonnie Al-Anon	Weltevreden Park
	Joyce Al-Anon	Katlehong E-Rand
	Hanrie AA	Villieria Pretoria
	Margie Al-Anon	Maitland CT
Lunch – 12:30 to 14:00		

14:00-15:00 **Live and Let Live**

Chair	Premie	ERand morning
Speakers	Thapy AAC/Al-Anon	St Francis/Soweto
	Ragini Al-Anon	G&D Newcomers
	Christ AAC	Courage to be Me
	Thiru Al-Anon	Croftdene KZN
Tea break – 15:00 to 15:30		

14:00-15:00 **Al-Anon Closing Meeting
Recovery through Unity & Understanding**

Chair	Nigel	St Francis AAC
Speakers	Diliza Al-Anon/AA	Kasi Family
	Vicki Al-Anon	Thurs Morning
	Francois AA/Al-Anon	PtaEast/Villieria
Tea break – 15:00 to 15:30		

15:30-17:00 **Boundaries**

Chair	Delphine	Villieria Pretoria
Speakers	Zanele Al-Anon/AAC	KwaThemba Springs
	Charmaine Al-Anon	Airfield Benoni
	Isabella Al-Anon	St Francis
	Francois AA	Villieria
Dinner – 17:30 to 19:00		
AA Opening Meeting 19:00 to 21:30		

15:30-17:00 **Progress not Perfection**

Chair	Madge	Edenvale
Speakers	Lynn Al-Anon	Raisethorpe KZN
	Victor AA/Al-Anon	Soweto
	Yr AAC	Sunninghill
	Bontle Al-Anon/AAC	Edenvale E-Rand
	Jacqueline Al-Anon	G&D Newcomers
Lunch – 17:30 to 19:00		

**2023 AA National Convention Pretoria
Al-Anon Adult Child (AAC) Meetings – In the Musaion Glass Foyer**

Friday, 07 April 2023

15:30-17:00	Live & Let Live	
Chair	Deon	East Rand Morning
Speakers	Diana Al-Anon	Kempton/Monday Study
	Estrella Al-Anon	Young Adults
	Uthica AAC	Hope
	Elmarie AAC	Courage to be Me
Dinner – 17:30 to 19:00		

Saturday, 08 April 2023

11:00-12:30	It's ok to be me	
Chair	Avriane	Courage to be Me
Speakers	Tricia AAC	Courage to be Me Hybrid
	Eugene AAC	Courage to be Me
	Nigel AAC	St Francis
Lunch – 12:30 to 14:00		

*Please take note that **Al-Anon Family Group Meetings**
and **Al-Anon Adult Child Meetings** at Conventions are always **Open Meetings***