

## THURSDAY

Noon – 8pm	Registration Open
1:45 – 2:45	1 <sup>st</sup> Step Workshop
3:00 – 4:00	2 <sup>nd</sup> Step Workshop
4:15 – 5:15	Open Al-Anon Meeting <b>Came . . . Came to . . . Came to Believe (Steps 1, 2, and 3)</b> <i>Hobbs Room</i>
5:00 – 7:30	Dinner (YMCA)
8:00 – 9:30	Speaker Meeting: <b>Brad M.</b> (AA) Buena Vista, CO
10:00 – 10:45	Campfire Meeting <i>Amphitheater</i>
10:00 – 10:45	Intro to Meditation <i>Hobbs Room</i>

## SUNDAY

7:00 – 7:45	Establishing Your Own Conception of Meditation <i>Hobbs Room</i>
7:00 – 9:00	Breakfast (YMCA)
8:00 – 9:00	Open Al-Anon Meeting <b>Spiritually Awake (Step 12)</b> <i>Hobbs Room</i>
9:00 – 10:00	Conscience of the Conference <b>All are encouraged to attend and offer feedback</b>
10:15 – Noon	Speaker Meeting: <b>Cortney C.</b> (AA) Eaton, CO

## FRIDAY

7:00 – 7:45	Meditation and Your Breath <i>Hobbs Room</i>
7:00 – 9:00	Breakfast (YMCA)
9am – 8pm	Registration Open
9:00 – 10:00	3 <sup>rd</sup> Step Workshop
10:15 – 11:30	4 <sup>th</sup> and 5 <sup>th</sup> Steps Workshop
11:30 – 1:30	Lunch (YMCA)
1:30 – 2:30	Open Al-Anon Meeting <b>The Path to Recovery (Steps 4 through 9)</b> <i>Hobbs Room</i>
2:45 – 3:45	6 <sup>th</sup> and 7 <sup>th</sup> Steps Workshop
4:00 – 5:00	8 <sup>th</sup> and 9 <sup>th</sup> Steps Workshop
5:00 – 7:30	Dinner (YMCA)
5:15 – 6:30	Traditions Workshop
8:00 – 9:30	Speaker Meeting: <b>Marilyn B.</b> (Al-Anon) Westminster, CO
9:45 – 10:45	Game Night <b>Free admission—all family- friendly games welcome!</b> <i>Skating Rink / Longhouse South</i>
10:00 – 10:45	Relaxing Your Mind Through Guided Relaxation <i>Hobbs Room</i>

## SATURDAY

7:00 – 7:45	Moving Meditation <i>Hobbs Room</i>
7:00 – 9:00	Breakfast (YMCA)
8:00 – 9:00	10 <sup>th</sup> Step Workshop
9am – 7pm	Registration Open
9:15 – 11:15	Flag Ceremony & Speaker Meeting: <b>Bobby C.</b> (AA) Philadelphia, PA
11:30 – 1:30	Lunch (YMCA)
1:45 – 2:45	11 <sup>th</sup> Step Workshop
3:00 – 4:00	12 <sup>th</sup> Step Workshop
4:15 – 5:15	Open Al-Anon Meeting <b>Daily Maintenance (Steps 10 and 11)</b> <i>Hobbs Room</i>
6:00 – 7:30	Fellowship BBQ Buffet <b>Advance tickets required</b> <i>Walnut Room</i>
7:45 – 9:45	Recovery Countdown and Speaker Meeting: <b>Jeff V.</b> (AA) Fargo, ND
Following the Speaker	Karaoke / Ice Cream Social <b>Advance tickets required for ice cream</b> <i>Skating Rink / Longhouse South</i>
10:00 – 10:45	Relaxing Your Mind Through Guided Meditation <i>Hobbs Room</i>

## WHERE TO BE

AA & Al-Anon Literature	Sweet Room
Breakfast, Lunch, Dinner	YMCA Dining Room <b>(Meals are available through the YMCA, separate from FOTS registration)</b>
Campfire Meeting	Everhart Family Day Camp Amphitheater
Fellowship BBQ Buffet	Walnut Room
FOTS Archives	Bilheimer & Dodge Rooms
FOTS Merchandise	Sweet Room
Game Night	Skating Rink / Longhouse South
Karaoke / Ice Cream Social	Skating Rink / Longhouse South
Meditation	Hobbs Room
Open Al-Anon Meetings	Hobbs Room
Registration	Sweet Room
Smile God Loves You Merchandise	Bilheimer & Dodge Rooms
Workshops and Speakers	Auditorium

**Registration is required to attend any part of the Conference. Please wear your badge to all FOTS events!**

## *Not To Be Missed*



July 25–28, 2019 • Estes Park, Colorado

**“...Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.**

**May God bless you and keep you—until then.”**

—*Alcoholics Anonymous*

Our FOTS family has been growing steadily over the years. We once again welcome you as we gather together in the beautiful mountains of Colorado. We look forward to greeting old friends and meeting new ones.

We invite all to participate in an attitude of service. There are many ways to volunteer your time over the weekend, if you'd like. Stop by the Registration table to sign up.

In love and service,  
The 2019 FOTS Conference  
Committee