

## AL-ANON'S FIFTH TRADITION

Each year's Hugs workshop seeks to embody the fifth tradition - Each Al-Anon Family Group has but one purpose; to help the families of alcoholics. We do this by practicing the 12 steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by giving comfort to families of alcoholics.

## AL-ANON FAMILY GROUPS

are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership.

Alateen, part of the Al-Anon Family group, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. We help each other by sharing our experience, strength and hope.

## SERENITY PRAYER

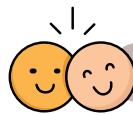
God grant me the serenity  
To accept the things I cannot change  
Courage to change the things I can  
and wisdom to know the difference

## 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.

## THE 2025 COMMITTEE

Co-Coordinator- Bridget M  
Co-Coordinator- Debbie S  
Treasurer- Barbara B  
Alateen Coordinator- Mary Ellen C  
Al-Anon Literature- Steve W  
AA Literature- Bill E  
Setup- Judy H  
Hospitality- Kristen F  
Tickets/Registration- Barbara B  
Hybrid- Leon R  
Love Gifts- Barbara R  
Moderators- Kelly H  
Public Outreach- Judy O  
Suffolk AA Liaison- Bill E



**Grateful!**

The Hugs Hope and Healing 2025 Committee wishes to express its gratitude for the Topic Speakers, Moderators, Volunteers and members of Al-Anon, Alateen, and AA who came together for this day of fellowship in building relationships. Gratitude to the East Moriches AFG, West Hampton AFG, NY South Assembly. A very special thank you to all who helped with the setup of the facility.

## THANK YOU!

Our heartfelt thanks to the Al-Anon groups that supported this workshop with donations, and to AA for its support and participation. Many thanks to all the individuals who gave donations and contributions to make this day special.

## TRADITION 7 CONTRIBUTION



scan QR code for donation



## SPONSORED BY:

AL-ANON SUFFOLK INFORMATION SERVICE  
PO Box 399, Farmingville, NY 11738  
631-669-2827  
al-anon-suffolk-ny.org

## 20th ANNUAL SUFFOLK COUNTY ALANON FAMILY RELATIONSHIP WORKSHOP

Al-Anon and Alateen  
with AA Participation

# HUGS HOPE & HEALING



NOVEMBER 8<sup>TH</sup>, 2025

ST. MATTHEW ROMAN  
CATHOLIC CHURCH  
PARISH CENTER 2<sup>ND</sup> FLOOR



35 N SERVICE ROAD, DIX HILLS

**10:00 AM - 11:00 AM**

**WE TOO. WERE LONELY AND FRUSTRATED**

- 201 - Resentments & Expectations
- 202 - Spiritual Principals
- 203 - Belonging
- 208 - Acceptance (hybrid)
- 209 - Surrender
- 220 - Alateen

**11:15 AM - 12:15 PM**

**WE UNDERSTAND AS PERHAPS FEW OTHERS CAN**

- 201 - Into Action
- 202 - Letting Go
- 203 - Unity
- 208 - ODAT (hybrid)
- 209 - Cooperation
- 220 - Alateen

**12:30 PM - 1:30 PM**

**WE DISCOVER THAT NO SITUATION IS REALLY HOPELESS**

- 201 - It's a WE Program
- 202 - The Tools of Recovery
- 203 - Practicing the Principals in All Our Affairs
- 208 - Growing & Healing Together (hybrid)
- 209 - Family Recovery
- 220 - Alateen

**1:45 PM - 2:45 PM**

**SO MUCH DEPENDS ON OUR OWN ATTITUDES**

- 201 - Working the Program
- 202 - Self Care
- 203 - Living with Sobriety
- 208 - Gratitude
- 209 - Forgiveness
- 220 - Alateen

**3:00 PM - 4:00 PM**

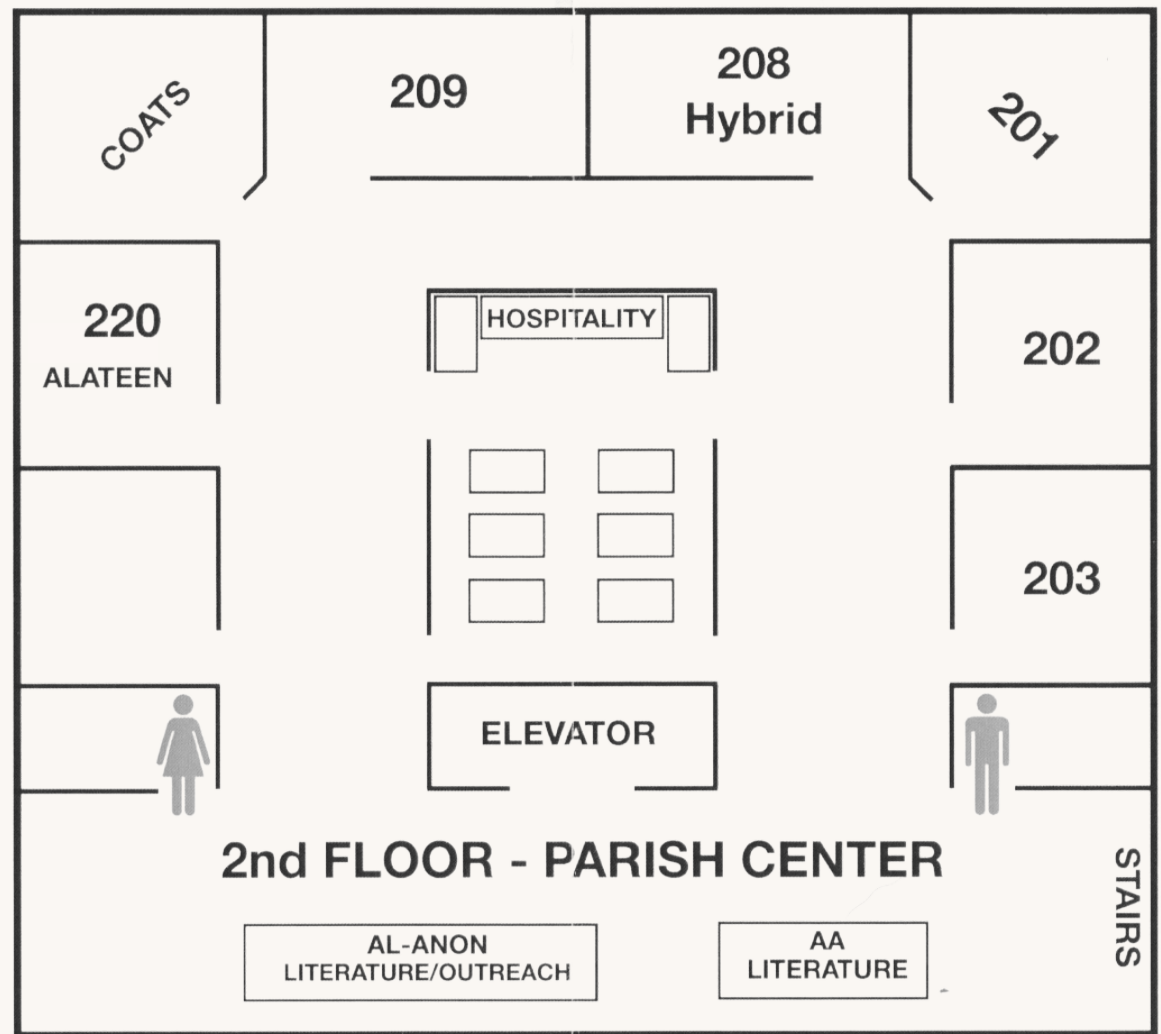
**VOICES OF RECOVERY**

Goggin Hall - AA, Alateen & Al-Anon Keynote Speakers

**3 HYBRID MEETINGS  
& KEYNOTE SPEAKERS**

**ZOOM USER ID  
871 9860 8842**

**NO PASSWORD REQUIRED**



**TO GOGGIN HALL & KEYNOTE SPEAKERS @ 3PM**

