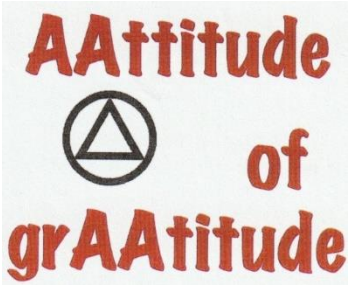

15th Cataract City Convention
March 3-5, 2023
Sheraton at the Falls
Niagara Falls, NY 14303

SATURDAY AL-ANON PROGRAM

10AM - 11 AM **PANEL: Q.T.I.P. -** QUIT TAKING IT PERSONALLY
DONNA T.....SAT AM BEGINNING TODAY
LYNNE D.....SAT AM BEGINNING TODAY

11:15 - 12:15 PM **PANEL: H.O.W. –** HONEST, OPEN, WILLING
DAVE C.....SERENITY NOW
TAMMIE H.....TUES PARKSIDE AD. CH.

1:45-2:45 PM **PANEL: F.A.I.T.H. -** FINDING ANSWERS IN THE HEART
SUELLEN B.....WILLIAMSVILLE FRIDAY MORNING
SANDY N.....WILLIAMSVILLE FRIDAY MORNING

3PM - 4PM **MAIN SPEAKER**
OLAF S.....HAPPY AFG TORONTO, CANADA

We are still in need of assistance from all our area groups with the following:

- **A donation of a theme basket** for the basket raffle
  (Please: only brand new or handmade items only.)
- **Donations of money** for program expenses
- **Help at the Convention** with selling raffle tickets, greeting, literature table, and other commitments

For any questions, please contact Cindy E., Al-Anon chair, at:
716-479-2642 or cnemidwife19@yahoo.com