

2019 Eastern PA Region Event Committee

Chair	Darlene M, Langhorne, PA
Co-Chair	Barb S, Fleetwood, PA
Secretary	Jen C, Willow Grove, PA
Treasurer	Nancy H, Allentown, PA
Attire	Robin R, Bethlehem, PA
Banner/Logo	Beth G, Jenkintown, PA John P, Willow Grove, PA
Fun & Fellowship	Judy T, Jen C, Michelle H Willow Grove, PA
Hospitality	Nicole S, Doylestown, PA Caprice C, Doylestown, PA
Hotel Liaison	Barbara H, Langhorne, PA Ellie F, Lansdale, PA
NA Liaison	Nancy B, Langhorne, PA
Online/Website Communication	John P, Rachel C, Willow Grove, PA
Printing/Program	Michelle M, Phoenixville, PA Debbie H, Willow Grove, PA
Registration	Stephanie H, Lynn I, Willow Grove, PA
Speaker/Workshop	Kelly G, Mary G, Phoenixville, PA
Volunteers	Kathy S, Langhorne, PA

IN KEEPING WITH TRADITION 11 AND ANONYMITY, WE REQUEST THAT ANY PHOTOS OR RECORDINGS MADE AT THE CONVENTION ARE NOT POSTED ON SOCIAL MEDIA OR SOCIAL NETWORKING SITES

EASTERN PA NAR-ANON CONVENTION BRIDGE TO SERENITY XIV . MARCH 8-10, 2019

tools
for **SURVIVAL**



12 STEPS SURRENDER LISTEN AND LEARN
HIGHER POWER JUST FOR TODAY FIRST
THINGS FIRST SPOUSHIP? PHONE LIST
SERENITY PRAYER KEEP AN OPEN MIND
30 DAYS NEW, COMPASSION, ACTION
PRAY IT OVER TO GOD LET IT GO WITH
LOVE MEETINGS LET GO AND LET GOD
DO THE NEXT RIGHT THING EASY DOES IT
NAR-ANON FAMILY 12 TRADITIONS HOW
IMPORTANT IS IT? SHARING EXPERIENCE,
STRENGTH AND HOPE KEEP IT SIMPLE
30- I DIDN'T CAUSE IT, I CAN'T CONTROL
IT CAN'T CURE IT LIVE AND LET LIVE ONE
DAY AT A TIME SERVICE LITERATURE
BREATHE MEDITATION THINK GRATTUDE

Wyndham Philadelphia - Bucks County - Trevoese, PA

FRIDAY – MARCH 8

- 4:00 pm** Registration Opens
Hospitality room open, baskets received & displayed
- 7:30 – 9:00 pm** Opening Meeting – Yardley Ballroom
Darlene M, Convention Chair, Langhorne, PA
Barb S, Convention Co-Chair, Fleetwood, PA
- 9:30 – 10:30 pm** Family Group Meeting – Yardley Ballroom
Chairpersons: Diane C, Croydon, PA and
Steve C, Langhorne, PA

SATURDAY MORNING – MARCH 9

- 7:00 am** Registration Opens
Hospitality room open, baskets received & displayed
- 7:15 – 8:15 am** Workshops
- 8:30 – 8:45 am** Welcome – Yardley Ballroom
- 8:45 – 9:45 am** Speaker Meeting: **Not Just Survive, Thrive**
Speaker: Alan F, Plymouth Meeting, PA
Chairperson: Lisa G, Plymouth Meeting, PA
- 10:00 – 11:00 am** Speaker Meeting: **Personal Protection Equipment**
Speaker: Laura A, East Rockaway, NY
Chairperson: Tom B, Havertown, PA
- 11:15 – 12:15 am** Speaker Meeting: **Keeping the Focus on My Recovery**
NA Speaker: Nazim C
Chairperson: Nicole S, Doylestown, PA

SATURDAY AFTERNOON – MARCH 9

- 12:15 – 12:45 pm** Lunch - Pre Ordered box lunches available at top of terrace
- 12:45 – 1:45 pm** **Workshops**
- 2:00 – 3:00 pm** Speaker Meeting: **Tools for Survival**
Speaker: Donna J-S, CT
Chairperson: Kathy O, Eagleville, PA
- 3:15 – 4:15 pm** Speaker Meeting: **Learning to Forgive – Release and Move Forward with My Life**
Speaker: Rick L, Eagleville, PA
Chairperson: Marty C, Lansdale, PA
- 4:15 – 4:45 pm** **COUNT DOWN** (How Many Years in Nar-Anon)
- 5:00 pm** *Hospitality table closing - last call for donations/entries*
- 5:00 - 6:00 pm** **Workshops**
- 6:30 – 8:00 pm** Dinner & Baskets/Prizes – Yardley Ballroom
- 8:00 – 9:30 pm** Fun & Fellowship – Yardley Ballroom
- 9:30 – 10:30 pm** Family Group Meeting – Newtown A
Chairperson: Kathy S, Langhorne, PA

SUNDAY – MARCH 10

- 7:15 – 8:15 am** **Workshops**
- 8:45 – 9:00 am** Welcome – Yardley Ballroom
- 9:00 – 9:45 am** Breakfast – Yardley Ballroom
- 10:00 – 11:00 am** Speaker Meeting: **Keys to Serenity**
Speaker: Maryanne M, Phoenixville, PA
Chairperson: Monica K, Phoenixville, PA