



THE MESSAGE IS

**HOPE**

**FRCNA XLIV**

Orlando FL • July 2-5, 2026

# FLORIDA REGIONAL CONVENTION OF NARCOTICS ANONYMOUS

## WELCOME

The Florida Region of Narcotics Anonymous welcomes you to celebrate FRCNA XLIV “The Message is Hope.” We hope you enjoy all aspects of the convention. Registration badges are required in all areas of the convention, workshops, speaker, and entertainment activities. The convention is open to everyone, but only addicts may share during workshops.

## FRCNA RESPONSIBILITY STATEMENT

Please respect the Rosen Plaza and follow all venue rules. We represent NA, and our conduct reflects the fellowship.

- Wear shirts and shoes in hotel/public areas except at the pool.
- Keep hallway noise down after evening events.
- Sleeping is not permitted in public areas, including the workshop rooms, convention space, hallways, alcoves, and parked cars.
- Parents are solely responsible for their children.
- Fireworks of any type are not permitted.
- NA is under no surveillance at any time; the hotel and venues may be. Please follow all venue rules and regulations.

Disruptive, threatening, or violent conduct will not be tolerated. Anyone who engages in this behavior may be removed from the event, prohibited from attending future FRCNA, Inc. events, and subject to venue trespass enforcement.

**\*FRCNA is not affiliated with or endorse any vendor, social media, virtual platforms, and/or hotel venue entities\***

## SMOKING AND VAPING

The convention facility is smoke-free. Smoking and/or vaping is not permitted anywhere inside the venue and allowed only in designated outdoor smoking areas, in accordance with regulations. Please be considerate of other attendees and hotel guests. *Part II, Chapter 386, Section 386.202 Florida Statutes "INDOOR AIR: Smoking and Vaping."*

## FLORIDA REGION SERVICE TRACK(S)

The Florida Regional Service Conference “**FRSC Service Track**” workshops encourage deeper discussion on relevant topics and help build unity in our groups and service structure. Sharing your discussion results with the World Board can also help shape Fellowship-wide resources and services. Everyone is welcome to listen and participate. These workshops are marked **(S)**

## REGIONAL & ALTERNATE DELEGATES IDT

The FRSC Regional and Alternate Delegates will facilitate a 90-minute workshop consisting of an IDT (Issue Discussion Topic) generated by the Fellowship in the Conference Agenda. This year’s selection is “Welcoming the Newcomer”. IDT’s are typically participation discussions focusing on recovering addicts in our local NA communities within the Florida Region and around the world.

## FELLOWSHIP DEVELOPMENT

The FRSC Fellowship Development Team will facilitate a 90-minute workshop topic and discussion workshop focusing on “Coming Together to Carry the Message” and “Preparation for Area Service”.

## CORRECTIONS

Corrections serve as the single point of contact between the state and federal correctional officials and institutions, within the Florida Region, for the purpose of carrying the NA message of recovery to the addict who still suffers behind the walls of state and federal correctional institutions. The [CRC] maintains, facilitates, and develops approved Florida Regional initiatives and projects: Pen Pal Project [PPP], pin number data base for Behind the Walls [BTW], Working the Steps BTW, and collaborate with other coordinators with Bridging the Gap. There are Corrections groups that May participate during FRCNA through phone links via Zoom and "Shout Outs" at the Saturday night Speaker meeting. Be sure to welcome them!

## WHY REGISTER FOR THE CONVENTION?

Why register? Registration helps cover the cost of making FRCNA possible, including venue space, out-of-town speakers, entertainment, coffee, merchandise, programs, and registration materials. The venue also requires all participants to register for insurance purposes. No 7th Tradition funds are used to plan or produce FRCNA XLIV. Registration supports the event and helps carry the message to the addict who still suffers. When you register and add a "Newcomer Donation" you help provide a registration for the Newcomer. **If you see a member with a white lanyard, make sure to welcome and give that Newcomer a hug.**

Contact [FRCNA-](#)

Email: [info@frcna.com](mailto:info@frcna.com)

FRCNA website at: [www.frcna.com](http://www.frcna.com)

## FRCNA DAILY MARATHON

### (Open Discussion Meeting)

FRCNA Daily Marathon (FDM) is an ongoing open discussion meeting held each day throughout the convention. The Chairperson opens with the required NA readings and then invites sharing and discussion. Each incoming Chairperson briefly introduces themselves and continues the meeting already in progress. Topics for discussion may be suggested as needed. The FDM is a closed NA meeting open only to addicts. **This is the only area of the convention venue that does not require a registration badge.**

#### HOURS:

Thursday 12 PM – 12AM

Friday 8AM – 12AM

Saturday 8AM – 12AM

## MAIN SPEAKERS – Virtual Simulcast

ZOOM – All Main Speakers along with the “Corrections” and FRSC Service Track workshops will be live streamed and simulcast via the Zoom platform. Check out the Main Speaker Virtual Simulcast schedule posted at [www.frcna.com](http://www.frcna.com) and our social media at Facebook, Instagram, Threads. and X.



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# Hours of Operation

THURSDAY July 2, 2026		
REGISTRATION	Registration Desk	11:00 AM - 10:00 PM
MERCHANDISE	Salons 3/4	11:30 AM - 6:00 PM
OUTSIDE VENDORS	Salon 6	9:00 PM - 10:30 PM
HOSPITALITY/ESCAPE	Salon 2	11:30 AM – 7:00 PM 10:00 PM – 12:00 AM
FRCNA Daily Marathon	Salon 16 *No Badge Required*	12:00 PM – 12:00 AM
FRIDAY July 3, 2026		
REGISTRATION	Registration Desk	8:30 AM - 10:00 PM
MERCHANDISE	Salons 3/4	9:00 AM – 1:00 PM
OUTSIDE VENDORS	Salon 6	3:00 PM - 6:00 PM 9:00 PM - 10:30 PM
HOSPITALITY/ESCAPE	Salon 2	8:00 AM – 7:00 PM 10:00 PM - 12:00 AM
FRCNA Daily Marathon	Salon 16 *No Badge Required*	8:00 AM – 12:00 AM
SATURDAY July 4, 2026		
REGISTRATION	Registration Desk	8:30 AM - 5:00 PM 7:00 PM - 10:00 PM
MERCHANDISE	Salons 3/4	9:00 AM – 1:00 PM 3:00 PM - 5:00 PM
OUTSIDE VENDORS	Salon 6	9:30 PM - 11:00 PM

## SATURDAY July 4, 2026 (Continued)

HOSPITALITY/ESCAPE	Salon 2	8:00 AM - 5:00 PM 10:00 PM - 12:00 AM
FRCNA Daily Marathon	Salon 16 *No Badge Required	8:00 AM – 12:00 AM

## SUNDAY July 5, 2026

MERCHANDISE	Salons 3/4	9:00 AM - 12:00 PM
OUTSIDE VENDORS	Salon 6	
HOSPITALITY/ESCAPE	Salon 2	8:00 AM - 10:00 AM

# Entertainment

## FRIDAY July 3, 2026

Gentle Yoga	Salon 5	8:00 AM
Escape to Freedom Adventures	Hospitality/Escape Room (Salon 1)	10:00 AM - 12:00 PM 3:00 PM – 5:00 PM
Meditation – Intro to Journal	Salon 5	3:00 PM
11 <sup>th</sup> Step Breathwork	Salon 5	6:00 PM
Comedy Show**	Grand Ballroom	10:00 PM - 11:30 PM
Escape Room	Locked Suite TBD	10:00 PM & 11:30 PM
Yin Yoga	Salon 5	10:00 PM - 11:00 PM
Dance	Salons 11/12	10:30 PM - 1:30 AM

## SATURDAY July 4, 2026 (Continued)

Hatha Yoga	Salon 5	8:00 AM
11 <sup>th</sup> Step Meditation - Deepen Reliance	Salon 5	10:00 AM
Escape to Freedom Adventures	Hospitality/Escape Room (Salon 1)	10:00 AM - 12:00 PM 3:00 PM – 5:00 PM
Yin Yoga	Salon 5	12:00 PM
Meditation - Intro to Journal	Salon 5	3:00 PM
Breathwork – Practical Tools	Salon 5	6:00 PM
<b>Banquet**</b>	<b>Grand Ballroom **Assigned Tables</b>	<b>6:00 PM (Doors open at 5:45 PM)</b>
<b>Main Auction</b>	<b>Grand Ballroom</b>	<b>7:00 PM (Doors open at 6:45 PM)</b>
Escape Room	Locked Suite TBD	10:00 PM & 11:30 PM
Yoga Nidra and Sound Bath	Salon 5	10:00 PM
Dance ( <b>Retro 80s</b> )	Salons 11/12	10:30 PM – 1:30 AM
<b>SUNDAY July 6, 2025</b>		
Vinyasa Yoga	Salon 5	8:00 AM
Breathwork – How to Meditate	Salon 5	9:05 AM

**\*\*= Paid event - All hard ticket events are ONLY for paid convention registrants\*\***

# Workshops & Main Speakers

Thursday July 2, 2026		
1:30 PM	Diamonds in the Rough	Salon 8
3:30 PM	I Thought Drugs Were My Only Problem	Salon 9
	When the Light Comes On	Salon 11
7:30 PM	<b>Thursday Opening Speaker</b> JIM F. (Bay Area)	Grand Ballroom
10:00 PM	Faith Over Fear	Salon 9
	How Does Our Disease LIE to Us	Salon 11
Friday July 3, 2026		
7:00 AM	Just for Today	Salon 2
9:00 AM	The Power of Belief – Hope Transforms the Way	Salon 7
	Unity over EGO (Tradition 1)	Salon 9
10:00 AM *90 Minutes	(S) FRSC Service Track RD - AD	Salon 10
	(S) FRSC Service Track Fellowship Development	Salon 11
	(S) FRSC Service Track CORRECTIONS	Salon 12

## Friday July 3, 2026 (Continued)

12:00 PM	Recognizing Our HP at Work	Salon 8
	Conflict Without Chaos	Salon 9
	Young, Clean & Finding My Place	Salon 10
	“Getting Clean” (1-3)	Salon 11
	<b>LGBTQ+</b>	Salon 13
1:30 PM	<b>Friday Florida Regional Speaker</b> DEB C. (Tampa Funcoast Area)	Grand Ballroom
3:30 PM	<b>SPANISH</b>	Salon 7
	Fear of Failure	Salon 8
	Healthy Love – Healthy Recovery	Salon 9
	The Message is HOPE-- Are We Listening	Salon 10
	Complacency is the Enemy	Salon 13
7:30 PM	<b>Friday Evening Main Speaker</b> CHRISTY F. (Chesapeake & Potomac Region, MD)	Grand Ballroom
10:00 PM	How Do We Celebrate Recovery	Salon 7

## Saturday July 4, 2026

7:00 AM	Just for Today	Salon 2
9:00 AM	Chaos to Commitment	Salon 7
	Letting Go – Letting Hope In	Salon 9
	“The Internal Work” (4-7)	Salon 10
	No Way Out...Hope Lights the Way	Salon 13
10:30 AM	One Addict Helping Another	Salon 8
	<b>What is a PIONEER (40+ Q&amp;A)</b>	Salon 9/10
	Six - Seven	Salon 13
12:00 PM	<b>MEN'S RAP</b>	Salon 7/8
	<b>WOMEN'S RAP</b>	Salon 9/10
	“The External Work” (8-10)	Salon 13
1:30 PM	<b>Saturday Florida Regional Speaker</b> MATT G. (Palm Coast Area)	Grand Ballroom
3:30 PM	I'm a NEWCOMER	Salon 7
	“The Maintenance Work” (10-12)	Salon 8

## Saturday July 4, 2026 (Continued)

3:30 PM	Lust, Love & Loneliness – Confusing the Three	Salon 9
	Attraction in the Digital Age	Salon 10
	Hitting Bottom – Despair & Isolation	Salon 13
7:30 PM	<b>Saturday Evening Main Speaker</b> JIMMY S. (Region 51 – Las Vegas, NV)	Grand Ballroom
10:00 PM	Don't Lose the Desperation	Salon 7
<b>Sunday July 5, 2026</b>		
7:00 AM	Just for Today	Salon 2
10:00 AM	<b>Sunday Morning Main Speaker</b> MANDY H. (Kenai Peninsula-Alaska Region)	Grand Ballroom

## FRCNA 44 SPECIAL EVENTS

Activities included in your registration at no additional cost-

### AUCTION

The main auction begins promptly at 7:00 PM on Saturday night. Featured items include a convention banner, logo puzzles, a logo jewelry piece, and surprise limited-edition items.

### DANCES

Friday night features today's trending club hits. Saturday night by demand brings a retro 80s/90s disco theme in Salon 11/12 with...DJ "Buck Wylde!!!".

## Yoga by Andrew

Certified by James Fox through the Prison Yoga Project, Nikki Myers as a Y12SR (Yoga of 12 Step Recovery) facilitator, Lizzy Chiappy in Yogalette (Yoga for Athletes), and Love Your Brain team (Yoga for Traumatic Brain Injury). Andrew works to make yoga accessible to everyone. He serves fitness enthusiasts, people in healing and recovery, and marginalized communities. His goal is for every guest to feel both challenged and successful, regardless of experience or obstacles. See the full schedule under “Entertainment” above.

- Gentle Yoga - All levels movement class
- Vinyasa Yoga - Vigorous class with intermediate poses to stretch, strengthen, and sweat, good expression of excess energy
- Yoga Nidra (with sound bath) - 'Yoga sleep' listen to verbal guidance in stillness. to achieve deep rest
- Yin Yoga - Deep stretching while never rising from mat accompanied by a guided meditation.

## “COMEDY SHOW”

\*Friday night ONLY: featuring comedian “LIZ GRANT” a California native from the San Francisco Bay Area. In her thirty years as a comedian, she wrote, produced, and starred in stand-up comedy shows nationwide. **Mission Statement:** Belly laughs. Joyful, unforgettable shows that unite and delight, with customized jokes to have people laughing for years to come. \*Ticket(s) Required (Paid Event)

## OUTSIDE VENDORS—JEWELRY& CD'S

Do not forget our outside vendors returning to FRCNA! NA jewelry from “Parable Designs”, Workshop and Main Speaker CD's from “Hear the Hope” and customized NA medallions by “The Gifts of Recovery”



## TIKTOK Social Media SPOT

Look for the TikTok Social Media Spot, marked by a special convention banner, to create content, reels, stories, dance videos, and group photos of your FRCNA experience. Capture moments with friends, share selfies, video your best

lip synch or dance trend to your favorite track.

## ESCAPE TO FREEDOM ADVENTURES

Join us for Escape to Freedom Adventures on Friday and Saturday at 10:00 AM and 3:00 PM. Teams of max 10 each will follow clues throughout the convention area in a live-action challenge/hunt to beat the clock. Sign-up by QR code.



## ESCAPE ROOM – LOCKED SUITE TBD



Step into an immersive and interactive live Escape Room. Friday & Saturday nights at 10PM and 11:30 PM. Teams of max 8 each will have 60 minutes to escape from various NA-related scenarios, themes, missing keys to locks, cryptic messages, clues, and puzzles. Look for the QR code sign up. What an electrifying boss experience!!!

## RESTAURANT DISCOUNT FOR REGISTERED ATTENDEES

Show your FRCNA badge to receive a 25% discount

*\*Jack's Place and Café Matisse\**

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## Vote for next year's theme...

1. Living the Promise
2. No Matter What
3. Recovery Under the Sun
4. Sunshine and Serenity

Make your selection at the ballot boxes located at  
Registration and Merchandise.

## Let Us Introduce FRCNA XLV...



July 1st – 4th, 2027

ROSEN CENTRE  
9840 International Drive  
Orlando, FL 32819

Pre-Register at [www.frcna.com](http://www.frcna.com)



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



THE  
MESSAGE  
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FRCNA 44

## ZOOM SIMULCAST

JOIN THE EXPERIENCE FROM ANYWHERE!

 THURSDAY OPENING SPEAKER	<b>Jim F. (Bay)</b>	 Thursday, July 2, 2026  7:00 PM – 9:15 PM ET
 CORRECTIONS WORKGROUP – BEHIND THE WALLS	<b>Corrections Workgroup</b>	 Friday, July 3, 2026  9:45 AM – 11:45 AM ET
 FRIDAY AFTERNOON SPEAKER	<b>Deb C.</b> (Tampa Funcoast)	 Friday, July 3, 2026  1:00 PM – 3:15 PM ET
 FRIDAY EVENING SPEAKER	<b>Christy F.</b> (Chesapeake & Potomac Region)	 Friday, July 3, 2026  7:00 PM – 9:15 PM ET
 SATURDAY AFTERNOON SPEAKER	<b>Matt G.</b> (Palm Coast)	 Saturday, July 4, 2026  1:00 PM – 3:15 PM ET
 SATURDAY EVENING SPEAKER	<b>Jimmy S.</b> (Region 51)	 Saturday, July 4, 2026  7:00 PM – 9:15 PM ET
 SUNDAY MORNING SPIRITUAL SPEAKER	<b>Mandy H.</b> (Kenai Peninsula, Alaska)	 Sunday, July 5, 2026  9:45 AM – 11:45 AM ET



zoom  
SIMULCAST

REGISTER TO JOIN  
<https://frcna.xyz>

SCAN TO REGISTER



<https://frcna.xyz>

All times listed are Eastern Time (ET).