

FRIDAY

16:00 Happy, Joyous and Free-ky  
17:00 Meeting Makers Make It - Nah, Do the Work !

Welcome

16:30 Sponsorship - Walk the walk on the broad highway  
18:30 Singleness of Purpose: 'Page 21 Alkie'  
23:00 Step 2: Restored to Sanity (almost!)  
00:00 Higher Power: May you find them now!  
01:00 The Promises: Page 83 and so much more  
*(From 02:30 Marathon Meetings on the hour)*



SAUNYPAA

Mobile Sauna on-site Fri & Sat 1pm to late

20:00 Open Public Meeting  
22:00 90s vs 00s Night



SATURDAY

08:30 Practice These Principles in All Our Affairs  
10:30 Steps 6 & 7: Ready & Humble  
12:00 Jeopardy: History of AA Quiz  
14:30 LGBTQ+ Meeting  
17:00 Making Amends: Steps 8 & 9 Tornado no more !

08:00 Step 11 Meditation: Daily Living  
10:00 Mr Brown is an asshole, but is he?  
14:00 Emotional Sobriety: The Next Frontier  
16:00 Dating in Sobriety: Two sickies don't make a welly  
21:30 Right Sized - Humility  
22:30 The Inevitable Low Points Ahead  
23:30 Constructive Review  
*(From 00:30 Marathon Meetings on the hour)*

14:00 SPORTS DAY



07:00 Guided Time Travel Meditation  
09:00 Work Out (followed by cold dip in Lahinch)



19:00 Main Meeting

23:00 Sober Rave



SUNDAY



09:00 On Awakening (Morning Meditation)  
10:00 Daily Reflections  
20:00 Why Are You Still Here Meeting?



07:00 Yoga Class

10:00 Sound Bath

Staying connected to our hearts as we transition from Convention to Community

11:30 Closing Meeting & Sobriety Countdown

