

# Wellington SLAA Camp 2017

## Courage to Change

### Friday 24<sup>h</sup> November

Time	Activity	Facilitator(s)
6-7.30 pm	Registration & dinner	
7.30– 8.45pm	<b>Introduction</b> Theme of camp – Courage to Change  Open sharing meeting about camp	Wellington Wednesday Meeting
8.30pm – Late	Free Time	

### Saturday 25<sup>h</sup> November

8-9am	Breakfast	
9 – 9.30 am	<i>Led Meditation : Courage</i>	Mettadharini
9.30 – 10.30 am	<b><i>Why do we need to change?</i></b>	
10.30-11 am	Morning Tea	
11 – 12 noon	<b><i>Bottom Lines</i></b> The starting point. Those behaviours we want to stop	
12 – 1.00 pm	Lunch	
1.00- 2.30 pm	<b><i>Top Lines</i></b> The behaviours we want to exhibit in the future 'In the first 5 steps we were walking away from the active disease: now we needed to make that first real step towards rebuilding' SLAA Basic Text page 85  ' We now moved from limited surrender of a specific addiction toward surrender to a lifelong process which would redefine the qualities we carried within and contributed to life' SLAA Basic Text pages 86 and 87	
2.30 – 3.30 pm	Afternoon Break	
3.30 – 5.00 pm	<b><i>Threats to recovery</i></b> Why might we not attain those behaviours	
5.00 -6.30 pm	Preparing dinner / Break time	
6.30-8.00 pm	Dinner & clean up	
8.00 pm	Social/Free time	

### Sunday 26<sup>th</sup> November

8 – 9.00 am	Breakfast	
9 – 9.30	<b><i>Led meditation: Kindness to ourselves</i></b>	Mettadharini

9.30 – 10.30 am	<p><b>Help for us to change</b></p> <p>Reconfirmation of the SLAA programme. The tools of Recovery:</p> <ul style="list-style-type: none"> <li>• Sobriety</li> <li>• Literature</li> <li>• Meetings/ Sponsorship</li> <li>• 12 Steps</li> <li>• Spirituality</li> </ul> <p>End with Signs of recovery</p>	
10.30 – 10.45 am	Break	
10.45 - 11.45 am	<p><b>Intergroup Meeting</b></p> <p>Agenda:</p> <ul style="list-style-type: none"> <li>○ Intergroup financial report</li> <li>○ Organisers for 2017 camp</li> <li>○ Election of officers</li> <li>○ Other?</li> </ul>	Intergroup officers
11.45 – 12.30 pm	<p><b>Final thoughts</b></p> <p>Reflections - What did you get out of the weekend</p>	Wellington Wednesday Meeting
12.30 – 2.00 pm	Lunch and farewells	