

## Accommodation Options

The Showgrounds has powered sites for tent/caravan or campervan. Or you can stay at the Holiday City Caravan Park right next door to the Showgrounds.

Holiday City Caravan Park:  
Ph: 02 6652 1694

## Budget Motels:

Ibis Budget: Ph: 02 6650 9101  
Coffs YHA Hostel: Ph: 02 6652 6462



## Contact Us

### AA Phone Contacts

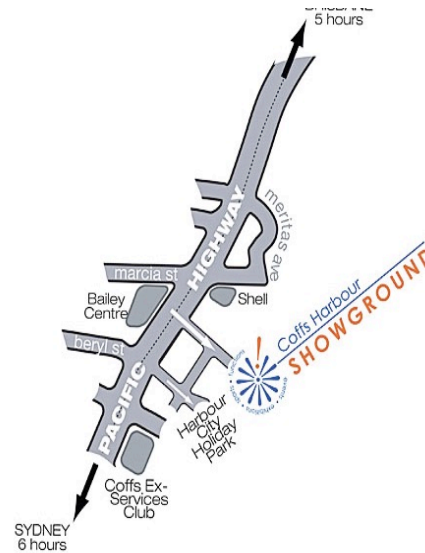
Rudy 0411 574 695  
Julia 0447 112 776  
Cath (Registration) 0430 446 808

### Al-Anon Phone Contacts

Judy 0416 025 757 or 02 6651 9685

## Find us at Coffs Harbour Showground

123 Pacific Highway, Coffs Harbour NSW 2450



## Registration/Camping Costs

Camp onsite at the Showgrounds- \$15.00 per night including power/showers! The only meal we ask you to pay for is dinner Saturday night which will be catered for. Breakfast/lunch on Saturday and Sunday are included in your registration costs!

### AA Registration Costs

Full Weekend \$35.00  
Friday Night (Free)  
Sunday Only \$15.00  
Sat Night Dinner \$26.00 (catered) & Entertainment

Al-Anon Registration \$10.00 (Saturday only)

# Bananacoast District Rally

## With Al-Anon / Alateen Participation

25<sup>th</sup>-27<sup>th</sup> August 2017

at the Norm Jordan Pavilion  
Coffs Harbour Showgrounds

*'Living the promises'*



Alcoholics Anonymous

## AA 'The Promises'

'If we are painstaking about this phase of our development, we will be **amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.** No matter how far down the scale we have gone, **we will see how our experience can benefit others.** That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. **We will suddenly realize that God is doing for us what we could not do for ourselves.** Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. **They will always materialize if we work for them'** (from pps 83-84 Big Book of Alcoholics Anonymous).

## AA Rally Program

### Friday 25th August Room 2

4.00pm Rego & fellowship cuppa  
7.00-08.30pm Welcome and supper...Guest Speaker and others... 'Amazed before we are halfway through'

### Saturday 26th August Room 2

7.30- 8.30am Prayer & Meditation (Boardroom)  
8.30am Breakfast  
9.30-10.30am Meeting 'We will know a new freedom and a new happiness.'

10.30am Morning Tea & Fellowship  
11.00-12.30pm Meeting "The Family Afterwards"  
AA with Al-Anon & Alateen Participation  
12.30-2.00pm Lunch & Fellowship  
2.00-3.30pm Meeting 'We will not regret the past nor wish to shut the door on it'  
3.30-4.00pm Afternoon Tea & Fellowship  
4.00-5.00pm Meeting 'We will comprehend the word serenity and we will know peace'  
6.30pm Auction  
7.00pm Guest Speaker 'They will always materialize if we work for them' & Dinner/Dance  
7.30 - 11.00pm Entertainment "The Uke-aholics"  
Local band "The Refreshments"  
Late night supper

### Sunday 27th August Room 2

7.30-8.30am Yoga & Meditation (Boardroom)  
8.30am Breakfast  
9.30-10.30am Meeting "God is doing for us what we could not do for ourselves"  
10.30-11.00am Morning Tea  
11.00-12.30pm Meeting 'We will see how our experience can benefit others'  
12.30pm Sobriety Countdown  
12.30-1.30pm Farewell BBQ

### Sunday 27th August Room 1

AA  
9.30-10.30 'Emotional Sobriety' Bills letter.

### Sunday 27th August Room 1

#### Adult Children of Alcoholics

11.00-12.00pm 'Inner Critic'  
Contact Florentina 0402 077 641

### Al-Anon / Alateen Participation Program (Room 1)

#### Saturday 26th August...

Registration \$ 10 Lunch included

#### Registered AA participants welcome

8:30am Rego & Fellowship cuppa  
9:30-10:30am Meeting "Al-Anon isn't Instant Magic".  
10:30am Morning Tea  
11am-12:30pm AA Meeting with Al-Anon & Alateen Participation "The Family Afterwards".  
12:30pm Lunch  
1:30pm-3pm Meeting (Adult Children) "Learning to Trust One Day at a Time". Guest speaker Philip plus sharings.  
2.00-3:00pm Closed Alateen Meeting (in Boardroom)  
3:30pm Afternoon Tea & Raffle Draw  
4pm-5:00pm Meeting (Spiritual Concepts) "Peace & Serenity".

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.

