

ACA retreat Programme Scotland February 23/24/25 2018



Day 1 Friday 23rd

Arrival / Check in at Bay Hotel Venue Kinghorn 3.00pm - 6.00pm

Kinghorn Community Centre

7.15pm -9.15pm Meeting /greeting/ housekeeping meeting (general arrival share fellow travellers)

Day 2

Kinghorn Community centre

Saturday 24th

9.30am -10.15 am Mindfulness

10.30.am -12.15 pm Table top share of ACA Recovery Experience, strength and hope (meeting opens for comment on share)

12.15pm -2.00pm Inclusive lunch

2.00pm -4.00pm Creative art workshop led by trained artist meeting the inner child/ positive parent

4.00pm -6.30pm Free time

Kinghorn Community centre

6.30pm -9.00pm Scottish entertainment Music , dance sing along songs Hot/cold Scottish cuisine buffet, Raffle

9.15pm -9.45pm extended serenity prayer / gratitude/ honouring 40 years ACA Fellowship (27th January) Fife Aca 2nd Birthday

Day 3 Kinghorn Community centre

Sunday 25th

9.45am -10.30am Mindfulness

10.45am -12.45 pm reflection / departure meeting, honouring our recovery and fellow travellers
Bring along a picture/possession to share with the group to celebrate your recovery/ journey in ACA
1.00pm Retreat ends

Further Information

** Please note a break out area is available, Please be mindful of start times of all sessions and honour minimum disruption The community centre is 10 minute walk from hotel any one requiring transport to and from venue please identify in registration process of retreat , We have aimed to accommodate needs of ACA participants, single accommodation, break out area, keeping a simple format and highlighting the statement of keep things simple, The participation of events for the weekend is not mandatory, the use of leisure facilities in the Bay hotel is inclusive in price, and basked untouched raw scenery in surrounding areas is our gift of Scottish hospitality to you.

This is an invitation to a retreat to honour and embrace our 2nd year of Fife ACA group recovery. And 40 years of fellowship. Please advise of any dietary needs / special request via email, And if anyone is willing to share at tabletop meeting on Saturday 24th February of their ACA recovery please contact Sandra at sandymearns11@hotmail.com by 2nd February 2018, and please also note remainder of balance due by 2nd February 2018 (The group has decided if any funds are left over from the retreat they shall be forward to intergroup. Also if you require lunch on the Sunday this is an extra cost of £4.00 please notify and pay by 2nd February 2018. Entry to the hotel on 23rd is any time from 3.30pm please notify the reception you are for the retreat and group members shall be on site to allocate and welcome you. Weekend non residential visitors are welcome at a cost of £25.00 for weekend or £15.00 for Saturday full day including entertainment. Sunday £7.50 Group contact numbers are scribed below. Faith in fellowship Fife ACA

Contact 1 Sandra 07951463588

Contact 2 Karen 07578079279

Contact 3 Gina 07506066825