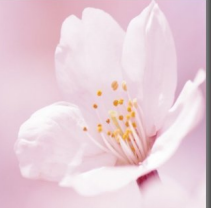


*Adult Children of Alcoholics &
Dysfunctional Families* Fife - Scotland



RETREAT PROGRAM FEBRUARY 28TH-MARCH 1ST 2020

Friday 28th February

3-5pm Arrival

5.15pm -6.30pm Housekeeping/ Welcome/introduction meeting

6.30pm-7.30pm soup and Sandwiches

7.45pm -9.30pm General share meeting

Saturday 29th February 2020

8.00am-8.30am Mindfulness in Event room

8.30am -9.30am Breakfast 10.00am -12.00pm Table top share My Homecoming in ACA (Open floor after share)

12.00pm – 1.30pm Free time Lunch break

1.45pm -.3.45 pm Inner child creative workshop

4.30 pm – 5.45 pm reflection meeting

6.00pm -7.15pm evening meal

7.45pm -9.45pm Fun night . The big General quiz 3 teams, Team 1 Serenity team ,Team 2 Boundaries team ,Team 3 self care Team (Each team member shall pay £1 per person entry to the quiz proceeds to Intergroup and winning team participants will each receive an individual Prize)

Scottish music. Laughter and Fun

9.45pm close the night with the Serenity prayer

Sunday 1 st. March 2020

8.00am -8.30am Mindfulness in Event room

8.30am -9.30am Breakfast

9.45am -11.30am Inner child meeting (please bring a childhood photo,/ toy or a special token that voices your inner child)

11.00am - 12.00pm Tea/ Coffee Birthday cake celebration

12.00pm End of retreat

Saturday 29th February Day Visitors

10.00am -12.00pm Table top share My Homecoming in ACA (Open floor after share)

12.00pm – 1.30pm Free time Lunch break

1.45pm -.3.45 pm Inner child creative workshop

4.30pm – 5.45 pm reflection meeting

(Saturday visitors are welcome to attend the fun evening that starts at 7.45pm and closes at 9.45pm)

Break out areas shall be highlighted in housekeeping meeting. Tea and coffee shall be available through out the retreat but please be mindful of disruptions

Raffles (proceeds to intergroup)

ACA big red books/ Yellow workbook/ Affirmation book, and other approved ACA literature shall be on sale.

Car Transport from Edinburgh available please email me directly

sandymearns11@hotmail.com

Faith in fellowship Sandra