

ALCOHOLICS ANONYMOUS

TORREVIEJA CONVENTION 2010 ISSUE

RECOVERY IN THE SUN

FELIZ 24 HORAS

September 3-5th 2010



www.aa-costablanca.org

REFUELLING IN AA ROOMS

ORIGINALLY suggested by a Scandinavian member, the Torre- vieja Convention will, in this its third year, once again have a sobriety candle burning throughout the meetings.

In 2008, the candle burned brightly on the first evening but strangely and progressively dimmed through day two and we were unable to maintain its flame on the last day – not very inspiring.

That candle reminds me of

my own journey in recovery from the illness that brings us together. My early sobriety was like a beacon, strong and bright, fuelled by what I had learned in the clinic to which I had confined myself when alcohol had taken its toll on my health.

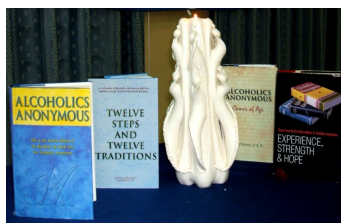
But I did not continue with my AA meetings when I left the UK shortly afterwards, I busied myself with other things and clung to the flimsy, but well intended, support of friends outside the fellowship.

Slowly the flame of sobriety that had been lit with such passion began to fade and, eventually, expired. It would only be relit when I found the courage to return to AA.

Now, a few years down the line, I have the fuel that I need to keep my own sobriety candle alight – regular AA meetings; a sponsor and others in whom I can confide; a few good recovery books on the shelf and my Higher Power to guide me through each day and to remind me of the good things I have been given in life. A bit of service along the way has not done me any harm either.

So, when the same candle that was used for our first convention is lit again, with confidence that it will burn on throughout this weekend, I will take a moment to reflect that all we ever need is the right fuel to keep us going.

AA Member, Costa Blanca



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Torre vieja's AA Convention News



**Hotel Cabo Cervera,
Torre vieja, Alicante, Spain
September 3-5th 2010**

ALCOHOLICS ANONYMOUS TORREVIEJA CONVENTION 2010 3-DAY PROGRAMME – COSTA BLANCA, ALICANTE, SPAIN

FRIDAY 3rd SEPTEMBER

Noon-21:00 Registration desk is open
14:00-18:00 **Salon Social** - Come & Go Meeting (Closed)
21:00-22:30 **Torre vieja B** - Welcome Meeting (Open)
23:30-01:00 **Torre vieja B** - Candlelit Meeting (Closed)

SATURDAY 4th SEPTEMBER

07:00-Midnight **Salon Social** - Marathon Meeting (Closed)
9:00-20:00 Registration desk is open
10:00-12:00 **Torre vieja B** - Meeting (Closed)

12.30-15.30 **Sala Ejecutiva** - Costa Blanca International Ccmmitee—CBIC—Intergroup (Closed)
18:00-19:30 **Sala Ejecutiva** - Spanish-speaking Meeting (Closed)
20:00-21:30 - **Torre vieja B** - Meeting (Open)
22:00-01:00 - **Torre vieja B** - *Disco & Raffle*

SUNDAY 5th SEPTEMBER

07:00-09:00 **Torre vieja B** - Early Bird Meeting (Closed)
10:00-Noon **Torre vieja B** - Closing Meeting (Open)
Noon **Torre vieja B** - Sobriety Countdown.
 Convention Ends
**for Al-Anon meetings see page 2*

IT IS ALL IN THE JOURNEY

BACK IN THE UK some years ago, early in my second period of sobriety – which I am still enjoying – my sponsor one day mumbled something about getting ready for step four, and thrust a grubby little cassette (remember those?) into my hand, and told me to listen to it.

In my business life I travelled a lot, so the next day on the motorway I pushed it into the player, but was totally unprepared for what came out.

I was suddenly transported to an American treatment centre, or convention of some sort where those stalwarts of AA, Joe and Charlie were running a workshop on step four, with humour, but with gritty explanations of the effects of alcohol on lives. A new word came up. Up to that point I had not really come across 'resentments', and if I had would have naturally assumed they didn't apply to me. Resentful? Who, me? At what?

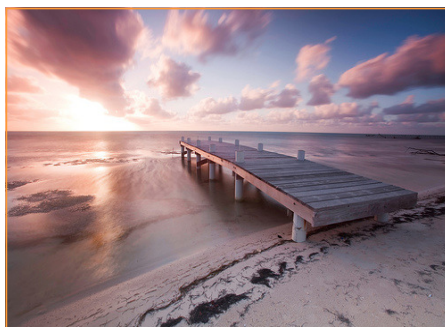
As the tape wore on, resentments were explained fully – what they were, and more importantly, what they do to me. I realized with horror that I was riddled with them, and so the seeds of step four were sown deeply into me. I was able to really examine my life up to that point, and the damage I had done, to myself and others, and I was able to progress significantly along the route I am still following today.

Having made a dangerous transfer to Spain after only a couple of years of sobriety, I gratefully attended the much thinner meetings in our Costa Blanca region, and having learnt the hard way stuck to them like glue.

In 2005, at the last minute I travelled north and attended the Costa Brava Convention at Tossa del Mar. After breakfast on the first morning, I was determined to get a good seat and was making my way through the convention

room when I passed a small man, in an open-necked check shirt and jeans, who nodded and said: "Good Morning", in an American accent. I returned the greeting and on sitting at the front, met a member of my home group.

"Did you see Charlie?" he asked. I suddenly realized that I had just passed



the time of day with the man on the cassette, and half an hour later was watching him in action on the stage. We don't put people on pedestals in AA, but this man proceeded to take the convention (all on his own as Joe was ill and couldn't travel), through a Big Book Study, including that vital step four and much more over the next couple of days.

I cannot tell you the effect those wonderful sessions had on my life, to somehow complete my education and hear the whole story from The Big Book, to see, hear and feel the power in the room as we discussed it.

The experience still puts the hairs up on my neck when I think of it.

Conventions are very special places to me, and I will enjoy this Costa Blanca one very much. This time though for different reasons, as for the first time I'm serving on the organising committee, and am proud of helping and being able somehow to put a little back to repay my gratitude to AA.

AA Member, Costa Blanca

Keep It Brief!

www.aa-costablanca.org
COSTA BLANCA'S DEDICATED website has been up and running since July 2008. It fulfills all your needs for news related to Alcoholics Anonymous on the Costa Blanca.



New Meeting In Benidorm

IN JULY 2010, a "Newcomers" meeting

opened in Benidorm. It is held every Sunday evening from 6.00–7.30pm at Calle Jardines 2, (corner Calle Goya

and next to church, Iglesia de La Almudena), Benidorm. The same venue as Thursday's 5pm meeting. The Benidorm meetings are very popular and well attended, catering for locals, nearby residents and holidaymakers.

Spain Takes National To Benidorm

THE 9th AA Spanish National Convention will be in Benidorm from 9-12 October 2010, celebrating the 75th anniversary of AA and themed: Our Hope in Action. Alicante's Area 21 hosts the event. There will be plenty of English-speaking meetings throughout the weekend – all are welcome and everybody will be looked after and catered for. Rooms are available in the 4-star Hotel Bali and the nearby 3-star Hotel Torre Dorada, both excellent hotels in the south of Benidorm. For timetable see back page and for reservations call: (00 34) 98 596 3253 or email: ovidogesta@viajeseci.es



WORDS OF AA WISDOM

- Alcoholic drinking in three stages: impulsive, compulsive, repulsive.
- We have good news and bad news. The good news is you never have to drink again even if you want to. The bad news is that we are your new friends.
- We can no longer be content with just getting by.
- Minds are like parachutes. They only function when they are open.
- I'd rather be better than bitter.
- Remember: Don't run so fast that your guardian angel can't keep up!
- I am the black sheep of the family. I came to Alcoholics Anonymous and found the rest of the herd.

AL-ANON MEETINGS AGENDA



All Al-Anon and family members are welcome to attend open meetings of Alcoholics Anonymous

FRIDAY 3RD SEPTEMBER

Noon-21:00 Registration desk is open

SATURDAY 4TH SEPTEMBER

10:00-12:00 Sala Ejecutiva - Meeting

16:00-18:00 Sala Ejecutiva - Meeting

22:00-01:00 Torrevieja B *Disco & Raffle*

AA'S REVOLVING DOORS

‘THE AA DOOR swings both ways.’ How many times have I heard someone say that in a meeting? Usually when we hear that a member has relapsed, or even, horror, died.

And alcoholics do have a habit of dying in the most horrid ways. People come into the rooms, we do not take them prisoner, they are free to leave, come again, leave again if they choose.

I was 12-stepped in a hospital ward, the local groups supplied volunteers who came along to tell us about AA. During the second meeting I attended there one of the alcoholic sponsors talked about the way drinkers can die. He spoke of alcohol as the ‘great remover’. He said it removes stains from clothes, varnish from finger nails, homes, families, jobs, driving licences, self respect, freedom. He may also have mentioned other things, these are just the ones I remember.

Before that chap left the ward that day he cornered me and asked if I had been to a meeting outside the hospital. “No?” I replied that I had children and would have to get a baby-sitter, could not afford one. Being a little shorter than I, he looked up straight into my eyes and said “if you wanted a drink you’d get one”. So that night I was at my first AA meeting outside the hospital. I joined, and I stayed.

In that same

hospital ward were other men and women with the same problem. As the weeks became months and then years I returned as a hospital sponsor myself, and sometimes I saw the same faces come back, again and again. Then they stopped coming.

About 6 months sober, I went to a different meeting one Saturday afternoon. A little into the meeting a young man staggered in, he was very drunk.

He shouted and swore and offered to take everyone outside (to fight?). He was a tall, very handsome chap, probably about 35 or 40 years old.

One of the members calmed him down and he started to cry, sitting on a seat next to a lady who was wearing a black satin skirt – you can imagine what a mess his tears and snot made as he buried his face in her lap!

Then he fell asleep on the floor. I had never come across anything like this before in the meetings and was rather apprehensive. “Don’t worry about him,” I was told, “he’s better off in here than out there”

But he went out there again. Sometimes he came back to meetings, always life had got worse. Then he stopped coming and we heard he’d died.

For six long years, I had watched him come in and out of the doors.

We are always happy to welcome a newcomer, we are delighted when someone comes back, but all too often the door in the shape of a coffin lid has slammed shut, and one more alcoholic has needlessly come to the end of their life, too soon. Too often leaving confused and sad families and young children.

A day at a time, I have stayed inside the doors. I have no wish to go out there



again, too many people I know have tried it to their peril, tried to go socialising with drinking buddies, and eventually discovered that they weren’t missing anything after all.

The lucky ones come back. I don’t want to die choking on my own vomit, or staggering in front of a vehicle, or falling down a flight of stairs.

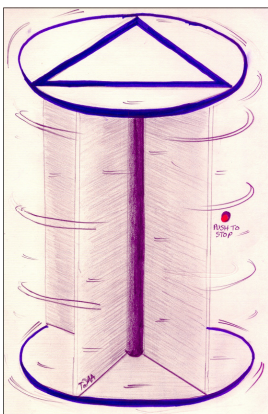
I’ve seen it happen, heard about people who have done these things. I listen and hopefully learn.

They say if you keep doing what you’re doing you’ll keep getting what you’re getting.

Right now I am getting a life beyond any of the wild dreams I had when drinking, so I’ll keep inside the doors, and keep getting what I am getting. That’ll do nicely.

Every alcoholic stops drinking, eventually. Some live.

AA Member, Costa Blanca



TORREVIEJA'S ESSENTIAL WHERE-TO-FIND

FOR VISITORS STAYING in the area after the convention, below is the local where-to-find. If venturing further afield, call helplines for details (see front page).

Monday - 1930 – 2100

SCANDIA Building, (adjacent to The Coopers Arms), Urb. Doña Pepe, Ciudad Quesada, Rojasles

Tuesday - 1245 – 1345

(Women’s Meeting - non restrictive) Rocajuna, Los Altos, Punta Prima, Torrevieja

Tuesday - 1930 – 2030

Avenida Jaca nº31, Urb. San Luis, Torrevieja

Wednesday - 13:00 – 14:30

Centro Parroquial Ikomar, (Next to Fiat garage), Avenida Los Villanos, Pilar de la Horadada

Wednesday - 19:30 – 20:45

International Christian Assembly, Calle San Miguel de Salinas nº2, (on junction with Calle Santomera), Torrevieja

Thursday - 18:00 – 19:00

Step Meeting—Rocajuna Function Room, Los Altos, Punta Prima, Torrevieja

Thursday - 19:30 – 21:00

Salon “Studio 6”, Montebello. Algorfa

Friday - 13:00 – 14:30

International Christian Assembly, Calle San Miguel de Salinas nº2, (on junction with Calle Santomera), Torrevieja

Saturday - 11:00 – 12:30

Big Book Study, Rocajuna Function Room, Los Altos, Punta Prima, Torrevieja

Sunday - 11:00 – 12:00

Rocajuna Function Room, Los Altos, Punta Prima, Torrevieja

Ask local members for directions to these meetings or call CB South helpline: 625 912 078.

ALCOHOLICS ANONYMOUS

Please send meeting news and changes, comments, views, articles, suggestions, personal stories, or anything else you would like to see published in Recovery In The Sun to:

ourprimarypurpose@gmail.com

Mobile: (+34) 679 18 26 22. Tel: (+34) 96 648 1150.

Disclaimer: Articles in this publication represent the views of the authors which are not necessarily shared by other AA members or by the AA Fellowship as a whole.



ARE YOU AFFECTED BY CBIC'S CRISIS?

Reminder: The next CBIC (Costa Blanca International Committee) intergroup meeting is in Sala Ejecutiva, Hotel Cabo Cervera, Torrevieja on Saturday, 4 September 2010 from 12.30pm — 3.30pm. All AA members are welcome.

SINCE SEPTEMBER 2009, Costa Blanca International Committee (CBIC - the Costa Blanca's intergroup) has had a vacancy for a Public Information Liaison Officer. Other offices have also become vacant and as of September 2010 there will be no Secretary, nor Chairman, leaving only the Area 21 Representative, Treasurer, Electronic Communications Officer and Telephone Liaison Officer North.

This surely must be considered a crisis for AA's Costa Blanca.

It was therefore decided at the March 2010 CBIC meeting that we hold a CBIC Conscience Inventory Meeting to try and address the problem of not having any GSRs attending the quarterly CBIC meetings. Thereby making it impossible to fill current vacancies plus those arising in the near future.

From the inventory meeting a letter was produced asking the question: "Do you, as a member of AA Costa Blanca, wish CBIC to continue?"

Additionally, from the conscience meeting a leaflet was published explaining how CBIC works. (A copy of both can be obtained at any AA meeting on the Costa Blanca).

The response to the letter and the leaflet has on the whole been positive, in that you (members of AA) have expressed that you want CBIC to continue. And this is great.

There is only one problem, we have no volunteers to serve! So unless some volunteers come to the September CBIC meeting (see above), it is quite possible that CBIC will be unable to continue.

I would like you to recall the day that you picked up the telephone, having seen the AA phone number published (newspaper, hospital, public noticeboard etc.), or having been advised by a doctor, and asked for help. Someone was at the other end of that phone, spoke to you in a language you understood about alcoholism and help available and guided you to your nearest meeting where you were made welcome. And, as they say, the rest is history.

Don't Forget Your Badge!



WELCOME TO TORREVIEJA! AA CONVENTION-GOERS

THEME: OUR HOPE IN ACTION

9th Spanish National Convention — Benidorm, 9-12 October 2010

SATURDAY 9th OCTOBER

16:00 Registration desk opens
19:30-21:30 Dinner
23:00 Closed Meeting

SUNDAY 10th OCTOBER

07:45-09:30 Breakfast
11:00 Inaugural Ceremony of the 9th Spanish National Convention
13:00-14:30 Lunch
16:30-18:30 Meetings
19:30-21:30 Dinner
23:00 Meetings

MONDAY 11th OCTOBER

07:45-09:30 Breakfast
10:30-12:30 Meetings
13:00-14:30 Lunch
16:30-18:30 Meetings
19:30-21:30 Dinner
23:00 Dance
23:00 Meetings

TUESDAY 12th OCTOBER

07:45-09:30 Breakfast
11:00 Close of 9th Spanish National Convention
13:00 Lunch & Homeward Bound

These are preliminary details. For future information of meeting topics, please contact a CBIC member or email the address at the top of this page.

We were able to attend meetings of Alcoholics Anonymous because someone opened those meetings and serviced them to enable us (the then suffering alcoholic) to join a fellowship of hope and be given the opportunity to regain our dignity and become a sober functioning member of society.

Now imagine if no one had answered that desperate call!

Chairman CBIC, Costa Blanca

CBIC SERVICE POSITIONS AVAILABLE

PI Liaison Officer: Carry the message of recovery to the still suffering alcoholic by informing professionals & the general public about AA.

Chairman: Responsible for convening and conducting the CBIC meetings, and approving the agenda and minutes before they are published.

Secretary: Responsible with the Chair for preparing the agenda and minutes of meetings and for distributing these documents to the groups before meetings so there is ample time to discuss the contents. The Secretary also deals with all correspondence and is responsible for circulating relevant information to — and liaising with — all intergroup officers and GSRs whilst keeping them informed of any matters relating to CBIC.

The above positions have a minimum 2 years sobriety requirement and previous experience as GSR at intergroup level. Anyone interested will be fully supported over several months by the rotating-out officer and/or others.