# **Convention Programme**

FRIDAY, MAY 26TH

Registration from 5pm

6.00pm - 8.00pm

8.30pm

Formal Opening Meeting of Cork County Convention 2023

10.00pm -11.00pm

Closed Marathon Meetings (Conference Centre Closed @ 12p.m)

#### **SATURDAY MAY 27TH**

Registration Opens from 9.00am

10.00am - 11pm

Closed Marathon Meetings.

3.00pm-4:15pm

Workshop

Service: What's In It For Me?

6pm-7.30pm

BBQ in Marquee

9.30pm

Saturday Night Music

(Conference Centre Closed @ 12pm)

**SUNDAY MAY 28TH** 

Registration Opens from 9.00am

10.30am

Marathon Meeting, Theme: Step 12

*12.00pm* 

Closing Ceremony
(Open Public Meeting; All Welcome)

#### **MARATHON MEETINGS**

#### **FRIDAY MAY 26TH**

6.00pm Step One7.00pm Step Two

**8.00pm** Break for Opening

of Convention

**10.00pm** Pursuing your

dream in sobriety

**11.00pm** Step Three

#### **SATURDAY MAY 27TH**

Step Four 10.00am 11.00am Step Five Young in AA 12.00pm 1.00pm Step Six Sponsorship 2.00pm 3.00pm Break for Workshop **Tradition One** 4.00pm 5.00 pm Surrender 6.00 pm Step Seven 7.00pm Step Eight 8.00pm Easy Does It Step Nine 9.00pm 10.00pm Step Ten 11.00pm Step Eleven

#### **SUNDAY MAY 28TH**

**10.30am** Step Twelve

**12.00pm** Closing Ceremony



## Kayaking Tours at Coolcower House Saturday the 27th

David Ryan and his team from Outdoor Discovery and Lee Valley Kayaking propose a schedule of kayaking tours at a discounted rate for all members attending the convention. David and his team have run kayaking activities from Coolcower over the past few years. It is a very safe section of the River Lee for touring and boasts the most scenic nature in all of the Lee Valley. With over 20 years experience and 7 years of running a kayaking company participants are in safe hands. Outdoor Discovery is fully insured and uses high quality safety equipment.

Participants of the tour will have all equipment provided and a full demonstration. So anyone with a moderate fitness level can take part. All the participants will need will be gym style clothes they dont mind getting a bit wet.

The tours could run every 2 hours starting at 10 am. Weather permitting. 10 am 12pm 2pm and 4 pm. With a max of 12 participants per session.

The tour from start to finish will take approx 60 mins with some time either side to get organised with equipment.

I can bring single kayaks and some doubles to cater for all abilities. Cost is 10 euros for members of the convention.

Pre Booking essential.

## Alcoholics Anonymous



38th Cork County Convention 2023

"Our common welfare should come first; personal recovery depends upon A.A. unity."

26<sup>TH</sup>, 27<sup>TH</sup> & 28<sup>TH</sup> MAY

### Theme: AA Unity

Venue: Coolcower House, Coolcower, Macroom, Co. Cork, P12 E135

#### FOR FURTHER INFORMATION CONTACT:

+353 (0) 26 41695 coolcowerhouse@gmail.com gso@alcoholicsanonymous.ie