

25<sup>th</sup> Anniversary  
Guernsey AA Convention 2020

# Restored to Sanity

31 October – 1 November  
Les Cotils



# Saturday 31 October

08.30	Registration Opens
09.30 – 09.40	Welcome and Introductions
09.40 – 09.45	Sobriety Countdown
09.45 – 10.45	“Restored to Sanity” Closed, Top-Table Meeting
10.45 – 11.00	Tea and Coffee Break
11.00 – 12.00	Guest Speaker – Open to All
12.00 – 14.00	Lunch Break
14.00 - 16.00	General Sharing, Come-and-Go Closed Meeting
19.00 – Late	Evening Extravaganza

# Sunday 1 November

09.30 – 09.35	Welcome and Introductions
09.35 – 10.15	Spiritual Meeting – Open
10.15 – 10.30	Tea and Coffee Break
10.30 – 11.15	“Restored to Sanity” Open Top-Table Meeting
11.15 – 11.30	Tea and Coffee Break
11.30 – 12.15	“Restored to Sanity” continued
12.15 – 12.30	Close

All meetings are in the Harry Bound room except Saturday afternoon’s Come and Go meeting which is in the Carol Hindes room.

# Evening Extravaganza

**Please feel free to bring your partners and family and join us for a fun-filled, sober evening. Be prepared to eat delicious food, win prizes, tap your feet, sing along and dance!**

- Pre-booking and pre-payment essential- see insert
- £25 per person to include drink on arrival, 3-course dinner, coffee and mints
- Live Music from Seigneur Hedge Veg, featuring our very own Late Dave, and other musical members of the fellowship
- Raffle with amazing prizes (no soap on a rope!)
- Dress: Informal – Halloween Fancy Dress optional
- Tables of 10 – free seating
- Menu choices as follows:

## STARTER

Basil and tomato soup (V) (GF)

Crab and courgette fritters with a tropical fruit salsa (GF)

Forest mushroom and smoked pancetta ragout pots with a brie crumb crust and toasted garlic ciabatta (GFO)

## MAIN COURSE

Pan-scorched sirloin steak, served pink. Peppercorn sauce optional (GF)

Fillet of black bream, prawns, capers & lemon chive butter (GF)

Aromatic Indonesian vegetable curry, lentils, coconut milk and toasted cashews (GF) (VE)

## DESSERT

Steamed sticky toffee and salted caramel pudding, butterscotch sauce  
Eton mess; crushed meringue, strawberries, strawberry compote and  
whipped cream (GF)

European cheeses, biscuits, grapes and balsamic fruit chutney (GFO)

Please don't let the cost put you off; speak to your sponsor or telephone Marie in strict confidence. We ALL want as many of our fellowship to be able to attend as possible.

## Further Information

- Registration cost £6 per day, or £10 for whole weekend, including tea, coffee and biscuits
- Les Cotils is open for breakfast and lunch on Saturday and Sunday; booking in advance is strongly advised as the Tennerfest is on

## Guest Speaker

### Dr Bob Gallagher

MB ChB BSc (Hons) MRCPG DRCOG DFFP MSc (OccMed)



Dr Gallagher is the Chairman of the Queen's Road Medical Practice. He has a particular interest in Occupational Health and has been appointed as Medical Officer for a number of leading companies in Guernsey.

He is currently Chair of the Primary Care Committee and plays an active role in developing Primary Care services with the other two Practices and with the Health and Social Care Committee.

A strong advocate for social prescribing, Dr Gallagher is a big fan of AA and always promotes the fellowship to patients struggling with drinking.

## Contact Us

Your committee members are:

Dave – Convener – 07911 126972

Marie – 07781 105299

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