

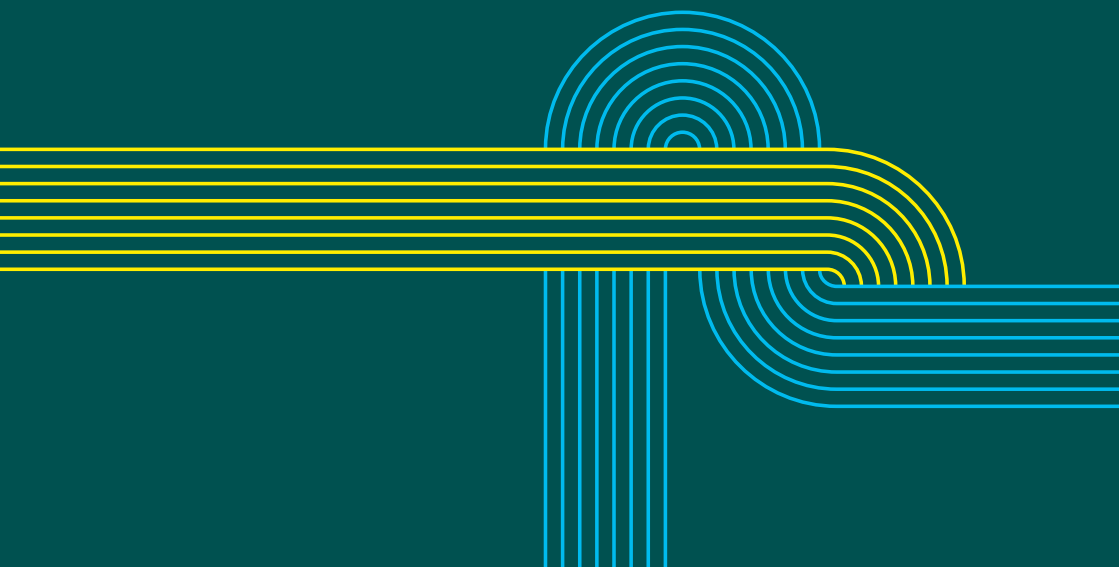
SA  C16



# Strength

**IN SURRENDER**

PROGRAMME



# WELCOME TO **STRENGTH IN SURRENDER** THE 16TH ANNUAL SUSSEX AREA CONVENTION OF NARCOTICS ANONYMOUS

## **CRÈCHE**

---

We have a crèche available for all our members to make use of. It will be open from **11am until 5:30pm on Saturday** and **11am until 2:30pm on Sunday**.

The **team** are all **DBS approved** and further details are available from them. Alternatively you can ask at the registration desk.

## **FRIDAY SCHEDULE**

---

### **ROOM 1**

**2:30pm** Registration opens!

**4:00pm** Just for today **Shares from Ian T and Jen A**

**5:30pm** NA Quiz

---

---

---

---

---

---

---

---

## SATURDAY SCHEDULE

---

### MAIN AUDITORIUM

- Midday** Regardless of...  
Shares from Ally S  
and Phil S
- 2:30pm** If you want what  
we have to offer  
Christos T and Kat M  
sharing
- 5:30pm** Recovery begins  
with surrender  
Shares from Vince L  
and Hayley F
- 7:30pm** Dance, dance,  
dance!  
Details available  
at venue

### ROOM 1

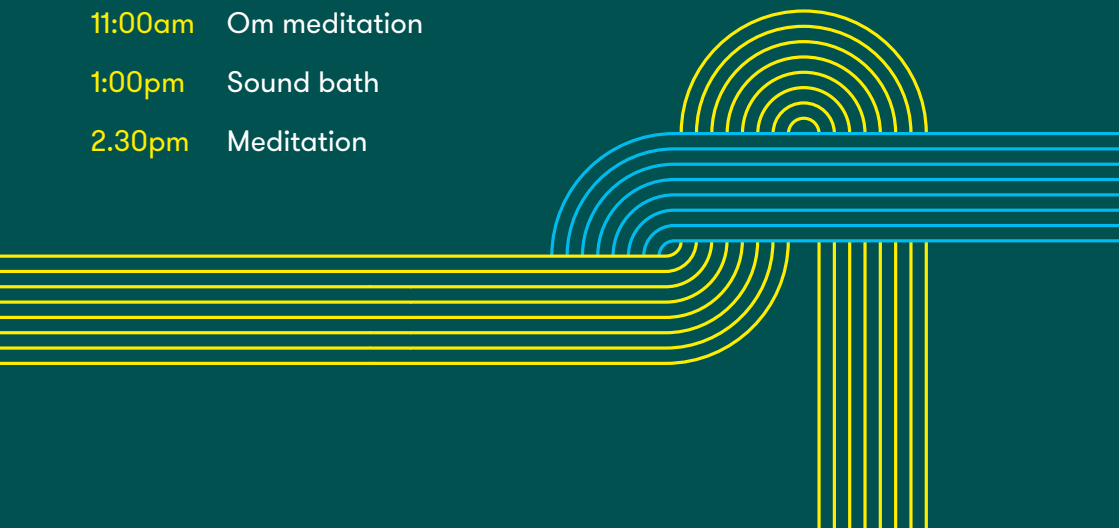
- 11:00am** Coming to believe
- 1:30pm** Shame and guilt
- 3:30pm** Restoration to sanity
- 6:30pm** Our defects of  
character

## SATURDAY HEALING

---

### ROOM 155 FIRST FLOOR

- 11:00am** Om meditation
- 1:00pm** Sound bath
- 2.30pm** Meditation



# SUNDAY SCHEDULE

---

## MAIN AUDITORIUM

- Midday** The strength to be honest  
Shares from Julian L and Lynette C
- 2:00pm** Raffle
- 3:00pm** Strength in surrender  
Our closing share from Martin F
- 4:00pm** Clean time countdown

## ROOM 1

- 11:00am** The gift of desperation
- 2:00pm** Relapse and recovery

# SUNDAY HEALING

---

## ROOM 155 FIRST FLOOR

- 11:00am** Kundalini yoga
- 1.30pm** Reiki