

HISTORY

The first Central Coast rally was held at the Terrigal High Auditorium in March 1990. It was the brainchild of Elaine and John S. A large number of local members provided enthusiastic support. AA members came to the first rally from all over NSW. The novelty of it provided considerable momentum in the beginning.

From 1999 onwards the annual rallies were held variously at La Salle Kincumber, Gosford Public School, San Remo Community Centre, Bateau Bay Public School and finally for four years at The Entrance Community Centre, where the last to date before the pandemic, was held in 2019. Each of the 30 rallies so far, have been an unqualified success.

ACCOMMODATION

Camping (tent or caravan*) available as well as dorm rooms inside the venue. Camp sites are \$10 per person per night. Dorm rooms can hold up to six people per room, at \$25 per person per night. BYO linen and pillow. *There are no powered sites for caravans. It is preferred accommodation is pre-booked "first in first served".

LEARN MORE ABOUT SERVICE

Service is the third legacy of AA. It is where we give back to others that which has been freely given to us. Whether that service is at the end of a broom, as a Group member fulfilling a role or as a sponsor, the result will be the same – we will be released from the bondage of self that is vital for our ongoing recovery.

This meeting will help open the door for you to the myriad of service opportunities available in AA by describing what they entail, what experience is preferred and how to go about getting involved.

BYO MUSICAL INSTRUMENTS, SPORTS EQUIPMENT AND GAMES TO PLAY.

'Camp Chapman' Somersby

60 Reeves St, Somersby, NSW 2250
Transport options will be available from Gosford Station. Please contact us to arrange pick-up.



Please contact us here:

Adrian (AA) 0434 905 781

Chris (AA) 0436 485 599

Gerry (Al-Anon) 0413 009 625

aacentralcoastrally@gmail.com



BACK INTO ACTION



Program for the 31st Annual Central Coast
AA Rally with Al-Anon participation.

5 – 7 MAY 2023

at 'Camp Chapman' Somersby NSW

Central Coast AA Rally 2023 'Back into Action' Program

REGISTRATION

Registration opens at 4.30pm Friday 5 May with both AA & Al-Anon meetings available. Day Registration is \$5 (Fri), \$10 (Sat or Sun) or \$20 for all weekend.

If you wish to pre-register, book accommodation or food for the weekend please make payments to;
Central Coast Rally—BSB 062-544 ACC 10293125
Using your name and what you are paying for as a reference.

Please email us at aacentralcoastrally@gmail.com to confirm your booking. EFTPOS facilities will also be available at the rally. We look forward to seeing you there!

FRIDAY

	ALCOHOLICS ANONYMOUS	AL-ANON
4.30pm	Registration Open	
6.00pm-7.00pm	Dinner – Burgers*	
7.00pm-8.00pm	Meeting** Step One – Beginners @Banksia Lodge	---
8.00pm-8.30pm	Supper	
8.30pm-10.00pm	Campfire Meeting** Topic – Any Lengths @Campfire	---

SATURDAY

	ALCOHOLICS ANONYMOUS	AL-ANON
6.00am-7.00am	Meeting** Upon Awakening @ Campfire	---
7.00am-8.00am	Meditation @ Bush Chapel	
8.00am	Registration Open	
8.00am-9.00am	Breakfast – Bacon + Egg Roll*	
9.00am-10.30am	AA & Al-Anon Meeting ID & Welcome	
10.30am-11.00am	Morning Tea	
11.00am-12.30pm	Meeting Love & Service @ Campfire	Meeting Reaching for Personal Freedom @ Banksia Lodge
12.30pm-2.00pm	Lunch – BBQ Sausage with Onion, Roll, Frittata & Salad*	
2.00pm-3.30pm	Free Time	Meeting Courage to Change @ Banksia Lodge
3.30pm-4.00pm	Afternoon Tea	
4.30pm-6.00pm	Meeting** Came to Believe @ Campfire	Adult Children Meeting Survival to Recovery @ Banksia Lodge
5.30pm-7.00pm	Dinner – Roast Chicken with Potato Bake + Salads*	
7.00pm-8.30pm	Meeting** ID @ Campfire	---

SUNDAY

	ALCOHOLICS ANONYMOUS	AL-ANON
6.00am-7.00am	Meeting** Daily Reflections @ Campfire	---
7.00am-8.00am	Meditation @ Bush Chapel	
8.00am-9.00am	Breakfast – Bacon + Egg Roll*	
9.00am-10.30pm	Meeting** Step 9 Promises @ Banksia Lodge	---
10.30pm-11.00am	Morning Tea	
11.00pm-12.30pm	AA & Al-Anon Meeting Spiritual Concepts @ Banksia Lodge	
12.30pm-1.00pm	Sobriety Countdown	
1.00pm-2.00pm	Lunch – BBQ + Salads*	
	FINISH	

*(GF/V options available)
**AA Meetings will open with a 10min speaker

CATERING

Food for breakfast, lunch and dinner will be available as well as cold drinks, tea, coffee and biscuits. Breakfast \$5, Lunch \$10, Dinner \$10 (Fri) and \$15 (Sat) or \$50 for all weekend. Water and soft drinks are gold coin donation. Vegetarian and Gluten Free options are available.

See timetable for what food is on offer.