

MENU SET AT TIME OF PRINTING:

Dinner Friday

- Taco Burrito \$3.00 \$4.00
- Hot chips \$2.00
- Soup and bread rolls \$4.00
- Ice cream or chocolate mousse \$3.00

Breakfast

- Cereals, fruit and yogurt \$3.00
- Bacon eggs sausages toast tomato, \$7.00
- Raisin toast, Cinnamon, plain toast, \$2.00

Lunch

- Taco, Burrito \$3.00 \$4.00
- Hot chips \$2.00
- Fish chips + salad \$10.00
- Chicken chips = salad \$10.00

Dinner Saturday

- Hot roast pork meal \$11.00
- Hot roast beef meal \$11.00
- Hot baked fish meal \$11.00
- Assorted deserts \$3.00

Morning + Afternoon tea

- Scones jam + cream \$2.00
- Assorted muffins + slices \$2.00
- ice cream cones \$2.00
- Assortment of fresh wraps \$3.00

Full gluten free, lactose free, diabetic menu options available.

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Menu provided by Forks Fine catering

Central Coast AA Rally

THE AL-ANON WAY



CAMP BREAKAWAY

30 Highview Avenue San Remo 2262

Al-Anon Participation

2 – 4 March 2012

Al-Anon Enquiries:

Rosemary L: 43 257 291



Family friendly venue

Children's activities

Available with parental supervision

Al-Anon literature will be available

Registration

Rally Costs:
3 day registration: \$15
or
Friday night: \$5
Saturday: \$10
Sunday: \$5

Cabaret AA: entry is included in registration,
AA members invited to play music or sing,

Accommodation

Accommodation bookings:
Dawn: 02 4390 7624
Email: dcaplin@breakaway.org.au
All accommodation BYO sheets and towels
Cabins: Sleep 6:
2 En-suites included
\$150 per cabin per night
or available in:

Half Cabin 3 bed En-suite \$80 per night

A Frames:
Sleep 6. Separate amenities
BYO sheets and towels
\$60 per room per night

Tents: \$15 per site per night
Caravans: \$25 per site per night

Cafeteria style meals
OR sausage sizzle lunch:
Pay as you order see over page for menu

Program

Friday 2nd March 2012

4pm: Registration
5pm to 6:30pm: Dinner

7 to 8:30pm: The AA Way
Step 1 "Powerless over Alcohol"
(Public Welcome)

Saturday 3rd March 2012

8:00am to 9:00am: Breakfast

8:30am to 9:00am: Registration

9:00am to 10:30am:
"Keep an Open Mind"

10:30am to 11:00am: Break

11:30am to 12:30pm:
"Family Disease" (Alateen/Closed Meeting)

12:30pm to 2:30pm: Lunch Break

2:30pm to 4:00pm:
"Hope for Today"
(Al-Anon Adult Children Meeting)

5.30pm to 6.30pm: Dinner

7pm to 11.30pm: Cabaret AA
Members playing music and singing

Sunday 4th March 2012

8am to 9am: Breakfast

9am to 10.30am: Surrender to Win
Step 11 "Higher power, God & Universe"

11am to 12:30pm: Surrender to Win
Spiritual concept "Prayer unites your
heart with the heart of God."

Sobriety Countdown

12:30pm to 2pm: Goodbye Lunch

Alateen Permission:

Full signature of parent or guardian is required,
giving permission for Alateens 12 – 18 yrs of age
to attend the Rally, releasing Al-Anon from
responsibility in the case of accident or injury to
minors. If the Alateen is unaccompanied by
parents, please state the name of person who
will assume responsibility for the Alateen during
the Rally

I.....grant permission for

.....to take part in the 2012

Central Coast Annual Rally under the supervision
of.....

Sponsor.....

Parent/Guardian.....

Date.....