

ABA Retreat Byron Bay 3rd-5th May 2019

Perfectly Imperfect

Weekend Schedule.

*All times are in Sydney Australia zone
All ABA meetings will also be on Zoom 244 908 1802*

Australia Sydney time		UK London Time	US New York time (Eastern Time, North America)
Friday 3 May			
From 2PM	Arrival and Welcome at Kim's.		
4-5pm	ABA Meeting. Steps 0 & 1	Friday 7-8AM	Friday 2-3AM
7PM	Dinner at Kim's house (provided)		
Saturday 4 May			
7:30-8:30am	Breakfast (BYO or request meal support)		
9-11am	ABA Meeting – Steps 2 & 3	Saturday early morning Midnight – 2AM	Friday 2 May 7-8PM
11-4pm	Free time (Lunch options: people are free to make their own lunch, go out, or can request meal support)		
4-6PM	ABA Meeting – Steps 4-10	Sat 4-6PM	Sat 2-4AM
6:30PM	Depart for Dinner in Byron		
Sunday 5 May			
6:30-8 am	Walk to the Lighthouse (Note: this is an uphill walk. A snack is suggested before if you have breakfast after)		
8:30am	Breakfast		
9-11AM	ABA Meeting – Steps 11 & 12	Sunday early morning midnight – 2AM	Sat 3 May 7-8PM
12:30PM	Lunch and Farewell		

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Perfectly Imperfect Workshop

“We claim spiritual progress rather than spiritual perfection’ BB p.60

A lot of us in ABA are perfectionists. Perfectionism can get in the way of our step work progress. A lot of us had to let go of our “old ideas”. During the weekend we will look in detail at the concept of being perfectly imperfect in our step work.

Friday PM Meeting – Steps 0 and 1

Step 1: We admitted we were powerless over our insane eating practices – that our lives had become unmanageable Lou

I am 100% powerless over my disease, one day at a time, one meal at a time

Step 0 : Getting Sober Cherie

Sobriety is not being perfect in our eating habits. It is surrendering our food & exercise choices. A lot of us had to let go of the concept of “eating perfectly”. We have to get sober before we work the steps. And as we work the steps, some days we have to “get back” to getting sober also.

Saturday AM: Steps 2 & 3

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity Tash

“Why don’t you choose your own concept of God” (BB p. 12).

Tash will share briefly and introduce a creative activity (Paper and pastels). Followed by Sharing Time

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood God Kim

Does taking step 3 mean every single decision we take is perfectly God's Will?

Read step three in the ABA text book p. 96 & 98, followed by open sharing on the last two sessions as in reality we are perfectly imperfect every day.

Saturday PM: Steps 4-10

Steps: 4-10 Lou

Steps 4-9 explain how to deal with our imperfections our character defects. In step 10 we learn a daily version of this process.

Lets review the big book 4th step inventory cycle, and how to apply it in our daily life in step 10.

Sunday AM

Lighthouse Walk, Step 11

As we walk to the lighthouse in the early hours of the morning, lets focus on “connecting to our Higher Power”. We could choose somewhere to stop, and try and feel a connection within.

Back at Kim’s house

Step 10: Lets all have a go at practicing what we leant yesterday. “Continue wo watch for selfishness, dishonesty, resentment, and fear”. Has anything come up?

Step 12: Sponsoring

There is no perfect sponsor or sponsee! A great way to see progress not perfection. As we sponsor, we grow in our recovery, and see others progress on their journey.