

2023 Virtual ABA Retreat Schedule:

Back in Step with the Universe

Please use this link to convert FROM EDT to your time zone:

<https://www.timeanddate.com/worldclock/meeting.html>

Friday September 9th

12:00 pm - 1:00 pm EDT	Meeting ABAAnon: Julie (1 hour)
1:30 pm - 2:30 pm EDT	Fun Activity: (1 hour)
3:00 pm - 4:30 pm EDT	Workshop: Emotional Sobriety (1.5 hours)
5:00 pm – 5:45 pm EDT	ABAAnon Speaker: Julie (45 minutes)
7:30 pm - 8:45 pm EDT	Welcome and Introductions: (1 hour, 15 minutes)
9:00 pm - 9:45pm EDT	Speaker: (45 minutes)
10:00 pm - 11:00 pm EDT	Meeting Topic: (1 hour)

Saturday September 10th

6:30 am - 7:45 am EDT	Meeting- ABA Saturday (UK time 11:30 am - 12:45 pm)
8:00 am - 8:30 am EDT	SUGGESTION- Breathwork and Meditation by Kate (UK time 1:00 pm - 1:30 pm)
8:45 am - 9:30 am EDT	Speaker: (45 minutes)
9:45 am - 11:15 am EDT	Panel: Beginner Focused: What is the Drug? : (1.5 hours)

11:30 am - 12:15 pm EDT	Speaker: (45 minutes)
12:30 pm - 1:30 pm EDT	Meeting Topic (1 hour)
1:45 pm – 2:30 pm EDT	Speaker: (45 minutes)
2:45 pm – 4:15 pm EDT	Panel: Daily Spiritual Practices (1.5 hours)
4:45 pm – 6:15 pm EDT	Workshop: Illusion of Control (1.5 hours)
6:45 pm – 7:30 pm EDT	Speaker: (45 minutes)
7:45 pm – 8:45 pm EDT	Meeting Topic: (1 hour)
9:00 pm – 9:45 pm EDT	Speaker: (45 minutes)
9:45 pm EDT	Wrap Up with Prayer

Sunday September 11th

11:00 am – 11:45 am EDT	Guided Meditation: (45 minutes)
12:00 pm – 12:45 pm EDT	Speaker: (45 minutes)
1:00 pm – 1:30 pm EDT	Sobriety Countdown and Book Giveaway (30 minutes)
1:30 pm – 2:30 pm EDT	Closing Circle (1 hour)