

THE SWENGLISH GROUP 7TH ANNUAL CONVENTION
APRIL 29-MAY 1, 2016 STOCKHOLM

EMOTIONAL Sobriety

“One of the cornerstones of alcoholism recovery is a concept called emotional sobriety. The idea is that alcoholics and other addicts hoping to stay sober over the long haul must learn to regulate the negative feelings that can lead to discomfort, craving and—ultimately—relapse. Doing so is a lifelong project and requires cultivating a whole new way of thinking about life’s travails.”

How do We get there?

FRIDAY, APRIL 29

- 19:00 - 20:00** Doors open! Registration and mingle. Suggested donation: 100 kr.
- 20:00 - 21:00** Convention begins! Guided meditation led by Lukas H. Our four speakers introduce the convention theme, *Emotional Sobriety*.
- 21:15 - 22:30** Rock ‘n’ roll Friday speaker’s meeting.
- 22:30 - 24:00** Mystery sobriety bash with music & entertainment.

SATURDAY, APRIL 30

- 09:30 - 10:00** Doors open! Coffee and mingle.
- 10:00 - 10:30** Guided meditation led by Lukas H. Announcements and coffee and mingle.
- 11:00 - 12:00** Big Book Meeting led by James R. (AA Geneva)
- 12:00 - 13:00** Lunch break in neighborhood food emporiums and mingle and coffee.
- 13:00 - 14:00** Kris Ä (AA Stockholm) life story centered on the theme **Emotional Sobriety**. Opportunity for convention participants to interact and share their own experiences.
- 14:00 - 14:15** Short, efficient coffee and mingle break.
- 14:15 - 15:45** Emotional sobriety workshop led by Jeroen S. (AA Amsterdam). Interactive discussion:

- What is emotional sobriety for you?
- What in AA helps you toward it?
- What outside of AA helps you toward it?

- 15:45 - 16:15** Break for (*wait for it!*) coffee & a bit o’ mingling.
- 16:15 - 17:00** Emotional sobriety and fellowship. Interactive workshop on fellowship in accordance with the First Tradition led by Jeroen S.
- 17:00 - 17:15** Break. You’ve probably had too much coffee by now. Mingle.
- 17:15 - 18:00** Zoia Z. (AA Stockholm) discusses emotional sobriety in the context of her life story. (*in Swedish; whispered simultaneous translation provided*)
- 18:00 - 19:30** Dinner somewhere in the neighborhood.
- 20:00 - 23:00** Entertainment extravaganza - **Open mic!** (bring an instrument and some courage) Or: Valborg (Walpurgis Eve) festivities. Bonfire starting 20:00 at Långholmen (walking distance).

SUNDAY, MAY 1

- 09:30 - 10:00** Doors open! Coffee and breakfast provided. Also mingle.
- 10:00 - 11:30** James R. (AA Switzerland) on moving toward greater emotional sobriety.
- 11:30 - 12:00** Break mingled with coffee.
- 12:00 - 13:00** Sobriety countdown!
- 13:00 - 14:30** Final mingle and last slurps of coffee. Crowds of joyous volunteers throw themselves eagerly into sobriety-strengthening cleanup assistance activities. Convention ends. *See you next year!*

CONVENTION PROGRAM



NOBBA BRASS & NUBBE BJÖRNGÅRDSGATAN 1B (T) MARIATORGET
THIS IS AN OPEN AA CONVENTION AND ALL ARE WELCOME TO ATTEND