

37th SEMRU Program

Legend

* Beginners ** AA *** Al-Anon ***** AA / Al-Anon **Alateen (Closed)**

FRIDAY

5:00 – 6:15 PM

- **Beginners:** Steps 1, 2 & 3* — *Arbor*
- **AA:** Nothing Changes...** — *Amphitheater*
- **Al-Anon:** What Do I Do to Take Care of Myself*** — *Greenwood*

6:15 – 7:30 PM

Dinner Break

7:30 – 9:00 PM

Open Speaker Meeting — *Buckingham*

- **AA Speaker:** Alex G.
- **Al-Anon Speaker:** Rebecca C.

9:00 – 10:00 PM

Ice Cream Social — *Parliament*

10:30 PM – 12:00 AM

Talent Show — *Buckingham*

SATURDAY

8:00 – 9:00 AM

- **Guided Meditation (All Groups)** — *Director's Room*
- **Beginners:** Finding Our Own Way* — *Arbor*

9:00 – 10:15 AM

- **Yoga (All Groups)** — *Buckingham*

9:15 – 10:30 AM

- **Beginners:** Easy Does It* — *Arbor*
- **AA:** Transgender / Non-Binary in Recovery** — *Boxwood*
- **AA:** Living With a Medical Condition** — *Boardroom*
- **AA/Al-Anon:** Sponsorship**** — *Amphitheater*
- **Al-Anon:** Demystifying Al-Anon*** — *Greenwood*

10:45 AM – 12:00 PM

- **Beginners:** Being Wary / Avoiding Drinkers* — *Arbor*
- **AA:** Taking Responsibility for My Sobriety** — *Boxwood*
- **AA:** Stay in the Now** — *Boardroom*
- **AA/Al-Anon:** Alternative Higher Power**** — *Amphitheater*
- **Al-Anon:** In and Out of My Control*** — *Greenwood*
- **Alateen:** More Alike Than Different (Closed) — *Wedgewood*

12:00 – 1:15 PM

Lunch Break



Courtyard — Bring lunch ticket



Tickets must be purchased by **10:00 PM Friday**

Saturday Afternoon

1:15 – 2:30 PM

- **Beginners:** First Things First* — *Arbor*
- **AA:** Fending Off Loneliness** — *Boxwood*
- **AA:** Boundaries** — *Boardroom*
- **AA/Al-Anon:** Women's Discussion – Love & Sex in Recovery**** — *Amphitheater*
- **AA/Al-Anon:** Serenity Stroll**** — *Director's Room*
- **Al-Anon:** My Transformation in Recovery*** — *Greenwood*
- **Alateen:** Self-Worth / Self-Acceptance (Closed) — *Wedgewood*

2:45 – 4:00 PM

- **Beginners:** The Joy of Fellowship* — *Arbor*
- **AA:** Steps 4 & 5** — *Boxwood*

- **AA:** Gratitude** — *Boardroom*
- **AA/Al-Anon:** Men's Discussion – Love & Sex in Recovery**** — *Amphitheater*
- **Al-Anon:** Acknowledging Self-Sabotage*** — *Greenwood*

4:15 – 5:30 PM

- **Beginners:** Our Roles in Resentment* — *Arbor*
- **AA:** Remembering the Last Drunk** — *Boxwood*
- **AA:** Oldtimers Meeting** — *Boardroom*
- **AA/Al-Anon:** Practicing the Program at Work**** — *Amphitheater*
- **Al-Anon:** Loss*** — *Greenwood*

Saturday Evening

5:30 – 8:00 PM — Dinner Break

 **6:00 PM Dinner Buffet** — *Courtyard*

 Tickets must be purchased by **Saturday at Noon**

8:00 – 9:30 PM

Open Speaker Meeting — *Buckingham*

- **AA Speaker:** Sha K.
- **Al-Anon Speaker:** Kenn C.

9:30 PM

Games — *Wedgewood*

10:00 PM

Dance — *Buckingham*

SUNDAY

8:00 – 9:00 AM

- **Guided Meditation (All Groups)** — *Director's Room*
- **Beginners:** One Day at a Time* — *Arbor*

9:00 – 10:15 AM

- **Yoga (All Groups)** — *Buckingham*

9:15 – 10:30 AM

- **Beginners:** The Message, Not the Mess* — *Arbor*
- **AA:** Atheists / Agnostics** — *Boxwood*
- **AA:** Fixing Me, Not You – 12 Not 24 Steps** — *Boardroom*
- **AA/Al-Anon:** Practicing the Program at Work**** — *Amphitheater*
- **Al-Anon:** Quiet the Mind / Open the Heart*** — *Greenwood*

10:45 AM – 12:00 PM

- **Beginners:** Trying the Steps* — *Arbor*
 - **AA:** Old Timers** — *Boxwood*
 - **AA:** Consequences of Our Actions** — *Boardroom*
 - **AA/Al-Anon:** Making Amends**** — *Amphitheater*
 - **Al-Anon:** Boundaries & Self-Care*** — *Greenwood*
 - **Alateen:** Recognizing Accomplishments (Closed) — *Wedgewood*
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Sunday Afternoon

1:15 – 2:30 PM

- **Beginners:** Steer Clear of Emotional Entanglements* — *Arbor*
- **AA:** Spiritual Progress, Not Spiritual Perfection** — *Boxwood*
- **AA:** Grief** — *Boardroom*
- **AA/Al-Anon:** Shame & Homophobia**** — *Amphitheater*
- **Al-Anon:** Letter to My Future Self*** — *Greenwood*
- **Alateen:** Isolation vs Asking for Help (Closed) — *Wedgewood*

2:45 – 4:00 PM

- **Beginners:** Honesty, Open-Mindedness & Willingness* — *Arbor*
- **AA:** Relapse** — *Boxwood*
- **AA:** Forgiving Others / Ourselves** — *Boardroom*
- **AA/Al-Anon:** Pages 85–89 / 11th Step**** — *Amphitheater*
- **AA/Al-Anon:** Serenity Stroll**** — *Director's Room*
- **Al-Anon:** Watching the Disease Play Out in Our Kids*** — *Greenwood*

4:15 – 5:30 PM

- **Beginners:** Importance of Anonymity* — *Arbor*

- **AA: Triggers**** — *Boxwood*
- **AA: Happy, Joyous & Free**** — *Boardroom*
- **AA/Al-Anon: Going to Any Lengths****** — *Amphitheater*
- **Al-Anon: As Sick as Our Secrets***** — *Greenwood*

6:30 – 7:30 PM

Sunday Night Meeting — *Amphitheater*

7:30 PM

Corn Hole Tournament — *Buckingham*

MONDAY

8:00 – 9:00 AM

- **Guided Meditation (All Groups)** — *Director's Room*

8:00 – 9:15 AM

- **Beginners: Give Time TIME*** — *Arbor*

10:00 AM

Gratitude Breakfast (All Groups) — *Buckingham*

11:00 AM – 1:00 PM

Closing Ceremonies (All Groups) — *Buckingham*

 **Note**

Hotel checkout is 11:00 AM

8:00 AM – 2:00 PM

 **Hotel Restaurant Is Open**

Breakfast: 8:00–11:00 AM Lunch: 12:00–2:00 PM