

37TH SEMRU PROGRAM		
FRIDAY		
*Beginners ** AA ***Al-Anon ****AA/Al-Anon Alateen (Closed)		
5:00 - 6:15pm	B: Steps 1, 2, 3 *	Arbor
	AA – Nothing Changes...**	Amphitheater
	Aln – What do I do to take care of myself***	Greenwood
6:15 – 7:30pm	DINNER BREAK	
7:30 – 9:00pm	Open Speaker Meeting	Buckingham
	AA - Speaker – Alex G	
	Alanon Speaker – Mandy C	
9:00 – 10:00pm	Ice Cream Social	Parliament
10:00 – 12:00am	SEMRU Talent Show	Buckingham
SATURDAY		
*Beginners ** AA ***Al-Anon ****AA/Al-Anon Alateen (Closed)		
8:00 – 9:00am	Guided Meditation (All Groups)	Director's Room
	B – Finding our own way*	Arbor
9:00 – 10:15am	YOGA (All)	Buckingham
9:15 – 10:30am	B – Easy Does It*	Arbor
	AA – Transgender/Non-Binary In Recovery**	Boxwood
	AA – Living with a medical condition**	Boardroom
	AA/Aln – Sponsorship****	Amphitheater
	Aln – Demystifying Al-Anon***	Greenwood
10:45 – 12:00pm	B – Being Wary/Avoiding Drinkers*	Arbor
	AA – Taking responsibility for my Sobriety**	Boxwood
	AA – Stay in the Now**	Boardroom
	AA/Aln – Alternative Higher Power****	Amphitheater
	Aln – In and out of my control***	Greenwood
	Alateen – More Alike than Different (Closed)	Wedgewood
12:00 noon – 1:15pm	LUNCH BREAK	
12:00 Noon	Lunch Buffet – Courtyard (Bring your lunch ticket with you)	
	(Tickets must be purchased no later than 10:00pm Friday – see registration)	
1:15 – 2:30pm	B – First Things First*	Arbor
	AA – Fending off Loneliness**	Boxwood
	AA – Boundaries**	Boardroom
	AA/Aln – Women's discussion/Love and Sex in Recovery****	Amphitheater
	AA/Aln – Serenity Stroll All****	Director's Room
	Aln – My transformation in recovery***	Greenwood
	Alateen – Self Worth/Self-Acceptance (Closed)	Wedgewood
2:45 – 4:00pm	B – The Joy of Fellowship*	Arbor

	AA – Steps 4 & 5**	Boxwood			
	AA – Gratitude**	Boardroom			
	AA/Aln – Men’s discussion/Love and Sex in Recovery****	Amphitheater			
	Aln – Acknowledging self-sabotage***	Greenwood			
4:15 – 5:30pm	B – Our roles in resentment*	Arbor			
	AA – Remembering the last drunk**	Boxwood			
	AA – Oldtimers Meeting**	Boardroom			
	AA/Aln – Practicing the program at work****	Amphitheater			
	Aln – Loss***	Greenwood			
5:30 -8:00pm	DINNER BREAK				
6:00pm	Saturday Night Dinner Buffet – Courtyard				
	(Please be sure to bring your dinner ticket with you)				
	(Tickets must be purchased no later than Saturday 12:00 noon – See registration)				
37TH SEMRU PROGRAM					
SATURDAY					
*Beginners ** AA ***Al-Anon ****AA/Al-Anon Alateen (Closed)					
8:00 – 9:30pm	Open Speaker Meeting	Buckingham			
	AA Speaker – Lynda R				
	Al-Anon Speaker – Kenn C				
9:30pm	Games	Wedgewood			
10:00pm	Dance	Buckingham			
SUNDAY					
*Beginners ** AA ***Al-Anon ****AA/Al-Anon Alateen (Closed)					
8:00 - 11:00am	BREAKFAST BREAK - HOTEL RESTAURANT				
8:00 – 9:00am	Guided Meditation (All Groups)	Director’s Room			
	B – One Day at A Time*	Arbor			
9:00 – 10:15am	YOGA (All)	Buckingham			
9:15 – 10:30am	B – The Message not the mess*	Arbor			
	AA – Atheists/Agnostics*	Boxwood			
	AA – Fixing me, not you – 12 not 24 steps**	Boardroom			
	AA/Aln – What God is doing for us What we couldn't do for ourselves****	Amphitheater			
	Aln – Quiet the mind/open the heart***	Greenwood			

10:45 – 12:00pm	B – Trying the steps*	Arbor			
	AA – Hope**	Boxwood			
	AA – Consequences of our actions**	Boardroom			
	AA/Aln – Making Amends****	Amphitheater			
	Aln – Boundaries and self-care***	Greenwood			
	Alateen – Recognizing Accomplishments (Closed)	Wedgewood			
12:00 - 2:00pm	LUNCH BREAK - HOTEL RESTAURANT				
1:15 – 2:30pm	B – Steer clear of emotional entanglements*	Arbor			
	AA – Spiritual progress not spiritual perfection**	Boxwood			
	AA – Grief**	Boardroom			
	AA/Aln – Shame and homophobia****	Amphitheater			
	Aln – Writing a letter to my future self***	Greenwood			
	Alateen – Isolation vs. Asking For Help (Closed)	Wedgewood			
2:45 – 4:00pm	B – Honesty, Open-mindedness, willingness*	Arbor			
	AA – Relapse**	Boxwood			
	AA – Forgiving others/Forgiving ourselves**	Boardroom			
	AA/Aln – Pages 85-89/11th step****	Amphitheater			
	AA/Aln – Serenity Stroll****	Director's Room			
	Aln – Watching the disease play out in our kids***	Greenwood			
4:15 – 5:30pm	B – Importance of Anonymity*	Arbor			
	AA – Triggers**	Boxwood			
	AA – Happy, Joyous and Free**	Boardroom			
	AA/Aln – Going to any lengths****	Amphitheater			
	Aln – As sick as our secrets***	Greenwood			
5:30 – 8:00pm	DINNER BREAK				
5:00 - 9:00pm	Hotel restaurant open	Buckingham			
6:30 – 7:30pm	Sunday Night Meeting	Amphitheater			
7:30pm	Corn Hole Tournament	Buckingham			
MONDAY					
*Beginners ** AA ***Al-Anon ****AA/Al-Anon Alateen (Closed)					
8:00 – 9:00am	Guided Meditation (All groups)	Director's Room			
8:00 – 9:15am	B – Give Time TIME*	Arbor			
10:00am	Gratitude Breakfast (All groups)	Buckingham Room			
11:00am – 1:00pm	Closing Ceremonies (All groups)	Buckingham Room			
*Note: Hotel check out is at 11:00am					