

RAVELINGEN VACATION CENTRE - Zeediik 290. 8400 OSTEND, Belgium

www.ravelingen.be tel: +32 (0)59 55 27 55 **(no direct bookings please)**

ravelingen@skynet.be fax: +32 (0)59 55 27 59

For the 2009 North Sea Convention, we are once again pleased to have booked the entire hotel, which overlooks the beach in Ostend. The Convention Program begins on Friday at 14.00 and ends on Sunday at 12.30. It will include AA meetings in English and Flemish. There will also be meetings of AI-Anon, Alateen, and ACA. There will be Speaker meetings on Friday and Saturday nights and on Sunday morning.

Informal and impromptu music sessions will take place Friday and/or Saturday nights after the meeting(s). Convention attendees are welcome (and invited!) to bring their talents and instruments to participate.

Please let us know if you would like to help with the Convention in any way. There will be a sign up sheet at the Convention if you want to lead any of the discussion meetings.

The registration fee covers the convention's use of the hotel, including non-stop coffee (but please don't forget the 7th tradition!), *but not the overnight accommodation*. The rooms are all studio apartments of varying size with separate bedrooms and fitted kitchens. Singles may like to share an apartment to reduce cost. Towels are provided and all prices include breakfast. The hotel has a cafeteria where a limited (soup/sandwich/) lunch will be available Friday and Saturday. A fixed price dinner will be available Friday night in the upstairs restaurant. The North Sea Convention has a *no-pets, no-smoking* policy, but once again a separate room for smoking will be provided. With the exception of this smoking room, all indoor common areas (including the bar/restaurant/lounge and all meetings) will be non-smoking.

You will receive your full Convention kit and your room key on arrival at Reception. **NOTE: Rooms not claimed by 18.00 (6.00 p.m.) on the stated day of arrival will be released unless the hotel is notified in advance! Just let us know if you'll be late.**

To get to the hotel, rarely have we seen a person fail who has thoroughly followed these instructions:

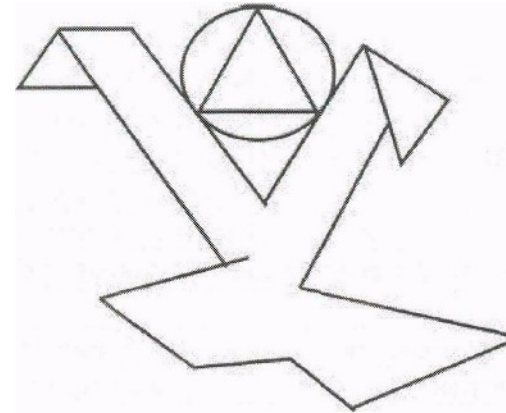
- By Car: Take E40/A10 to Ostend. At the roundabout take 3rd exit to N34 Middelkerke. Go straight until the tramway (7 traffic lights) and turn left direction Middelkerke/De Panne. Follow the coastal tramway along the seafront approx. 300 metres to tram stop Ravelingen. Parking is behind the hotel.
- By Train: From the Ostend Central Train Station take the coastal tram Direction De Panne. Get out at Ravelingen. The Hotel is directly opposite the tram stop.
- By Plane: From Brussels National Airport (BRU) in Zaventem, take the train from the airport to any of the three Brussels train stations and catch the hourly InterCity train to Ostend. In Ostend, take the coastal tram from the train station in the direction of De Panne to Ravelingen stop. From Ostend airport it is best to take a short taxi ride directly to the hotel.

For any questions please contact:

Vice Chair John S. E-mail: berkeleyassociates@skynet.be (32.2.219.05.32)

Treasurer Kate F. E-mail: northseaconvention@yahoo.com (NO PHONE CALLS.)

We Will Be AMAZED!!



20th NORTH SEA CONVENTION

TRIBORDERS INTERGROUP

OSTEND, BELGIUM

January 30th - February 1st, 2009

PLEASE BOOK EARLY - FIRST COME FIRST SERVED

NSC REGISTRATION FORM January 30 - February 1st, 2009

Name :	
Phone :	E-mail :
Arriving on :	No. in Group :

Number of People:	Number of Nights:	per person per night	TOTAL:
(Single) x	Nights x	50 €	€
(Shared) x	Nights x	33 €	€
(Children 6-12) x	Nights x	11 €	€
(Infants 2-5) x	Nights x	8 €	€
(Babies < 2) x	Nights x	2 €	€
If you do not mind sharing an apartment please tick here:			

Registration:

Registration for one day	x 6 euro =	
Full Registration	x 12 euro =	

Buffet:

Buffet Dinners	x 26 euro =	
Child Buffet Dinners (6-12)	x 13 euro =	

Parking:

Parking space	Nights X 6 Euro =	
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TOTAL RESERVATION AMOUNT	
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Please register by e-mail at:

northseaconvention@yahoo.com

OR by regular mail (PLEASE don't do both!):

NSC Treasurer Kate Flynn

Rue des Pres 73/12, B-4802 Verviers, Belgium

Then transfer your payment to **Fortis Bank A/c no: 001-3873922-12**
North Sea Convention, Rue des Pres 73/12, B-4802 Verviers, Belgium
SWIFT: GEBABEBB36A IBAN: BE 19001387392212

See also: www.aa-europe.net

Message from the 2009 North Sea Convention Chair, Lori R:

As we are busy planning the 20th Annual North Sea Convention this year's theme, "We Will Be Amazed" continues running through my thoughts. How exciting it is to be entering into my 20th year of sobriety and celebrating the 20th year of this convention. Most of us are familiar with these words, "We Will Be Amazed", as we hear them read in the promises at meetings. I remember in the early years, not paying attention to these words and not really believing in the statement they convey. Many times, while growing in sobriety, studying the Big Book of Alcoholics Anonymous and working The Steps: I have been amazed!! Not only have I seen the miracles of sobriety in my own life, but I have witnessed them over and over again in the lives of my fellow sojourners. I am constantly amazed at how much the program of Alcoholics Anonymous and all of you have given me over these years; and I am further amazed at how this simple program really works. When I arrived to the rooms of AA, you could not have convinced me of the wonders that would occur in my life. I could not have imagined the possibilities and they are still happening as I write this message...I continue to be amazed!! We have all walked this road together and through our unity and a common solution, we have been amazed at how meaningful and worthwhile our lives have become as a result of Alcoholics Anonymous. I hope for each of you; whether you are just starting your journey or have been walking with us for some time, that you too will continue to see the miracles and to be amazed!

Lori

Terwijl we druk bezig zijn met de planning van de 20ste Jaarlijkse North Sea Convention met als thema 'We zullen verwonderd zijn', blijven die woorden door mijn hoofd spoken. Het is opwindend om naar mijn 20ste jaar nuchterheid én de viering van de 20ste verjaardag van deze conventie toe te leven. De meeste onder jullie zijn bekend met deze woorden 'We zullen verwonderd zijn', omdat we ze lezen in de Beloften op vergaderingen. Ik herinner me van in mijn beginjaren dat ik geen aandacht schonk aan die woorden en dat ik niet echt geloofde waarvoor ze staan. Heel dikwijls, groeiend in nuchterheid, het AA Big Book bestuderend en werkend met De Stappen, werd ik verbaasd. Niet alleen heb ik het mirakel van de nuchterheid in mijn eigen leven ontdekt, maar ik ben telkens weer getuige geweest dat het ook werkt bij mijn lotgenoten. Ik ben constant verbaasd over hoeveel het programma van AA én jullie allemaal, me gegeven hebben deze jaren. Ik ben nog meer verwonderd dat zo'n simpel programma echt werkt. Toen ik bij AA toekwam kon niemand mij overtuigen van de wonderen die zouden gebeuren in mijn leven. Ik kon me onmogelijk een beeld vormen van de 'mogelijkheden' die nog steeds gebeuren terwijl ik dit schrijf. Ik blijf verbaasd. We hebben samen deze weg bewandeld en door onze eenheid en een simpele, gemeenschappelijke oplossing, waren we verbaasd hoe betekenisvol en de moeite ons leven geworden is als gevolg van AA. Ik hoop voor ieder van jullie, of je nu net begonnen bent langs de weg te wandelen of al een tijdje meewandelt, dat ook jij de wonderen zult blijven zien en verbaasd zult blijven - **Lori**