

Vayamundo - Zeedijk 290-330  
8400 OOSTENDE, Belgium

<http://www.vayamundo.be/nsc2018> - Tel: +32 (0)59 56 42 20

For the 2018 North Sea Convention, we are once again pleased to have reserved the entire hotel, which overlooks the beach in Oostende. 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 as well as meetings of Al-Anon and Alateen. There will also be speaker meetings on Friday and Saturday nights and Sunday morning.

In addition to the Saturday night disco, there will be informal and impromptu music sessions on Friday and Saturday nights after the meetings. 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 or help selling literature or mugs.

The rooms are all apartments of varying size with fitted kitchens. **To keep the conditions with the hotel, all guests are obliged to clean their room, wash the dishes, remove bed linen from the bed(s) and bring the garbage out.** Thank you!

Singles may like to share an apartment to reduce cost. All prices include breakfast. **Please note that the hotel provides only ONE towel per person, and does not provide soap or hair dryers (hair dryers available at front desk). There is a swimming pool and a sauna in the hotel, so bring your swimsuit.** The hotel has a cafeteria where a limited (soup/sandwich) lunch will be available. There will be a buffet dinner on Saturday night. **The hotel has a no-pets and no-smoke-inside policy.**

*Rarely have we seen a person fail who has thoroughly followed these directions:*

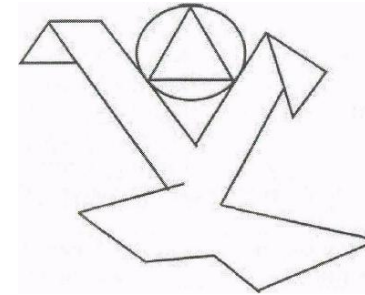
- By Car: Take E40/A10 to Oostende. At the roundabout take 3rd exit to N34 Middelkerke. Go straight until the tramway (7 traffic lights) and turn left direction Middelkerke / De Panne. Follow the coastal tramway along the seafront approx. 300 meters to tram stop Ravelingen. Parking is behind the hotel.
- By Train: From the Oostende 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 Oostende. In Oostende, take the coastal tram from the train station in the direction of De Panne to Ravelingen stop. From Oostende airport it is best to take a short taxi ride directly to the hotel.

**For any questions about the convention, please contact:**

North Sea Convention Committee: [nsc@alcoholics-anonymous.eu](mailto:nsc@alcoholics-anonymous.eu)

# “To Thine Own Self Be True”

## 29<sup>th</sup> NORTH SEA CONVENTION



### TRIBORDERS INTERGROUP

### February 2 - 4, 2018

### OOSTENDE, BELGIUM

I am responsible.

When anyone, anywhere, reaches out for help,

I want the hand of AA always to be there,

and for that I am responsible.

## “AA OUGHT NEVER BE ORGANIZED”

Please book your hotel accommodation directly with the hotel. You can book online, select your room, and use a credit card to guarantee your reservation and to hold your room in case of late arrival.

The convention registration fee of € 10,- is not included in your hotel booking. Registration for the convention will be done on arrival — there is no need or possibility to pre-register.

### "HOW IT WORKS"

#### Hotel Reservations and questions about hotel arrangements:

- \* Contact the hotel directly
  - By internet at [www.vayamundo.be/nsc2018](http://www.vayamundo.be/nsc2018) (as of 01 August 2017).
  - By phone at +32 (0)59 56 42 20 (contact center / group reservations)
  - By e-mail at [groups@vayamundo.be](mailto:groups@vayamundo.be) (contact center/group reservations)
  - Ask for Ilona Vandecappelle or Riet Quaegebeur (English is spoken).
- \* After booking, you'll be sent a confirmation sheet with more information.

#### Hotel Payment:

- \* Two nights (Fr.+Sa.) with breakfast (coffee incl. during convention): € 100,-/person (min. 2 persons/room) - single supplement € 17,-/person/night  
Third and next person(s) +12y: € 39,5,-/p; +6-11y: € 25,-/p; +3-5y: € 15,-/p
- \* One night (Fr.or Sa.) with breakfast (coffee incl. during convention): € 61,-/person (min. 2 persons/room) ) - single supplement € 17,-/person/night  
Third and next person(s) +12y: € 20,-/p; +6-11y: € 13,-/p; +3-5y: € 8,-/p
- \* Extra night (Thu. or Su.) with breakfast: € 41,- person/night
- \* Saturday Night Buffet: € 22.5,-/person when reserved in advance (kids 6-12y: € 15,-/child); can be requested when you make your reservation.
- \* Indoor parking is available for € 5.60/night.
- \* A payment in advance will be asked.
- \* For non- euro countries a credit card number guarantee will be asked.
- \* Non paid bookings will be cancelled after 30 days.
- \* Administration fee for changes or cancellation: € 30,-
- \* Check in: from 4 PM – check out: at 10.30 AM

>>> **Please pay your invoice at the latest on arrival!** <<<

#### Leisure:

- \* There are many possibilities (library, games, ping pong, fitness, swimming pool, Jacuzzi, sauna). Use of swimming pool and Jacuzzi is free; sauna costs € 7.50/person. On Saturday there is a dance evening in “Plad'o” until 2 AM, music shall be provided by the organizing committee.

### Message from the Chair: Jo

In Shakespeare's Hamlet , Polonius said to his son Laertes,  
“**To Thine Own Self Be True**”

These words are engraved on our AA anniversary sobriety medallions. To me this means that , unless I can be true to myself first, I cannot be true to others. Truth...truth is a word that brings out such negative reactions. I believe that truth is really an “action” word. I could not accept truth about my alcoholism without change. Accepting truth about myself is difficult, but had to be done.

Truth is also love. The greatest act of love towards another, is living a life that is truthful. I found it difficult to love myself, but when I walked in truth about who I am, it was easier. When I was in doubt as to my motives of not being truthful with someone I looked inside and I asked myself : “am I less truthful to myself, have I not done/lived the steps in some manner ?”

I am an alcoholic, my past is my greatest asset !

I was taken to the doors of AA with an intensive and long

“History of Things That Did NOT Work !!”

Today, in Alcoholics Anonymous and in recovery, my experience has added an intensive and long “History of Things That DO Work !!”

Welcome all and enjoy the 29th North Sea Convention !

Jo - Chair NSC 2018

### Boodschap van de Chair: Jo

In Shakespeare's Hamlet , zei Polonius tegen zijn zoon Laertes,  
“**Wees eerlijk met jezelf**”

Deze woorden staan gegraveerd op onze AA nuchterheids medailles.

Voor mij betekent dit , dat wanneer ik niet eerst eerlijk tegen mezelf kan zijn , ik dat ook niet kan tegen anderen.

Waarheid...waarheid is een woord dat veel negatieve reacties opwekt. Ik geloof dat waarheid een woord van “actie” is. Ik kon de waarheid over mijn alcoholisme niet aanvaarden zonder te veranderen. De waarheid over mezelf aanvaarden was moeilijk maar moest gedaan worden.

Waarheid is ook liefde. De grootste daad van liefde naar iemand anders toe is een eerlijk leven leiden. Ik vond het moeilijk om van mezelf te houden maar wanneer ik in eerlijkheid leefde was het veel makkelijker. Wanneer ik twijfelde over mijn motieven om niet eerlijk te zijn met iemand , dan keek ik binnenin en vroeg aan mezelf : “Ben ik minder eerlijk met mezelf , heb ik de stappen niet gedaan/geleefd in een bepaalde manier ?”

Ik ben een alcoholist , mijn verleden is mijn grootste voordeel !

Ik werd naar de deuren van AA gebracht met een lang en intensief

“Verleden van dingen die NIET gewerkt hebben !”

Vandaag , in en bij de Anonieme Alcoholisten en in herstel , heeft mijn ervaring een lang en intensief “Verleden van dingen die WEL gewerkt hebben !”

Welkom iedereen en geniet van de 29ste Noord Zee Conventie !

Jo - Chair NSC 2018