

Vayamundo - Zeedijk 290-330  
8400 OOSTENDE, Belgium

<http://www.vayamundo.be/hsc2019> - Tel: +32 (0)59 56 42 20

For the 2019 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. We would like to coordinate the technical equipment so please contact Nadine: shiwa4@gmx.de

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:***

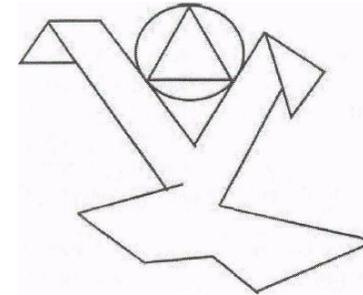
- By Car: Take E40/A10 to Oostende. At the roundabout take 3rd exit to N34 Middelkerke. Go straight until the tramway (7 traffic lights) and turn left direction Middelkerke / De Panne. Follow the coastal tramway along the seafront approx. 300 meters to tram stop Ravelingen. Parking is behind the hotel.
- 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)

**“Half Measures Aailed Us  
Nothing”**

**30<sup>th</sup> NORTH SEA CONVENTION**



**TRIBORDERS INTERGROUP**

**February 1 - 3, 2019**

**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:

#### **ONLINE BOOKING CAN ONLY BE MADE VIA CREDIT CARD**

All other bookings can be made via email or phone call

- \* Contact the hotel directly
  - By internet at [www.vayamundo.be/nsc2019](http://www.vayamundo.be/nsc2019).
  - 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): € 103,-/person (min. 2 persons/room) – Third and next person(s) +12y: € 39,5,-/p; child 6-11y: € 25,-/p; 3-5y: € 15,-/p
- \* One night (Fr.or Sa.) with breakfast (coffee incl. during convention): € 63,-/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  
Extras: Single: :€ 17,-/p/n, Extra night (breakfast incl.): : € 43,-/p
- \* Saturday Night Buffet: € 32,-/person (kids 6-12y: € 15,-/child); can be requested when you make your reservation.
- \* Indoor parking is available for € 5.60/night.
- \* The hotel needs a payment before arrival.
- \* 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: Nadine**

##### **“Half measures availed me nothing.”**

Before I came to AA my life was full of these half measures. My daughter got only half or even less of my attention, I didn't really care about my family and friends and I only did the most necessary things at work. The only thing I put in my full energy into was my drinking.

After alcohol had beaten me down I crawled into an AA meeting. From then on I've heard this passage many times, at every meeting while reading “How it works”: “Half measures availed us nothing. We stood at the turning point...”

That was it! I realized that If I continue living in these half measures my disease of alcoholism will kill me. I didn't want to die because of alcohol and I understood: I can't stop drinking a little bit. I can't work the steps a little bit. I can't be a little bit honest. I can't stay a little bit sober. I can't have a sponsor a little bit.

So I started to work the 12 steps of the AA recovery program with ALL of my heart and ALL of my energy. That wasn't easy all the time, sometimes it was even painful and I know I wouldn't be able to continue without the help of my sponsor. But it worked and I haven't had to take a drink since then. My obsession to drink has been taken away by my Higher Power because I started to do my footwork as best as I can. I don't need to drink anymore! Just for today! What a miracle!

Welcome all and I'm looking forward to see you at the 30th North Sea Convention !

Nadine - Chair NSC 2019