

TORREVIEJA CONVENTION ISSUE RECOVERY IN THE SUN

FELIZ 24 HORAS DE SOBRIEDAD

5-7 September 2008



A BIG BOOK AND THE JOY OF A GLOBAL PROGRAMME

THE MUCH-LOVED and oft-thumbed basic text of Alcoholics Anonymous is where many turn for guidance in recovery and to increase their understanding of the meaning and workings of the AA programme.

Some suggest the entire book is about avoiding relapse:

The almost certain consequences that follow taking even a glass of beer do not crowd into the mind to deter us. If these thoughts occur, they are hazy and readily supplanted with the old threadbare idea that this time we shall handle ourselves like other people. There is a complete failure of the kind of defense that keeps one from putting their hand on a hot stove.

p.24



Meanwhile, the Big Book itself says: 'Its main object is to enable you to find a Power greater than yourself...'

p.45

And indeed, the spiritual programme of AA is clearly spelled out throughout the Big Book:

When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of

which we had not even dreamed.'

p.25

The first edition of Alcoholics Anonymous says:

To show other alcoholics precisely how we have recovered is the main purpose of this book.'

p.xiii

Whatever one's belief about the Big Book's purpose, undoubtedly, almost every alcoholic reading it will experience some identification.

Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.'

p.24

The good news is that no matter where you are in the world and whatever the interpretation by the reader, our Big Book remains constant.

Torrevieja's AA Convention

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CB North: **648 16 90 45**

CB South: **625 912 078**

AGENDA FOR TORREVIEJA'S 3-DAY COSTA BLANCA CONVENTION

Friday 5th September

From noon : Check in to hotel and convention registration.

1400 - 1600: Marathon meeting — AA only.

1700-1800: **TORREVIEJA B** — Welcome meeting to introduce committee and answer any questions.

2100-2230: **TORREVIEJA B** — Open "shared platform" with two AA speakers and one AI-Anon speaker. Lighting of sobriety candle.

2330-till late: **TORREVIEJA B** — Candlelit meeting.

Saturday 6th September

0700-0900: **SALON SOCIAL** — Early Bird meeting "closed".

0900-2200 **SALON SOCIAL** — Available for AI-Anon and "closed" meetings. See committee members for details.

1000-1200: **TORREVIEJA B** — "Closed" meeting with four AA speakers.

1500-1700: **TORREVIEJA B** — Share

meeting.

2100-2200: **TORREVIEJA B** — Open meeting with two AA speakers.

2200-0100: **TORREVIEJA C** — Dance and draw of raffle.

Sunday 7th September

0700-0900: **TORREVIEJA B** — Early Bird meeting "closed".

1000-noon: **TORREVIEJA B** — Closing meeting. "Shared platform" with three AA speakers and one AI-Anon speaker.

* Some details may change

A TOWN LIKE TORREVIEJA

TORREVIEJA IS named after the old tower that stood watch over the coast from the town's present site.

Torrevieja, literally means *old tower* in Castellano. Just to complicate matters, signposts may use the word Torrevella, which is the Valencian translation.

The original *old tower* of Torrevieja was destroyed during the earthquake of 1829, when the entire village, or at least what there was of it, was flattened.

The Moors built the towers originally in the 14th century. Strategically placed along the coastline, they were used as lookouts to warn of impending attacks by Barbary pirates.

But even before the Moors, the Romans grasped the importance of Torrevieja's location and its natural attributes.

Romans used the town as a port and producer of salt. Roman ruins have been found submerged near the canal to the La Mata salt lagoon, north of the town.

Salt mining and fishing have always been Torrevieja's lifeline, until the



Salt — main industry for centuries

relatively recent boom in tourism.

There is a busy and active port in Torrevieja shipping salt globally. And a long tradition of exporting salt to Cuba.

The Mediterranean sailors brought the popular and typical Habana songs back to Torrevieja.

Torrevieja holds a festival



Salt lakes change hue and colour at different times of the day & year. Wonderful for bathing, relaxing (rubber sandals essential) & healing.

every August for choral groups to sing their *Habaneras*.



Torrevieja's main church

After the earthquake of 1829, during rebuilding, stone blocks were pulled from the rubble of the collapsed watch tower and used to reconstruct Torrevieja's main church, the Church of the Immaculate Conception.

Two of the Moor's towers have been rebuilt and are visible today.

Due to tourism the local economy has expanded



One of Torrevieja's restored towers

enormously as have the town's boundaries.

Many British, Germans and Scandinavians have chosen to make Torrevieja their full time residence. There are also many Spanish tourists who have holiday homes in the town and have chosen to retire here.

In 2004, 7,180 Brits were counted as residing in Torrevieja, the largest population of overseas



Flamingoes migrate to salt lakes

residents in any Alicante town at that time.

The enormous benefits of Torrevieja's salt lagoons, *salinas* in Spanish, cannot be overlooked.

Considered to be beneficial for any number of disorders arising from poor circulation this is a perfect place to spend an afternoon bathing. Salt is also renowned for being a healer of other common disorders, among them, arthritis and skin problems. Even asthmatic and bronchial

maladies can be much alleviated with regular salt baths. Many people while bathing at the salt lakes also take mud baths.

Inhabited during several months of the year by flamingoes and other diving birds, the salt lakes are a truly beautiful, natural feature.

Flora and fauna around Torrevieja's two enormous salt lakes is unusual and the lakes themselves can change



Punta Prima Beach, Torrevieja

colour constantly throughout the day. Bathing is possible in most places around the lagoons, though you need to come prepared.

The lakes are magical from afar and close up.

Torrevieja's huge popularity has partly arisen due to its wonderful year-round climate.

Long, hot summers and mild winters, means that Torrevieja enjoys sunshine approximately 325 days a year and has an average annual temperature of 19.3°C (67°F).

Torrevieja is also endowed with long, sandy beaches, such as La Mata, Los Locos, Los Naufragos, Punta Prima, La Zenia, Mil Palmeras, plus there are several bays and coves to explore. At times, the underwater currents can be unsuspectingly strong.

There are 9 AA meetings a week in and around Torrevieja. One every day of the week, with two on Tuesdays and Thursdays. The meetings range in size welcoming visitors, holiday makers and, of course, newcomers.

SANTA HERE TO STAY

BY THE TIME Christmas 2004 came around, the Torrevieja Wednesday group of English-speaking Alcoholics Anonymous was already looking for alternative accommodation following a request from the church to vacate the Salon Junior where it had held its meetings for 14 years.

Its meetings continued there temporarily but proceedings were interrupted occasionally, when the room was being used by participants in local fiestas changing into their costumes.

Members of the group were rarely, if ever, given advance notice of the room being unavailable on certain evenings and there were, therefore, some doubts as to whether or not the AA meetings either side of Christmas would be allowed to take place.

Arriving on a chilly December



evening, members were, however, surprised to find that Santa Claus (and his wife), in full costume, had taken up residence — sitting quietly at the back of the room, waiting for their

part in the procession later that night.

It seemed less than charitable, given the festive season, to ask the Spanish couple to leave the room. So Rich, the then secretary, called for a quick show of hands and the attendees elected to hold our meeting with the unsuspecting Mr & Mrs Claus seated in the room throughout the meeting.

Whether this constituted a change to it being an “open” meeting is questionable since neither of our guests evidently spoke English and we suspect that who they saw there, what they heard there, when they left there — it remained there!

Costa Blanca AA Member

● Keep It Brief!

● AA Women Meet in the Pub

IT may be frowned upon in the UK; perhaps prohibited in the US and unheard of in other parts of Europe but in Spain just about anything goes. A group of Torrevieja's women hold an AA meeting every Tuesday in a well-stocked pub. Although they don't obviously face the bar during the meeting, it's a hell of a venue!



3.30pm: Rocajuna Function Rm, (Women's Meeting) Los Altos, Urb. Las Barcas, (just before Punta Prima roundabout on the N332), Torrevieja

● Good News and Bad News

WOULD you like the good news or the bad news first? The good news is that when you get sober you get your feelings back. And the bad news is that when you get sober you get your feelings back!

● Oldest Costa Blanca Group

THE Alicante International group is the oldest meeting on the Costa Blanca. Originally started in October 1978, by a Belgian, a Spaniard and an American the meeting, like many across Europe, was initially translated into several different languages. The English-speaking meeting continues to this day on Saturdays at 6pm near the harbour. Before the meeting it is a treat to sit on the well-known, busy Esplanada drinking an 'horchata' or having a refreshing 'blanco y negro' and watch as the world goes by.



Alicante's famously curly Esplanada

● Did you know?

THE shortest paragraph in the Big Book is: 'It works—it really does.' on p.88

TORREVIEJA'S WHERE-TO-FIND

VISITORS STAYING ON after the Torrevieja convention and wishing to attend meetings, look no further.

Below is the local where-to-find for meetings in and around Torrevieja. If venturing further afield, call the helpline for details (see front page).

Monday - 1930 to 2100hrs

SCANDIA Building
(adjacent to Laurel & Hardy restaurant)
Dona Pepe, Ciudad Quesada

Tuesday - 1930 to 2030hrs

Avenida Jaca nº31, San Luis

Tuesday - 1530 - 1630hrs

(Women's Meeting - non restrictive)
Rocajuna conservatory
Los Altos/Punta Prima

Wednesday - 1300 - 1430hrs

Centro Parroquial Ikomar
(Next to Fiat garage)

Avenida Los Villenos

Pilar de la Hordada

Wednesday - 1930 - 2100hrs

International Christian Assembly
Calle San Miguel de Salinas nº2
(on junction with Calle Santomera)
Torrevieja

Thursday - 1815 - 1915hrs

Living Sober Reading & Discussion Group
Rocajuna function room
Los Altos, Punta Prima

Thursday - 19:30 - 2100hrs

Salon "Studio 6", Montebello

Friday - 1300 - 1430hrs

International Christian Assembly
Calle San Miguel de Salinas nº2
(on junction with Calle Santomera)
Torrevieja

Saturday - 13:00 - 14:30

(Big Book Study)
Rocajuna function room
Los Altos, Punta Prima
Please remember to bring your big book and pen or highlighter

Sunday - 1100 - 1230hrs

Rocajuna function room
Los Altos, Punta Prima

Local members will be happy to direct members to above meetings and/or find visitors a where-to-find of the entire coast .

**Happiness is found
along the way.
Not at the end
of the road.**

ALCOHOLICS ANONYMOUS

If you would like to be included on the Recovery In The Sun mailing list send an email to address below. Also, please send meeting news, changes, comments, views, articles, suggestions & personal stories for publication to:

ourprimarypurpose@gmail.com

Mobile: (+34) 679 18 26 22
Fax items to: (+34) 96 648 1169



Reminder — The CBIC (Costa Blanca International Committee) intergroup meeting is at 1pm on Sunday 7 September 2008, in Torre Vieja. Everyone welcome.

RECOVERY UNDER THE SUN...

*Humility...
is not thinking less of
yourself but thinking of
yourself, less*

The AA Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

SADLY, WE SAY FAREWELL TO FLEUR B OF TEULADA

IT WAS WITH great sadness that we heard the terrible and tragic news that Fleur B had passed away on Monday, 18th August 2008 at 9pm.

Fleur died peacefully and surrounded by her close family in the UK. She will be sorely missed by many AA members who live on the coast and those who visited Costa Blanca meetings.

Fleur was always a steadfast and dedicated member of AA. She loved AA with all her heart and was ever compassionate, loving and tolerant with the many newcomers who sought her help and wisdom.

Fleur played a significant and respected role in both the long-running Teulada meeting and the English-speaking intergroup of the region, Costa Blanca International Committee (CBIC).

Fleur was involved at CBIC since its start, way back in the early 1990's when she first moved to Spain. She stuck with CBIC and saw it through its many difficult and painful teething problems. Recently, she did a magnificent job as CBIC's Chairman.

Fleur had been quite ill for several months. And many of us who spent time with Fleur over the last couple of years will remember how much strength and courage she drew from the spiritual programme of Alcoholics Anonymous. And by doing that she left us with an indelible impression of how wonderfully it really works.

Throughout Fleur's many years of recovery she was a positive and encouraging inspiration to all those who came into contact with her.

Rest in peace, Fleur.

CYBER CB ARRIVES

FOR ESSENTIAL DETAILS about AA on the Costa Blanca and more of the Mediterranean coast besides, click on: www.aa-costablanca.com

Details of meetings and AA events stretching from Valencia in the north to Murcia in the south are available plus other options.

The Costa Blanca site provides an email facility and maps to get you comfortably to the meetings you are looking for.

For information throughout the rest of the Iberian Peninsula and its islands visit www.aa-europe.net

The European site offers information about AA meetings across the continent.

MEMBERS FOR CB LEAFLETING URGENTLY NEEDED

MANY AREAS AND villages of the Costa Blanca receive little or no information about Alcoholics Anonymous with regard to posters and literature in public areas, hospitals & organizations.

If you are interested in delivering public information in your area, creating and

maintaining contact with professionals and hospital staff etc. and fulfilling AA's primary purpose, please make contact at the email address or number at the top of this page.

There is the possibility of accompanying members from Spanish-speaking AA to distribute information.

aa on the costa blanca

home meetings recovery in the sun contact us events and conventions useful links

Costa Blanca Convention Details. [Click Here](#)

Welcome to AA on the costa blanca

Call the helpline if you wish to speak to a member of AA.

All calls are strictly confidential. We make every effort to ensure your anonymity, and maintain our view.

Costa Blanca Helpline North 648 16 90 45

Costa Blanca Helpline South 625 91 20 78

Costa Blanca website: Fulfilling its primary purpose