

# London International Convention Itinerary

Friday 3rd of May - Sunday 5th of May 2024

*Note: this year's convention is held across two venues*



## Friday 3rd May 2024

Tower Hotel, St Katharine's Way, London E1W 1LD

Time	Discover Room (12th Floor)	Britannia Room (12th Floor)
14:30		
15:00		
15:30		
16:00		
16:30		
17:00		
17:30		
18:00	<b>Daily Reflections</b> 18.00 till 19.00	<b>Informal Welcome</b> <i>with a cuppa and to enjoy the fantastic views</i>
18:30		
19:00	<b>Into Action</b> 19.00 till 20.00	<b>AA Speaker Meeting</b> 19.00 till 20.30
19:30		
20:00	<b>We Agnostics</b> 20.00 till 21.00	<b>BBC Documentary</b> "I'm an Alcoholic: Inside Recovery" 21.00 till 22.00
20:30		
21:00	<b>Spiritual Experience</b> 21.00 till 22.00	
21:30		
22:00	<b>Turning Our Will &amp; Our Lives Over</b> 22.00 till 23.00	
22:30		
23:00	<b>The Keys of the Kingdom</b> 23.00 till 00.00	
23:30		

**Saturday 4th May 2024**

Leonardo Royal Hotel, London Bridge, 45 Prescott St, London E1 8GP

Time	Trinity Suite	Bartholomew & Hapley Suites	Beaumont Room	Sidney Room <i>Come &amp; Go</i>	Prescot Room <i>Come &amp; Go</i>	Notes
9:30			<b>Newcomers</b> 9.30 till 10.15			
10:00		<b>AI-Anon Welcomes You</b> 10.00 till 11.30	<b>How &amp; Why AA Still Works Pt.1 &amp; 2</b> 10.30 till 12.15	<b>Letting Go of Old Ideas</b> 10.00 till 11.00	<b>Step 1</b> 10.00 till 11.00	Meet the Trustees Foyer B 10.00 till 11.15 & 15.45 till 16.45
10:30	<b>PLATFORM MEETING</b> <b>4 Speakers</b> 10.30 till 12.00			<b>First Step into AA</b> 11.00 till 12.00	<b>Step 2</b> 11.00 till 12.00	
11:00						
11:30						
12:00		<b>The Family Illness</b> 12.00 till 13.15		<b>Acceptance</b> 12.00 till 13.00	<b>Step 3</b> 12.00 till 13.00	
12:30	<b>Unity in Diversity</b> 12.30 till 13.30		<b>Guided Meditation</b> 12.30 till 13.30	<b>There is a Solution</b> 13.00 till 14.00	<b>Step 4</b> 13.00 till 14.00	Alateen (Garrick Room)  10.00 Join Us 10.15 Hope 14.00 Workshop
13:00						
13:30		<b>A Path Through The Programme for AA's &amp; AI-Anon's</b>  13.30 Surrender 14.30 The First Year 15.30 Sponsorship 16.30 Higher Power 17.30 Abandoning Self	<b>Share Magazine</b> Presentation 13.45 till 14.45	<b>Came to Believe</b> 14.00 till 15.00	<b>Step 5</b> 14.00 till 15.00	
14:00	<b>PLATFORM MEETING</b> <b>4 Speakers (AI-Anon Participation)</b> 14.00 till 15.30		<b>Young Persons</b> Speaker Meeting 15.00 till 16.30	<b>Service</b> 15.00 till 16.00	<b>Step 6</b> 15.00 till 16.00	
14:30						
15:00						
15:30				<b>Sponsorship</b> (Give it away to keep it) 16.00 till 17.00	<b>Step 7</b> 16.00 till 17.00	
16:00			<b>Young Persons</b> Sex, Dating and Relationships Panel 16.30 till 18.00	<b>How it Works</b> 17.00 till 18.00	<b>Step 8</b> 17.00 till 18.00	
16:30	<b>PLATFORM MEETING</b> <b>4 Speakers</b> 16.30 till 18.00			<b>You are no longer alone</b> 18.00 till 19.00	<b>Step 9</b> 18.00 till 19.00	Buffet is served in the restaurant 18.00 till 20.00
17:00				<b>Defects &amp; Shortcomings</b> 19.00 till 20.00	<b>Step 10</b> 19.00 till 20.00	
17:30					<b>Forgiveness</b> 20.00 till 21.00	<b>Step 11</b> 20.00 till 21.00
18:00				<b>Personal Inventory</b> 21.00 till 22.00	<b>Step 12</b> 21.00 till 22.00	
18:30			<b>LGBTQ+</b> 18.15 till 19.45			
19:00	<b>Live DJ</b> from 7pm	<b>AA Spanish Speaking Meeting</b> 19.00 till 20.15		<b>Recovery</b> 22.00 till 23.00		
19:30						
20:00			<b>International Meeting</b> 20.00 till 21.00			
20:30		<b>AI-Anon Chaired Come &amp; Go</b> 20.30 till 21.30		<b>Guided Meditation</b> 21.30 till 22.30		
21:00						
21:30						
22:00						
22:30						
23:00		<b>Night Owls Speaker Meeting</b> 23.00 till 00.00	<b>Quiet Meditation</b> 23.00 till 00.00	<b>Prayer &amp; Meditation</b> 23.00 till 00.00		
23:30						

**Sunday 5th May 2024**

Leonardo Royal Hotel, London Bridge, 45 Prescott St, London E1 8GP						
Time	Trinity Suite	Bartholomew & Hapley Suites	Beaumont Room	Sidney Room <i>Come &amp; Go</i>	Prescot Room <i>Come &amp; Go</i>	Notes
9:00	<b>STEP 11 PLATFORM MEETING</b>					
9:30	9.00 till 10.00	<b>Newcomers</b>				Meet the Trustees Foyer B 10.00 till 11.15 & 15.45 till 16.45
10:00		9.30 till 10.30	<b>Guided Meditation</b>	<b>Surrender</b>	<b>Step 1</b>	
10:30	<b>PLATFORM MEETING</b>		10.00 till 10.50	10.00 till 11.00	10.00 till 11.00	
11:00	<b>4 Speakers (Al-Anon Participation)</b>		<b>How &amp; Why AA Still Works Pt.1 &amp; 2</b>	<b>Living One Day at a Time</b>	<b>Step 2</b>	
11:30	10.30 till 12.00	<b>Al-Anon 4 Speakers</b>	11.00 till 12.45	11.00 till 12.00	11.00 till 12.00	
12:00		11.00 till 12.30		<b>HOPE</b>	<b>Step 3</b>	Alateen (Garrick Room)  11.00 Join Us 11.15 Hope
12:30	<b>Unity in Diversity</b>			12.00 till 13.00	12.00 till 13.00	
13:00	12.30 till 13.30		<b>Share Magazine</b>	<b>Attraction vs Promotion</b>	<b>Step 4</b>	
13:30		<b>A Path Through The Programme for AA's &amp; Al-Anon's</b>	Presentation 13.00 till 14.00	13.00 till 14.00	13.00 till 14.00	
14:00	<b>INTERNATIONAL PLATFORM MEETING</b>		<b>Young Persons</b>	<b>Admitted we were Powerless</b>	<b>Step 5</b>	
14:30	<b>4 Speakers</b>		Speaker Meeting 14.15 till 15.45	14.00 till 15.00	14.00 till 15.00	
15:00	14.00 till 15.30			<b>A Vision For You</b>	<b>Step 6 &amp; 7</b>	
15:30		13.30 Achieving Peace	<b>Young Persons</b>	15.00 till 16.00	15.00 till 16.00	
16:00	<b>PLATFORM MEETING</b>	14.30 Forgiveness	Spiritual Solution Panel 15.45 till 17.15	<b>Life Beyond your Wildest Dreams</b>	<b>Step 8 &amp; 9</b>	
16:30	<b>3 Speakers</b>	15.30 In Relationships		16.00 till 17.00	16.00 till 17.00	
17:00	<b>Countdown &amp; Raffle</b>	16.30 At Work		<b>Promises</b>	<b>Step 10</b>	
17:30	16.30 till 18.00	17.30 In Service		17.00 till 18.00	17.00 till 18.00	
18:00			<b>LGBTQ+</b>	<b>Working With Others</b>	<b>Step 11</b>	
18:30			17.30 till 19.00	18.00 till 19.00	18.00 till 19.00	
19:00				<b>Making Amends</b>	<b>Step 12</b>	
19:30			<b>Guided Meditation</b>	19.00 till 20.00	19.00 till 20.00	
20:00	<b>Open Mic Karoke</b>		19.15 till 20.15	<b>Gratitude</b>		
20:30	till Late		<b>Quiet Meditation</b>	20.00 till 21.00		
21:00				<b>Learning to love ourselves</b>		
21:30				21.00 till 22.00		
22:00		<b>Night Owls</b>		<b>People we have harmed</b>		
22:30		<b>Speaker Meeting</b>		22.00 till 23.00		
23:00		22.00 till 23.00		<b>Emotional Sobriety</b>		
23:30				23.00 till 00.00		