

FRIDAY EVENING PROGRAM

| FRIDAY EVENING, OCTOBER 10 | | |
|---------------------------------------|---|-------------------|
| <i>TIME</i> | <i>EVENT</i> | <i>ROOM</i> |
| 3:00 pm – 9:00 pm | Registration | Ballroom Foyer |
| 4:00 pm – 10:00 pm | Hospitality | Hospitality Suite |
| | | |
| 7:00 pm – 7:30 pm | Opening Ceremonies | Ballroom |
| 7:30 pm – 9:00 pm | Open Meeting AA and AL-ANON Speaker: Jan D. Toronto – AA/Al-Anon | |
| 9:30 pm – 11:00 pm | The Gratitude Show | |

WORKSHOPS - HOUR BY HOUR

| Saturday, October 11 | 9:00 am – 10:00 am | |
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| <i>TOPIC</i> | <i>DETAILS</i> | |
| (S1) Discovering Powerlessness | <ul style="list-style-type: none"> ● When is it safe to admit defeat? ● Powerless is not helpless | Courtyard A |
| (S2) Came to Believe & Trust – A God of YOUR Understanding | <ul style="list-style-type: none"> ● HP is as real as to you as you are to yourself – do you trust your own truth enough to live it? | Courtyard B |
| (S3) Trusting a Power Greater than the Bullies in Your Life | <ul style="list-style-type: none"> ● Who/what is on your side when it seems no one is (including you) ● Staying true to your higher self, forgiving yourself when you can't | Courtyard C |
| (S1) Starting Again (relapse, disconnection) | <ul style="list-style-type: none"> ● Coming back without the innocence of the first time ● Learning from experience | Carlton |

| Saturday, October 11 | 10:15 am – 11:15 am | |
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| <i>TOPIC</i> | <i>DETAILS</i> | <i>ROOM</i> |
| (S1) Staying In Touch With Powerlessness | <ul style="list-style-type: none"> ● Remembering Step One when life gets good & busy ● When judgement & control return | Courtyard A |
| (S4-9) Drop the Rock: Healing of Memories and Letting Go of the Past | <ul style="list-style-type: none"> ● How “finding your part” frees you from victimhood ● Letting go of harms & regrets | Courtyard B |
| (S10-11) Finding a daily practice and “faith that works” for you | <ul style="list-style-type: none"> ● What kind of self-examination helps? ● What is your praying about and for? ● What does meditation do for you? | Courtyard C |
| (S2-3) A* Open to Change: Enlarging Your Perspective Beyond Ego | <ul style="list-style-type: none"> ● Working Steps 2 & 3 without a “God of your understanding” ● How to “translate” CAL’s¹ God-language so it works for you | Carlton |

¹ CAL: Conference-Approved Literature.

| Saturday, October 11 | 11:30 am – 12:30 pm | |
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| <i>TOPIC</i> | <i>DETAILS</i> | <i>ROOM</i> |
| (S1) Step One – Again? | <ul style="list-style-type: none"> • Discovering that another addiction is holding me back even when I'm working the Steps | Courtyard A |
| (S2-3) Letting Go & Trusting in the Face of Illness, Pain, Loss | <ul style="list-style-type: none"> • Dealing with feelings of anger, guilt, betrayal, fear of more loss • Why me? Why not me? • Finding reliable strength & hope | Courtyard B |
| (S11) "Losing Faith" – When your spirituality no longer works for you | <ul style="list-style-type: none"> • Is this a reason for panic or a sign you're shedding outgrown beliefs? • Asking for help – from whom? How? | Courtyard C |
| (S4-10) A* "Accepting Help in Letting Go" | <ul style="list-style-type: none"> • Working 6 & 7 without "God" • Finding acceptance & forgiveness of failures & harms, yours & others' | Carlton |

| Saturday, October 11 | 1:15 pm – 2:15 pm | |
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| <i>TOPIC</i> | <i>DETAILS</i> | <i>ROOM</i> |
| (S4-10) The Truth Will Set You Free | <ul style="list-style-type: none"> • Losing illusions about self & others; how your relationships have changed as a result of Steps 4-10 | Courtyard A |
| (T10) Outside Issues: What does Tradition 10 actually mean? | <ul style="list-style-type: none"> • Re-reading Tradition 10 • How to keep 'singleness of purpose' while saying what you need to say at meetings | Courtyard B |
| (S12) The Joy of Living As A Spiritual Awakening | <ul style="list-style-type: none"> • Beyond instant gratification to joy • Getting what you wanted vs. discovering deeper desires • Desiring and enjoying humility | Courtyard C |
| (S11) A* A Freethinker's Guide to Step 11 | <ul style="list-style-type: none"> • "mindful inquiry and meditation" • transcending ego without "God" • finding your rightful path in life | Carlton |

| Saturday, October 11 | 2:30 pm – 3:45 pm² | |
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| <i>TOPIC</i> | <i>DETAILS</i> | <i>ROOM</i> |
| Queer God(esse)s: Beyond “Thou Shalt Not” – Committing to a HP that is fully committed to us as LGBTQs | <ul style="list-style-type: none"> ● healing from religious misogyny, homophobia, transphobia ● finding spiritual strength & guidance for healing & celebration as LGBTQs ● HP as a sane authority for the non-traditional spiritual life | Courtyard A |
| Sex as a Spiritual Issue (male-identified) | <ul style="list-style-type: none"> ● the spirituality and “sane ideal” of sexual being & doing for LGBTQs | Courtyard B |
| Sex as a Spiritual Issue (female-identified) | <ul style="list-style-type: none"> ● the spirituality and “sane ideal” of sexual being & doing for LGBTQs | Courtyard C |
| Intimacy Beyond Gender: The many faces of love & eros in recovery | <ul style="list-style-type: none"> ● loving and desiring beyond the labels of gender ● discovering intimacy in recovery in surprising ways | Carlton |

| Saturday, October 11 | 4:00 pm – 5:00 pm | |
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| <i>TOPIC</i> | <i>DETAILS</i> | <i>ROOM</i> |
| Good Vibrations: Young in recovery | <ul style="list-style-type: none"> ● Issues for the young and young at heart – are we having fun yet? | Courtyard A |
| Aging Gracefully in Recovery | <ul style="list-style-type: none"> ● Challenges, losses, gifts, gains ● Getting down off the long-timer pedestal | Courtyard B |
| (S12) Living in the Sunlight of the Spirit: Balancing self- care & service | <ul style="list-style-type: none"> ● “Spiritual intoxication” ● Doing vs. overdoing service ● Work & play, self & others | Courtyard C |
| Double Winners +: Managing multiple 12-Step programs | <ul style="list-style-type: none"> ● How do you decide how many programs you need? ● Integrating vs. keeping separate? | Carlton |

² N.B. Yes, the sexuality sessions are longer by 15 minutes.

SATURDAY EVENING PROGRAM

| SATURDAY EVENING, OCT. 11 | | |
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| <i>TIME</i> | <i>EVENT</i> | <i>ROOM</i> |
| 6:30 pm – 8:00 pm | Dinner | Ballroom |
| | Recovery Countdown | |
| 8:00 pm – 11:00 pm | Open Meeting AA and AL-ANON Speaker: Aaron H. San Francisco - AA | |
| 10:00 pm – 1:00 am | The Gratitude Dance | |
| 10:00 pm – 1:00 am | Games Room | Carlton Room |

SUNDAY PROGRAM

| SUNDAY MORNING, OCTOBER 12 | | |
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| <i>TIME</i> | <i>EVENT</i> | <i>ROOM</i> |
| 8:45 am – 9:45 am | Morning Meditation | Carlton Room |
| 10:00 am – 11:00 am | Breakfast Buffet | Ballroom |
| 11:00 am – 12:00 pm | Open Meeting AA and AL-ANON Speaker: Carolyn G. Portland, Maine - Al-Anon | |
| 12:00 to 12:30 p.m. | Closing Ceremonies Introduction of Gratitude 2015 co-chairs | |