



TORONTO GRATITUDE

OCTOBER 5-7, 2012

AA + Al-Anon Conference

Hosted by LGBT Members & Our Friends

Friday, Oct 5 to Sunday, Oct 7
(Thanksgiving Weekend)

The Courtyard Marriott Hotel
475 Yonge Street, Toronto

www.TorontoGratitude.org

FRIDAY, OCTOBER 5TH

3:00pm - 9:00pm Registration BALLROOM FOYER

4:00pm - 10:00pm Hospitality Suite ALEXANDER ROOM

5:45pm - 6:45pm Welcome! CARLTON ROOM

Conference Orientation & Welcome Reception

7:00pm - 7:30pm Opening Ceremonies MAIN BALLROOM

7:30pm - 9:00pm Open Meetings MAIN BALLROOM

Speakers: AA: Michelle L., Toronto, ON
Al-Anon: João G., Toronto, ON

9:30pm - 11:00pm The Gratitude Show MAIN BALLROOM

SATURDAY, OCTOBER 6TH

8:00am - 3:00pm Registration BALLROOM FOYER

8:00am - 10:00pm Hospitality Suite ALEXANDER ROOM

9:00am - 10:00am Workshops

- Step One: **HONESTY** —
We Admitted We Were Powerless... CARLTON ROOM
- Hugs for Healing COURTYARD A
- Step Seven: **HUMILITY** —
Walking in the Grace of God COURTYARD B
- Yoga COURTYARD C

10:15am - 11:15am Workshops

- Step Two: **HOPE** — Coming to Believe CARLTON ROOM
- New In Recovery COURTYARD A
- Step Eight: **REFLECTION**
Clearing the Wreckage of our Past COURTYARD B
- Finances in Recovery COURTYARD C

11:30am - 12:30pm Workshops

- Step Three: **FAITH** — The Power of Surrender CARLTON ROOM
- Food & Nutrition in Recovery COURTYARD A
- Step Nine: **DISCIPLINE** — Making Amends COURTYARD B
- Make Your Own God-Box COURTYARD C

12:30pm - 1:30pm Lunch Break

1:30pm - 2:30pm Workshops

- Step Four: **COURAGE** — Taking Inventory CARLTON B
- Anger Management COURTYARD A
- Step Ten: **PERSISTENCE** —
And When We Were Wrong... COURTYARD B
- Writing & Journaling COURTYARD C

2:45pm - 3:45pm Workshops

- Step Five: **INTEGRITY** — Sharing our truth CARLTON ROOM
- Sex and Intimacy: Male Identified COURTYARD A
- Step Eleven: **AWARENESS** —
Making conscious contact COURTYARD B
- Sex and Intimacy: Female Identified COURTYARD C

4:00pm - 5:00pm Workshops

- Step Six: **WILLINGNESS** —
Removing our Character Defects CARLTON ROOM
- HIV in Recovery COURTYARD A
- Step Twelve: **SERVICE** — Carrying These Principles... COURTYARD B
- Health & Wellness in Recovery COURTYARD C

6:30pm - 8:00pm Dinner MAIN BALLROOM

8:00pm Recovery Countdown MAIN BALLROOM

8:00pm - 9:30pm Open AA Meeting MAIN BALLROOM
Speaker: Scott H., Durham, NC

10:00pm - 1:00am Gratitude Dance MAIN BALLROOM

SUNDAY, OCTOBER 7TH

8:00am - 11:00am Hospitality Suite ALEXANDER ROOM

8:45am - 9:45am Gratitude Meditation CARLTON ROOM

10:00am - 11:00am Buffet Breakfast MAIN BALLROOM

11:00am - Noon Open Al-Anon Meeting MAIN BALLROOM
Speaker: Don J., Dallas, TX

12:00 - 12:30

Closing Ceremonies

Introduction of
Gratitude 2013
Co-Chairs



KEEP COMING BACK!!!

Please note: all details are subject to change!