

2024 Fall Workshop Agenda

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| 8:15 - 8:45a | Breakfast | |
| 8:45 - 9:00 | Opening Prayer, Welcome, Announcements | |
| 9:00 - 10:00 | <i>From Grief to Joy</i> presented by Kurt | <i>For decades, when I was in active addiction, I lived in a constant pattern of the first four stages of grief without recovery: denial, anger, bargaining and depression were my constant companions. But I could never see that doom loop. The last step in grief eluded me – acceptance. Our program has yielded a surprise. I finally grew into acceptance and something unexpected ambushed me – joy. This breakout is designed to help participants see how the 12 Steps move us from grief, to joy.</i> |
| | OR | |
| | <i>Creating your Best Life in Recovery</i> presented by Chris and Ben | <i>Tools of Recovery, Healthier Sexuality, and Your Outer Circle.</i> |
| 10:00 - 10:15 | Break | |
| 10:15 - 11:15 | <i>Staying on the Beam</i> presented by Nate D. | <i>Continuing to take personal inventory. Working step 10 two different ways.</i> |
| | OR | |
| | <i>Joy in Recovery through Intentional Outer Circle Work</i> presented by Nick M. | <i>Most addicts know what's in their Inner and Middle Circles, but what about the Outer Circle? Join us as we explore the Outer Circle - what it is, what's in it and how to use it to your advantage to find joy in your recovery journey.</i> |
| 11:15 - 11:30 | Break | |
| 11:30 - 12:30p | <i>Sponsorship & Service, a Step 12 Roundtable</i> hosted by Simon | <i>If you want to be good, feel good, and find joy, then you have to do good by being of service.</i> |
| 12:30 - 12:45 | Closing Announcements, Closing Prayer, Fellowship | |