



Workshop Descriptions & Information for 2021 Spirituality Retreat

Workshops are alphabetized, not in order of start time.

“3 Circles” LEADER: Cyntaya W.

The inner circle is often called your “bottom lines”, the middle circle behaviors are what brings you close to acting out and the outer circle is referred to as your “top line behaviors.” In this workshop you will work on defining these and have the option to share or discuss if desired. This workshop will be offered on Saturday.

“Accepting the Things We Cannot Change” LEADER: Maki P.

Most of us struggle with accepting ourselves and those around us, wishing we could change that which is beyond our control. This workshop will explore how Acceptance can help build healthier relationships with ourselves and others and offer practical suggestions for incorporating Acceptance into daily life through prayer and dialogue. This session will be offered on Saturday.

“Anorexia - Tools and Top Lines” LEADER: Ava H.

Is it safer to stay late at work or stay home than attend social events? Is it easier to stay single or engage in hook-ups than to navigate a relationship? Do you stay in sexually or emotionally unfulfilling relationships because you think you don't deserve better? You might have some degree of anorexia - the compulsive avoidance of intimacy in social, sexual & emotional arenas. We'll get things started with a spirited game of Anorexia Bingo. We'll then explore how anorexia infiltrates our lives in visible and not so visible ways. Lastly we'll share anorexia tools & top lines - touching on how some of them can deepen isolation. This workshop will be offered on Saturday.

“Crystal Healing” LEADER: Lyle H.

This workshop is an introduction into the world of Crystals and the use of them to help Support Our Sobriety, with the daily challenges and opportunities of life. In this workshop, you will be exploring the Spiritual, Emotional and Physical potential as well as learning an affirmation for each of these Crystals; We will explore: AVENTURINE, CARNELIAN, CITRINE, MOSS AGATE, QUARTZ (CLEAR), RED JASPER, ROSE QUARTZ, SELENITE, SODALITE & TIGER EYE (Samples of the 12 Crystals are provided for each participant to keep. There will also be books available with information on over 65 crystals with an option to purchase for \$10). This workshop will be offered on Saturday and Sunday. We are not limited to the number of participants, however there is a limit of 16 sets of sample crystals available to attendees.

“Developing the God Consciousness Within” LEADER: Dara

Deep down in every person, there exists a conception of something greater than themselves. Whether you call this God, Goddess, Goddex, Higher Power, Higher Purpose, Source Energy, Light, Love, Nature, the Divine, Good Orderly Direction, or any of the many other names for a spiritual center is irrelevant. What matters is your ability to consciously and regularly connect with your spiritual center. Whether you are deeply religious, spiritual, atheist, agnostic, or simply curious about developing your spiritual muscles, this workshop will support you in the practice of steps two and eleven. As you connect to your own conception of a Power greater than yourself, you'll develop a tangible skill set that will support you in following your own internal compass towards the God-consciousness within. Bring yourself, your journal, and an open heart.

“Emotional Release” LEADER: Michael S.

This workshop will explore how untreated and unresolved early trauma almost always develops into addiction. This workshop will be limited to 7 participants. Ideally a mix of men and women. This will be a very intense workshop on personal trauma and how it relates to addiction. For this reason it is a 3 hour workshop. Participants will experience emotional surgery and release. The safety of the participants is of utmost importance therefore once the workshop begins, no one else will be permitted to join. (we will have a sign-up sheet in the Chapter Room on Friday evening).

Rewriting Our Story: This time from 4:30PM to 5:30PM is allotted for anyone who attended the emotional release workshop. Michael will keep this safe space for you if you need additional time to share. Please be mindful of the time. There will be several 10 minute time slots available; Sign up will be located outside the workshop room.

“Having Fun in Recovery” LEADER: Risa J. & Radha G,

Recovery can feel so draining and serious. During active addiction our fun may have existed only when getting a hit or acting out. In this workshop we will learn to get our body and voices moving with fun, laughter and expression. Join Risa and Radha as they give you some happiness and joy. This workshop will be held on Saturday.



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“Journal Decorating” LEADER: Rochelle G.

Have fun with magazines, stickers, tissue paper, mod-podge and create your own personalized journal. Journals will be provided. The leader will get you started, but the rest is up to you! (clean up required by participants when complete). This workshop will be offered on Saturday.

“My Addiction Tree” LEADER: Pat D.

Supercharge your recovery with My Addiction Tree. The My Addiction tree model and Squirrel Hunting will be explained during the workshop. My Addiction Tree metaphor will be used to develop a sobriety plan which does not rely on Willpower. You will model your own addiction tree and develop an action plan to counteract YOUR Addiction Tree. We will address both the Sex and Love aspects of our disease. This workshop will be offered on Saturday and Sunday.

“#SelfLoveSunday” LEADER: Stephanie R.

Do you struggle to love yourself? Having a loving relationship with yourself is incredibly important in order to have healthy, loving relationships with others. In this workshop we will explore what it means to love ourselves, show ourselves loving kindness, and remind ourselves that we are in fact worth loving. This workshop will be offered on Sunday.

“Sharing Your Story: A Writing Workshop for *the Journal*” LEADER: Cate B.

the Journal is the S.L.A.A. monthly/bi-monthly "meeting in print" magazine focusing on S.L.A.A. recovery and related issues. Any S.L.A.A. members can contribute personal stories of recovery -- long or short -- to *the Journal*...yes, even you! In this workshop we will read selected articles from past issues of *the Journal*, review topics for upcoming issues, and answer & share on each upcoming “Question of the Day.” (Articles and answers to "Question of the Day", if submitted, may be seen in upcoming issues). This workshop will be offered on Saturday.

“Sponsorship Q & A” LEADER: Rick S.

What questions do you have about Sponsorship? Do you have a sponsor but do not sponsor yet? Are you ready? Wondering how to handle a recent experience with your sponsor or sponsee? This is a Q and A. Anyone can ask or offer input during this session. This session will be held Friday.

“What we freely receive” LEADER: Rick S.

Many of us have spent hundreds or even thousands of dollars on our acting out. Isn't it a beautiful gift that the S.L.A.A. program is free to those who need it? Service is a major resource as noted in our Preamble. During this session, Rick will offer suggestions and ideas on how we can give back to others what we freely receive. There are many small and large ways to offer service. Attending this workshop will motivate newcomers and remind long time members what opportunities are available. Sometimes the more we give away, the more we receive. This workshop will be offered on Saturday.

12 Step Meetings There are five 12 step meetings throughout the course of the weekend. Each meeting will have a chair and a basic format. Readings will be distributed by the meeting leader for some of the meetings.

- Friday 9:00pm **TOPIC:** Getting Current
- Saturday 7:00am **TOPIC:** Leader Choice - Format provided
- Saturday 11:15am **TOPIC:** State Of Grace
- Saturday 7:15pm **TOPIC:** Speaker
- Sunday 9:30am **TOPIC:** Two Speakers