



## Rehoboth Roundup Workshops 2016

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**FRIDAY 4:15 - 5:30 pm**

### **God Box**

"Letting go and letting God" handle our challenges is easier said than done! Join us for a workshop where you will create your very own "God Box". Place your troubles, concerns and issues in the box and you will be amazed at the power of this action. Plus, you'll love taking time to create something special and personal for yourself. Space is limited to 25 participants.

Leaders: Tony F and Lisa O.

Location: Dolphin Room, 4<sup>th</sup> Floor

### **Positive Step work**

Positive psychology research has confirmed specific *social behaviors and personal practices that are influential in the construction of one's own happiness (well-being)*. Many 12-step and fellowship practices are closely aligned with these happiness-optimizing behaviors. In this workshop, we will familiarize participants with some of these positive practices and behaviors, as well as build skills through "positive step work" exercises.

Leader: Michael L.

Location: Crane Room, 4<sup>th</sup> Floor

### **Service Keeps You Sober!**

Service is a great way to stay sober. Join this fun and interactive workshop if you're interested in giving back what was so freely given to you. Whether you're new to AA or someone with time, we'll talk about countless, simple ways to be of service. "We give it away to keep it!"

Leaders: Sally H. and Jack K.

Location: Mallard Room, 2<sup>nd</sup> Floor

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**SATURDAY 9:00 - 10:15 am**

### **Map Out Your 4<sup>th</sup> Step Today!**

Afraid to navigate this important step? Fear not! This hands-on workshop will demonstrate a classic 4th Step format -- and you'll leave with your own 4th Step already begun.

Leader: Mark K.

Location: Swan Ballroom A, 4<sup>th</sup> Floor

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Leader: Michael L.

Location: Swan Ballroom C, 3<sup>rd</sup> Floor

### **Meditation**

A great way to start the day, this meditation workshop will explore meditation from different points of view and experiences while allowing for participants to relay their experience and share guidance. The workshop will conclude with a 10-15 minute period of meditation.

Leaders: Jerry H. and Stephen J. Panel: Ted F., LJ I. and Stevie G.

Location: Mallard Room, 2<sup>nd</sup> Floor

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Leaders: Sally H. and Jack K.

Location: Osprey Room, 2<sup>nd</sup> Floor

### **As We Understand**

The AA founders gave us license to embrace our own understanding of a higher power, but our literature, along with the majority of sharing at meetings, is littered with references to God, faith, prayer, and spirituality. Many members struggle with steps that seem to require a faith that is a traditional conceptualization of a "god" and they often do not feel empowered to develop a language that reflects their actual belief system. This workshop will focus on identifying and discussing alternative belief systems, and sharing experiences in "practicing these principles in all our affairs" without pretending to believe.

Leader: Michael E.

Location: Crane Room, 4<sup>th</sup> Floor

### **Food Addiction and Body Image**

This workshop will be structured to allow a safe space for participants to explore how food addiction and concomitant body image issues (as applicable) affect their lives. Time will be allotted for journal writing and sharing in small groups, as well as a recap to share insights with the larger group. One to two guided meditations will be structured to help participants tap into their higher power's wisdom and wishes for them. The workshop will end with time for "going forward": creating individualized spiritual and practical action plans.

Leaders: Marc M. and Chad W.

Location: Dolphin Room, 4<sup>th</sup> Floor

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## SATURDAY 10:45 - 12:00 noon

### Boy Meets Boy, Girl Meets Girl on AA Campus, Now What?

A workshop exploring practical and spiritual tools to foster connectedness and joy in committed relationships through AA and Al-Anon principles for LGBTTIQQ2S people, our partners, spouses, lovers, and allies.

Leader: Lisa and Meredith G.

Location: Swan A, 3<sup>rd</sup> Floor

### Enhance your recovery thru Fitness and Nutrition

A member takes you deeper into your recovery program by developing or enhancing your fitness and nutrition programs. The goal is to challenge you to make small, sustainable changes in your life that will enhance your recovery.

Leader: Kate A.

Location: Swan C, 3<sup>rd</sup> Floor

### Step 11: Being Present in the Moment (ACA)

The Big Red Book tells us that through stillness and listening our True Self knows God's call and knows the path that our higher power takes to the heart. How do we experience conscious contact if that path, if our True Self, has been lost in the process of survival? This workshop offers a safe space to share how your lost True Self affects your conscious contact with the God of your understanding. A sample of a few meditation practices will also be offered.

Leaders: Tammy A. and Marilyn W.

Location: Mallard Room, 2<sup>nd</sup> Floor

### Making Friends in AA; When, Why, Who and How?

This workshop will focus on the need for social contact and context as we grow in AA, as well as the value of service in social fulfillment. We will discuss the complexities of new values, changing personal style, and successful socialization as we grow and change. We will explore the unique dimensions of the LGBT experience tied to finding, keeping, and changing friends as our sobriety matures.

Leader: Rick Piper

Location: Osprey Room, 2<sup>nd</sup> Floor

### Sponsorship

The pamphlet "Questions and Answers on Sponsorship" discusses sponsorship from three points of view - the newcomer seeking a sponsor or having problems with a sponsor, the experienced member seeking to become an effective sponsor, and the home group's role in encouraging sponsorship. After a brief overview and exchange of "I'm here at this workshop because...", we will break into small groups to discuss problems, solutions, and the next right thing.

Leaders: Kate McC. and Gene R.

Location: Crane Room, 4<sup>th</sup> Floor

### Being HIV+ in Recovery

Have you ever felt like a house has fallen on you? Well then come join me as we travel through the journey of recovery and being HIV+. We will create a fun workshop and hopefully the wizard known as our HP will guide us down our yellow brick road and share with others how we got through and came out on the other side and back home to life.

Leader: Charles V.

Location: Dolphin Room, 4<sup>th</sup> Floor

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## SATURDAY 2:00 - 3:15 pm

### How to Realize Balance in Your Life

What tools are needed to realize balance in your life? Using "Choosing a Good Life" by Ali Berman as a guide, I talked to people who exude balance in their lives and asked them how they do it. In **Realizing Balance in Your Life**, I plan to share the tools these individuals use to help them realize balance in their lives. Attend this workshop if you want to learn how to choose balance over chaos in your life.

Leader: Patty I.

Location: Swan Ballroom A, 3<sup>rd</sup> Floor

### Drop the Rock: Exploring Steps 6 and 7

Participants will explore how Steps 6 & 7 can help them become the persons they can become by dropping old patterns of behaving, thinking, and feeling that are harmful to themselves and to others. The focus will be on actions participants can take to help them transform their lives and relationships.

Leader: Angie G.

Location: Swan Ballroom C, 3<sup>rd</sup> Floor

### 12 Steps: An Exercise in Recovery

Join us for an experiential workshop that will explore the 12 Steps from the Al Anon approach utilizing real life situations and problems we are presented with every day as we live on life's terms.

Leader: Willie H.

Location: Crane Room, 4<sup>th</sup> Floor

### The Addictive Personality and Step One

For many of us with addictive personalities, quitting one addiction does not mean the end to addictive behavior. Our addictions can extend to alcohol, drugs, sex, compulsive spending, gambling, etc. We will explore the need to identify other addictions that may be present or that may arise once we achieve a certain level of sobriety from one addiction. We will also explore various paths to take to address other addictions.

Leader: John Mcl

Location: Dolphin Room, 4<sup>th</sup> Floor

### Forgiveness

This workshop will explore the meaning and purpose of forgiveness; self-forgiveness and offering forgiveness to persons we have harmed as well as forgiveness of those who have harmed us. The format will include open discussion about these types of forgiveness, a guided meditation leading participants through forgiveness practices, and an open discussion about the meditation practice. Attend this workshop with an open heart and the willingness to move forward in recovery!

Leader: Lesley H.

Location: Mallard Room, 2<sup>nd</sup> Floor

### Trust

The Trust workshop uses a series of exercises in a safe supportive group to explore and expand the idea of who and how we trust.

Leader: Russell C.

Location: Osprey Room, 2<sup>nd</sup> Floor

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## SATURDAY 3:45 - 5:00 pm

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Leaders: Tony F. and Lisa O.

Location: Swan Ballroom C, 3<sup>rd</sup> Floor

### **Honesty, Open-Mindedness, and Willingness**

Enjoy a presentation and interactive discussion on these vital spiritual principles. See how they are as valuable to someone in long-term recovery as they are for the newcomer. Learn the important role they play in many areas of our recovery.

Leader: Kevin H

Location: Crane Room, 4<sup>th</sup> Floor

### **AI-Anon 101: It Works If You Work It**

AI-Anon is a program for friends and families of alcoholics. Have you ever wondered what really happens in an AI-Anon meeting? Are you curious about what's discussed? Wonder no more! This workshop will gently guide the leery and the hesitant in learning how the steps, slogans, and literature can restore and rebuild healthy relationships in your recovery.

Leader: Susan B.

Location: Mallard Room, 2<sup>nd</sup> Floor

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Leader: Rick P.

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