

*Mission NOT
Impossible!*



Rehoboth Roundup Workshops 2017

FRIDAY 4:15 - 5:30 pm

WORKING MULTIPLE 12 STEP PROGRAMS

Discussing various 12 step programs to see which one may work best for you as well as how to work in various 12 step programs to ensure quality recovery. Workshop will be presented in a panel format with plenty of opportunity for participants to interact and ask questions.

Leader: Tom F.

Location: Crane Room 4th fl

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 4th fl

SATURDAY 9:00 - 10:15 am

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: Mallard Rm 2nd fl

RETAIL THERAPY?

Get a handle on spending and debt to clear our minds and free our creativity in Debtors Anonymous. Using the tools of DA to bring some serenity and a higher power into our financial lives can help lift the shame and stress of debt so we can bring our visions into reality

Leader: Stephen J.

Location: Osprey Rm 2nd fl

UNDERSTANDING METH AND ADDICTION

The crystal meth workshop will explore the effects of meth on the human brain and the journey of recovery. Brian will discuss the medical and psychological effects/affects of using meth. John will share his experience in the CMA program and discuss the process of arresting this disease. The workshop will establish how the CMA program is alike but different in the twelve step community. Ultimately, the workshop will have the mission to forge solidarity with other fellowships.

Leaders: John F. and Brian G.

Location: Swan A 3rd fl

IN ALL OUR AFFAIRS...TRADITIONS IN DAILY LIFE

The Traditions help fit the ME into the US in AA. How can we apply them to help us beyond the program? Explore how the traditions can guide us in our jobs, friends, family and personal challenges and opportunities.

Leader: Rick Piper

Location: Swan C 3rd fl

FORGIVENESS

We will discuss our experience strength and hope with focus on forgiveness text from the big book and 12+12. The session will be interactive. An exercise is being developed so participants can discuss in pairs specific questions about forgiveness (experience and suggestions) to begin freedom from bondage of self.

Leader: Kim W. and Mike C.

Location: Crane Room 4th fl

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 discuss problems, solutions, and the next right thing.

Leaders: Kate McC. and Whitney A.

Location: Dolphin Room 4th fl

SATURDAY 10:45 - 12:00 noon

EMOTIONAL SOBRIETY

According to the book "Emotional Sobriety: The New Frontier", when people in recovery have the willingness to find solutions rather than stay stuck in problems, they can let go fear, put aside selfish demands, practice outgoing love and become more connected to their Higher Power, family and fellows. The workshop is participatory, helping each other discover how we go about finding those solutions.

Leader: Cassandra B.

Location: Mallard Rm 2nd fl

ATTRACTING HEALTHY RELATIONSHIPS

What kind of relationship are you attracting? Healthy or unhealthy? This interactive workshop engages you in fun, empowering activities in self-discovery that help you recognize what type of relationship you are inviting into your life. You will be given the tools to improve the relationships in question, and deepen the ones you are presently in.

Leader: Kathleen McG.

Location: Osprey Rm 2nd fl

SELF CARE

The purpose of this workshop is the address "keeping the focus on ourselves" with self care of our mind, body, and spirit. Many of us have found that we sometimes lose focus on our own, health, wants, needs, goals, and spirit as family and friends of alcoholics. We struggle to keep the focus on own growth. This workshop discusses ideas found in anon that we can pursue that growth.

Leader: Willie H.

Location: Swan A 3rd fl

ADULT CHILDREN OF ALCOHOLICS ADAPTED FOR AA

The "Big Book" or Alcoholics Anonymous suggests that in recovery, the alcoholic/addict might be well advised to do additional work outside the rooms of A.A. Many alcoholics in recovery are also survivors of childhoods within alcoholic or otherwise dysfunctional families. Consequently, as adults who are sober from our substance of addiction, we might still reach an emotional bottom, characteristic of continuing to repeat patterns of behavior from our upbringing long after they stopped serving us and often times without being aware of our actions. ACoA can help the alcoholic identify former survivor traits that are making our current recovering process difficult. This workshop focuses on the ACoA problem/solution adapted for A.A. and discusses the basic approaches to developing self-care strategies to build self-esteem.

Leaders: Jeremy F. and Gino

Location: Swan C 3rd fl

NOTHING IS WASTED IN GOD'S ECONOMY

Join us as we explore how our biggest disappointments, greatest defeats and deepest regrets transforms into our most notable assets through acceptance and AA's program of recovery.

Leader: Angie G.

Location: Crane Room 4th fl

SATURDAY 2:00 - 3:15 pm

TO THINE OWN SELF BE TRUE

A central touchstone in the Rooms is the community: "You are not alone." In this workshop, the focus will be on gender within that community. We will establish common vocabulary, and then partake in an activity called "Cross the Line" to examine how we are different, and how we are the same. Finally, we will discuss and reflect on what we have seen. Further online resources regarding gender will be made available to anyone who wants them.

Leader: Ari T.

Location: Mallard Rm 2nd fl

MEDITATION PANEL

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 Jim H.

Location: Osprey Rm 2nd fl

RRVEP INVENTORY

We will examine how alcoholism/addiction (and recovery!) affect the five aspects of the human person: Relational, Rational, Volitional, Emotional, and Physical. We will also see how this can be used as a wonderful inventory tool.

Leader: Kevin H.

Location: Swan A 3rd fl

WHAT IS ACA?

Have you wondered if your upbringing in a family that had alcoholic or dysfunctional parents has had an impact on your ability to function as an adult? This workshop will provide those in attendance with an overview of the Adult Children of Alcoholics, 12-step program and assist in answering the question "Am I an ACA?" Several members of the local group "ACA at the Beach" will share their stories before finding recovery until the present.

Leader: Gail T

Location: Swan C 3rd fl

CAREGIVING - How to be a caregiver within the bounds of your AA and/or Al-Anon Program

Caregiving for family members is an important component of 'life on life's terms'. Caregiving is an increasing need in this country. For families with addiction problems, our family members often need more care, earlier in age, with medical conditions exacerbated by the consequences of addiction. As a recovering community, and perhaps more so for the LGBTQ recovering community, we often are conflicted with a desire and/or guilt to help others, and a 'let go and let God' construct. We can have less than optimal family relationships and increased family dysfunction. Working our programs through medical crises and end-of-life progression can be a true test our ability to grounded in our programs.

Leaders: John S. and Rachel S.
fl

Location: Crane Room 4th fl

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: Dolphin Room 4th fl



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SATURDAY 3:45 - 5:00 pm

WE ARE NOT A GLUM LOT: Laughter and Humor in Recovery

Humor is an important part of recovery. As we learn to relax and enjoy the funny things in life, we will find new freedom. This interactive workshop will focus on the benefits of laughter and humor in sobriety. Bring your funny stories to share.

Leader: Mark Y.

Location: Mallard Rm 2nd fl

RING THEM BELLS!

Looking for a shift in consciousness and positivity for the new year? This is a group effort workshop where we will be ringing the bells to release old, negative energy and focusing in on what positive energy and thinking we want for ourselves in the New Year of our sobriety. We will be creating a conscious mind and body through team building.

Leader: Charles V. and Kathleen McG. **Location: Osprey Rm 2nd fl**

GOD BOX

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Leaders: Tony F. and Lisa O.

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ART 4TH STEP

Using shapes and colors we project ourselves onto circular mandalas bypassing our verbal defenses to look deep within.

Leader: Richard M.

Location: Crane Room 4th fl

DELYPAA - Delaware Young People in AA

Our host committee members are committed and active members of Alcoholics Anonymous. We travel statewide raising awareness, sharing experience, strength and hope to an increasing number of "young" AA's trying to find their way in recovery. We unite together throughout the state regularly at meetings, participate in service, and host events leading up to each annual conference. We hope to show the "young" recovering alcoholic that through the 3 legacies of AA; Recovery, Unity and Service, it is possible to achieve a lasting and comfortable sobriety. We are responsible when anyone, anywhere reaches for the hand of AA. The hand of DELYPAA is extended to any and all alcoholics yearning to discover a freedom from the bondage of self.

Leaders: Robert B., Meghan L.,
Paul L. and Jenna M.

Location: Dolphin Room 4th fl