

2023 – WORKSHOP DESCRIPTIONS

General Information:

4:00pm – 7:45pm: Friday Registration (Ballroom Lobby 3rd fl.)

9:30pm – 10:30pm: Friday Registration (Ballroom Lobby 3rd fl.)

8:00am – 5:30pm: Saturday Registration (Ballroom Lobby 3rd fl.)

4:00pm – Close: Hospitality Open 24hrs, but snacks and refreshments only at certain times Sanibel (4th fl.)

4:00pm – Close: Sacred Space/Meditation Open 24hrs (Room 306 3rd fl.)

4:00pm – Close: Meeting Space Open 24 hrs (Room 229 2nd fl.)

Friday 2/17 Schedule

5:00pm – 6:00pm: Beginners Meeting Steps 1, 2, 3 Fred T. Mallard (2nd fl.)

Friday Swan Ballroom (the main/biggest ballroom on the 3rd floor):

6:15pm: Dinner Break Pizza and Salad Or On Your Own (Doors open at 7:30)

8:00pm: Speakers Meeting

Guest Speakers: Stephanie C. – AA, Rockville, MD; Logan O. – AI-anon, Washington, DC

9:30pm – 11:30: Drag Bingo Ballroom (3rd fl.)

12:00am: Rocky Horror Picture Show Sanibel (4th fl.)

Saturday 2/18 – Workshop Schedule

Saturday 8:00am – 9:15am:

Kundalini Yoga (Kate A.) Room 206 (2nd fl.) Kundalini Yoga uses breath work, movement, mantra (sacred sound) and meditation to heal the mind, body and spirit. This class will be one hour in duration and consist of a Kriya which is a series of postures (or repetitive movements), taught in a sequence to produce a desired effect. It helps us deepen our awareness, connect with our creative energy, open our heart and guide us into a higher way of living, always in service to others.

Participants Need: Yoga Mat

AI-anon – Powerlessness, Sanity, and Turning it Over (Willie H.) Osprey (2nd fl.) Open discussion of Steps 1, 2, and 3 of AI-anon and different ways of exercising them to deal with our qualifiers and situations.

“Defining Your Own Sex Ideal” (Danny B.) Sandpiper (3th fl.) Understanding the Big Book’s sexual inventory, reviewing past conduct, and creating your own “sex ideal.”

“ME” to “WE” the 12 Traditions and AA Unity (Rick P.) Dolphin (4th fl.) History and purpose of the 12 Traditions when first established. Attendees will be asked to share their experience with a particular tradition and what it has contributed to their sobriety. Closing with a round table discussion of attendees’ insights and experience with the traditions as a unifier among meetings and groups.

Welcoming the CMA Newcomer in a Semi Post Pandemic World (Jimmy G.) Crane (4th fl.) Recovery was never challenged more than a facing a global pandemic! Welcoming the newcomer was most important even in a lockdown situation! We will discuss how meetings switched to virtual and thrived to keep the addict and alcoholic, sober, not alone and welcomed! And how to welcome people back to in person fellowship and meetings.

Saturday 9:30am – 10:45am:

“The Transposers LIVE: Healing with Music” (The Transposers) Mallard (2nd fl.) “A band of 3 sober, trans, musicians shares their experience, strength, and hope and how they’ve learned to grow, connect, and express themselves through songwriting and performing.”

Mindful Meditation (Valca V.) Osprey (3rd fl.) Mindfulness exercises empower us to intentionally discipline our brain and emotions that gift us greater control, awareness, and joy. Explore 5 core practices to invite and maintain “**soundness of mind.**” A Mindfulness **Meditation Pause:** An invitation to enhance the day with a brief pause of breath and centering awareness: “And let us remember that meditation is intensely practical. One of its first fruits is emotional balance.” 12&12 Step Eleven, pp. 101-102

Get It Done (Steps 4 & 5) (Cindy W.) Sandpiper (4th fl.) The Big Book says that resentment is our number one offender and from resentment stems spiritual disease. If you have some burning resentments or have been putting off steps 4 and 5, please join us for this workshop. In 90 minutes, we will set our resentments to paper and admit the exact nature of our wrongs to another human being. We will pocket our pride and get it done. **Participants Need: pen and paper.**

Dealing with Recovery in today’s Political Climate (Joe T.) Dolphin (4th fl.) Currently, there is a lot going on in the world, but recovery must continue. As the 12th step states, “we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” Learn and share techniques of applying the principals of Alcoholics Anonymous in the current political climate.

The Gift of ACA in Recovery (Jan S.) Crane (4th fl.) Do you struggle with emotional sobriety? Have you always felt too young or too old for your age? Do you have lots of sobriety but have reached a plateau? Were one or both of your parents an alcoholics, addict, gambler, have a chronic illness or were abusive or absent? Did your family live by the “Don’t Talk, Don’t Trust, Don’t Feel” rules? Have you always felt, not quite normal or like others?

It takes a lot to just stay clean and sober. Why would I want to stir up all the fear, anger and pain from childhood that can be so upsetting? Perhaps it’s time to face those Adult Children issues. Does your gut turn at the thought? Yea, it might be time.

In this workshop, we’ll explore how working an ACA program can help break through deep patterns of behavior. ACA work will help you grow up and move on. It’s not always fun and it’ll take sometime, but it is so worth it!

Saturday 11:00am-12:15am:

Unclockable: Gender Diversity and embracing your Gender outside the Transition Escalator (Andera M.) Mallard (2nd fl.)

Not all of us fit the typical box of what a trans person should look like! It can often make things uncomfortable in the rooms, having to explain ourselves in every situation instead of focusing on our recovery.

This panel is for those who are questioning pieces of the transition process; whether social, medical, emotional or other! It is also for allies who have an interest in making all folk along the trans spectrum feel more comfortable in the rooms.

You will hear from experienced members of the community who have not followed the beaten path of gender discovery and learn skills of how to navigate the rooms with your gender as an asset and not a burden.

Design A God Box (Margaret M.) Osprey (2nd fl.)

Learn about the ideas and uses for a “God box.” Create with folk who like to make stuff. All art supplies provided! No art experience necessarily! Design a box that is especially meaningful to you and representational of your higher power.

Drop the Rock (Steps 6 & 7) (Cathy A.) Swan Ballroom (3rd fl.) Transformative interactive workshop. Get in touch with what blocks you From being Happy Joyous and Free.

Monogamy versus Promiscuity, & Everything in Between (Brian G.) Dolphin (4th fl.) The LGBTQA+ community is more mainstream than ever. We no longer are confined to a “gay neighborhood”, we get married, we raise children. In recovery, we make sexual behavior a part of our inventory to list the “exact nature of our wrongs”.

What happens to the spectrum of sexual activity the LGBTQA+ community is known for? What happens to polyamory? Cruising? Kink? Recreational sex? What about hookup apps? What makes for a healthy relationship? One that will last. Can we successfully combine the erotic with the romantic for long-lasting love? Or can it only be a few months of hot sex followed by years of platonic monogamy and “don’t ask, don’t tell” hookups?

Through exercises and discussion, we will explore our values around sex and sexuality within the LGBTQA+ communities. Bring an open mind and a playful spirit.

“Role-Playing and Recovery” (Drew C.) Crane (4th fl.) Gain information on the value of role-playing games (like, but not limited to, dungeons and dragons). This workshop will introduced beginner role-players to RPGs, the basics of role-playing games, research on the social and emotional learning and therapeutic value of playing these games, and end with participants creating characters. **Saturday 2:15pm – 3:30pm:**

Laughter in Recovery (Mindy D. and Kelly D.) Mallard (2nd fl.) “Let’s have a good laugh – we are not a glum lot. Learn the healing power of laughter and injecting humor into your own story or shares.”

Steps 8, 9 and 10 (Sarah L.) Osprey (2nd fl.) Come hear Justin M., Cece P. and Jo-Ann B. All three of these speakers are new to the Rehoboth roundup. They will share their experience, strength and hope working steps 8, 9 and 10. Their shares will be followed by Q&A. The workshop is intended to help attendees become more comfortable working or helping others with steps 8, 9 and 10.

Powerless and Unmanageability around Eating (Johnny G.) Sandpiper (3rd fl.) Many of us found that when we put down our drug of choice, we picked up food. Despite recovery from drugs and alcohol, foods and food behaviors can quickly reach alcoholic levels that lead to small lives, isolation, and death. Presenter Johnny G came to AA in 2008 and to Overeaters Anonymous in 2014 after his life imploded from compulsive eating despite years of sobriety. This workshop discusses how to recognize powerlessness and unmanageability around food, the OA definitions of recovery and abstinence, and how to identify and address your alcoholic foods and food behaviors. Time will also be allotted for participant Q&A.

Maintaining a Healthy Relationship in Recovery (June C., Cindy W., Tony F., and Glyn) Dolphin (4th fl.) An interactive workshop that utilizes inventories to help participants: identify and understand what you want from relationships; conduct regular check ups through individual and partnership inventories to maintain a healthy relationship. Two couples will share their experience, strength, hope, and lead group inventory discussions.

Health & Welfare (Is Our Code) (Ginna G.) Crane (4th fl.) Come and join in a workshop focused on your health and well-being. We will discuss the value of self-care including exercise, meditation, and workshops of outside help that benefit the quality of our lives and our sobriety. **Ginna G.**, a certified personal trainer, martial arts instructor and professional coach who lives and breathes passion for wellness and emotional sobriety.

Saturday 3:45pm – 5:00pm:

“As We Understand Him” – Steps 10, 11, 12 (Osama A.) Mallard (2nd fl.) Some people in recovery find the second step’s “a power greater than ourselves” relatively palatable, only to bristle when the language shifts to “God as we understood Him” in the third step. What does that mean to you? Conventional conceptions of God can be challenging for LGBTQ+ people. Panelists and participants in this workshop will share their beliefs about spirituality, long-term sobriety, and how being LGBTQ+ has helped to shape their practices.

“Welcoming our Bodies back in Sobriety” (Andrea O.) Osprey (2nd fl.) Learn basic somatic tools to feel more comfortable in your skin. Tools include, grounding, building capacity for tough emotions, and finding support in community.”

Trust (Russ C.) Sandpiper (3rd fl.) “The Trust workshop consists of an Icebreaker exercise, two progressive exercises and a processing session to explore the meaning and working of Trust between ourselves and those who help us.”

Sexual Health and Joy in Recovery (Jeremy A.) Dolphin (4th fl.) This workshop is a chance to explore the role sex plays in your recovery and the role recovery plays in your sex life. In recovery, you have more time and energy to discover (or rediscover) what makes you happy and gives you peace, including your body and your relationships. In this session, I’ll share a few tools to help you pursue the sex life you desire, while keeping an eye out for addictive or problematic patterns to avoid.

Shame (Dr. G.D. Hodge) Crane (4th fl.) Few of us LGBT alcoholics and addicts are not crippled by shame. It seems to rot away at the core of who we are. It is certainly the core of our addictions. This workshop will, first, differentiate shame from embarrassment via a role-play, and then a guided meditation will give each individual the chance to explore his or her own shame. Our guiding principle is that that shame is not just a thought — it is embodied. So we will focus on our *bodies* as the locus of shame.

Saturday Swan Ballroom Events:

Dinner Break: 5:30 pm – 7:00 pm Taco Bar or Dinner On Your Own (Doors open at 5:30)

8:00pm: Speakers Meeting (Doors open at 7:30)

Recovery Countdown

Guest Speaker: Kate G. – AA, Fairfax, VA Michael M. – ACA, Washington, DC

10:00pm: Cabaret

Sunday 2/19 Schedule:

7:00am-8:30

Kundalini (Kate A.) Room 206 (2nd fl.)

Mindful Meditation (Valca V.) Osprey (3rd fl.)

Sunday Swan Ballroom Events:

9 am – 10am: Buffet Breakfast (serving stops 9:45)

10:00am: Speaker Meeting

Guest Speaker: TK B. – AA, Alexandria, VA

2024 Rehoboth Roundup Committee Elections Hospitality Sanibel (4th fl.)