

Meeting Descriptions

We're Playing Our Recovery Song

Friday, January 18, 2019

The Importance of Fellowship in Recovery: Embracing fellowship in my life

What to Expect at Your First Convention: Explore ways to take care of yourself at the convention using HALT (Hungry, Angry, Lonely, Tired)

An Attitude of Gratitude — A Key to Recovery: The benefit of making gratitude a foundation of our program

Higher Power as the Conductor: A better way to develop a deeper awareness to find serenity

Using All the Tools of the Program: Using the tools where self-reliance failed

S-Ateen Parent Orientation: A required orientation for all S-Anon registrants and their parent(s) or guardian(s)

Just for Today: Explore the gift of staying in the moment

Being Restored to Sanity: The journey from unmanageability to sanity

Birthday Meeting & Music: It's time to celebrate our recovery journey!

A Step Toward Freedom: Permission to be myself and saying good-bye to isolation

I Am Enough: Developing self-esteem through self-love

Saturday, January 19, 2019

I Can't, HP Can, I'll Let HP: Steps 1, 2, & 3 — Surrendering my will and the care of my life to my Higher Power has resulted in wonderful and unexpected outcomes that I alone could not have caused

Unity in Relationships: Traditions 1 & 2 — Part of being in S-Anon is about seeing the reality of our relationships and grieving the relationships we thought we had. Join us for experience, strength, and hope on finding joy through recovery as the dynamics of our relationships change.

Courage to Change: "Working the S-Anon program and living the spiritual principles of the Steps have given me courage to change..." (*Reflections of Hope*, p. 120)

Overcoming Shame: Overpowering negative emotions can derail effort at achieving sobriety. This meeting will provide experience, strength, and hope on overcoming shame-based thinking.

Digging Deep & Sharing My Baggage: Steps 4 & 5 — We also found taking this Step shed light upon aspects of our characters that may have been blocking spiritual growth. When we risked sharing our story with a supportive person, much of our guilt was relieved and our serenity increased.

I'm Not Alone but Must Consider & Respect Others: Traditions 3 & 4 — Finding the appropriate balance between personal autonomy and responsibility to others

Setting Healthy Boundaries: Where you end and I begin — what it means to "set a boundary" and keep the focus on me

Keys to Harmony: Concept 4 — Participation is the key to harmony. How this and other tools bring harmony to the fellowship and our personal lives.

Let's Talk Motions, Folks: Our primary way of making decisions about issues that affect our fellowship is through the motions we bring to the World Service Conference each July. Who writes motions? How do we prepare to vote on them? What if I have an issue I want on the agenda? How can we make this process work better? Come and learn where we are now and add your ideas to the conversation.

Stages of Recovery — Three-Speaker Panel: Come hear experience, strength, and hope from the perspective of three stages in the journey

Gifts of Being Vulnerable: Steps 6 & 7 — Being willing to have God remove our defects of character and humbly asking Him to remove our shortcomings

Changing My Attitudes: Traditions 5 & 6 — How does changing my attitude aid my recovery?

Finding & Using My Voice: Using recovery to get to know and love me and then expressing my preferences

Keeping It Simple by Working Together: Concept 10 — Finding the balance between responsibility and authority; Double-headed management can occur in everyday life when responsibility and authority are not clearly defined. The principle within this Concept can be used in our homes, workplaces or personal relationships while helping to avoid chaos and confusion.

Along the Journey — Service Café, Part 1: This will be a fun and lively meeting in two parts. Saturday's Café is designed to give us a more intimate look as to how we became a Twelve Step Program. Our time together will give us a glimpse of the deep joy of S-Anon's journey, as well as some of the profound hardships along the way. Sunday's Cafe will help us to understand the level of commitment it took on the part of our earliest members to help form the program. We will take a look at how important it is to continue the tradition of service today and into the future. Please join us at the Café as we celebrate our 35th Anniversary!

What is a Slip in S-Anon: Continuing to practice the principles in all my affairs

How Do I Make Amends?: Steps 8 & 9 — Becoming willing to make amends to those we have harmed

Putting the Focus on Me — I Have Choices: Traditions 7 & 8 — Keeping away from distractions to help me find balance between my spiritual aims and my everyday pursuits

Dealing with My Emotions: Responding vs. reacting and allowing myself and others to feel

It's OK to Ask for Help: Concept 6 — Trusting others and sharing the workload

Healthy Sexuality & Intimacy: "Today, when I am emotionally and physically close with my partner, I focus on what is comfortable and healthy, and I ask for what I need." (*Reflections of Hope*, p. 292)

Accepting I am Right Where I Should Be: Staying in the moment, avoiding unrealistic expectations

Surrendering the Outcome: Letting my Higher Power take charge of the results

Coming Out of Denial: I Don't Even kNow I Am Lying

There's a Light at the End of the Tunnel: Hope through the gifts of the program

Sunday, January 20, 2019

Talking & Listening to My HP: Steps 10 & 11 — Saying good-night to my HP by taking personal inventory and making amends; Inviting my HP into my day with prayer and meditation

Learning to Trust Others: Traditions 9 & 10 — How do I trust again? “Trusting with Eyes Wide Open” (*Reflections of Hope*, p. 205)

Forgiveness, Gratitude & Other Healing Practices: Living the program and allowing the healing to occur.

Sponsorship — Don't Go Solo: Sharing recovery with another, either as a sponsor or sponsee, leads to growth, trust and unconditional love

Carrying the Message: Step 12 — “The gift of giving is truly a gift of receiving” (*Reaching for Personal Freedom*, p. 64)

Living a Principled Life: Tradition 12 — “Placing principles before personalities...” (*Working the S-Anon Program*, p. 37)

Don't Leave After the Miracle: Stay after the miracle for the gift of giving and receiving

Along the Journey — Service Café, Part 2: This will be a fun and lively meeting in two parts. Saturday's café is designed to give us a more intimate look as to how we became a Twelve Step Program. Our time together will give us a glimpse of the deep joy of S-Anon's journey, as well as some of the profound hardships along the way. Sunday's Cafe will help us to understand the level of commitment it took on the part of our earliest members to help form the program. We will take a look at how important it is to continue the tradition of service today and into the future. Please join us at the Café as we celebrate our 35th Anniversary!

Powerless, Not Helpless – Facing the Legal System: Question 18 on the "Is S-Anon for You" checklist asks, "Have you helped someone get out of jail or other legal trouble, or feared legal action as a result of his or her sexual behavior?" Members share their experience, strength, and hope about working the S-Anon program when a family member or friend has come in contact with the legal system as a result of sexaholism.

Gratitude Meeting & Closing: Share insights, gratitude, experience, strength, and hope gained during the convention. Keep coming back, you're worth it!