

SLAA CONVENTION TIMETABLE - SATURDAY 5 JANUARY 2019

TIME	KENNEDY HALL	TREFUSIS HALL	STORROW HALL	COMMITTEE ROOM
09.15	DOORS OPEN – ARRIVAL AND REGISTRATION			
10.00 – 10.50	Moving towards healthier intimate relationships	Workshop: The Anorexia Steps – new tools in anorexia recovery	Rock bottoms & spiritual awakenings: From hell to hope.	Shame: Understanding how it affects us in recovery
11.00 – 11.50	Recovering from romantic obsession & qualifiers	Recovering from anorexia: From isolation to intimacy	The magic of gratitude and acceptance	Rebuilding our intimate relationships after addiction
12.00 – 1.30	GUEST SPEAKER: SAMANTHA M PART ONE: "THE PATH OF SPIRITUAL GROWTH: MY STORY AND INTRODUCTION TO THE 12 STEPS."			
1.30 – 3.00	LUNCH			
3.00 – 3.50	Men's meeting	Women's meeting	Overcoming abandonment & perfectionism in recovery	Service: The path to connection, recovery and growth
4.00 – 4.50	Spirituality: What's God got to do with it?	People of colour meeting	Recovering from slips: Keep coming back no matter what	What we get from sponsoring: The gifts of a unique relationship
5.00 – 6.00	GUEST SPEAKER: JOHN B "OPENING THE HEART: A WORK IN PROGRESS"			
6.00 – 7.00	CLEAN UP			

SLAA information: You will find SLAA literature and the Inspiration Line stand in Kennedy Hall

Fellowship: The bar downstairs is available all day for fellowship and breaks

Food & drink menu at downstairs café:

- Coffees, teas, herbal teas, soft drinks and pastries
- Vegetarian or vegan soup with crusty granary bread
- Sandwiches, three-cheese tarts and homemade sausage rolls
- Beef or tomato & mozzarella empanadas
- Roasted vegetable & quinoa frittata
- Baked potatoes with cheese, tuna, chilli or beans
- Chilli con carne with tortilla chips and sour cream
- Homemade cakes, brownies, scones and muffins

SLAA CONVENTION TIMETABLE - SUNDAY 6 JANUARY 2019

TIME	KENNEDY HALL	TREFUSIS HALL	STORROW HALL	COMMITTEE ROOM
11.30	DOORS OPEN			
12.00 – 12.50	Dating in recovery: Changing patterns for healthier choices	Fantasy & addiction: Recovering reality	Overcoming avoidance in relationships	Control: The freedom of letting go
1.00 – 2.30	GUEST SPEAKER: SAMANTHA M PART TWO: "THE PATH OF SPIRITUAL GROWTH: WORKING THE STEPS WITH A FOCUS ON 10, 11 AND 12."			
2.30 – 3.30	LUNCH			
3.30 – 4.20	Steps 10 to 12: Living in the solution, one day at a time	Top lines: Building a nurturing relationship with yourself	LGBTQ meeting	Parenting in recovery: Breaking the cycle of dysfunction
4.30 – 5.20	Steps 1 to 3: From powerlessness to willingness	Steps 4 & 5: Digging deep for honesty and freedom	Steps 8 & 9: Compassion and forgiveness will set us free	Steps 6 & 7: Humility & surrender - the gateways to change
5.30 – 6.00	CLOSING MEDITATION: SAMANTHA M			
6.00 – 7.00	CLEAN UP			

Information & literature: You will find the SLAA literature and Inspiration Line stands in Kennedy Hall

Meet-ups: "Young people in SLAA" meet-up: Kennedy Hall, Sunday, 2.30pm to 3.30pm

Fellowship: The bar downstairs is available all day for fellowship and breaks

Food & drink menu at downstairs café:

- Coffees, teas, herbal teas, soft drinks and pastries
- Vegetarian or vegan soup with crusty granary bread
- Sandwiches, three-cheese tarts and homemade sausage rolls
- Beef or tomato & mozzarella empanadas
- Roasted vegetable & quinoa frittata
- Baked potatoes with cheese, tuna, chilli or beans
- Chilli con carne with tortilla chips and sour cream
- Homemade cakes, brownies, scones and muffins