

The Positive Power of We

Engaging the Mind, Body and Soul

Time: February 25th, 9:00 am – 5:00 pm

Location: St. Andrew's United Church. 117 Bloor St. E. Toronto, ON M4W

Our Agenda

| Time | Topic/Activity |
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| 9:00 | Registration & Fellowship Refreshments will be available for all to partake. Regardless if you're new to the fellowship or a veteran, this is a time to meet others and begin to feel the Power of We! |
| 9:30 | Welcome and Setting the Context You will gain a better understanding of our theme, our purpose and process for the day |
| | Warm-Up We will engage you in a series of simple exercises to build familiarity amongst our fellow attendees and initiate engaging the mind, body and soul! |
| | Opening Speaker This opening keynote will speak to the Power of We! |
| | AM BREAK (15 minutes) |
| | Open Space Topics: Round #1 Four hot topics submitted and picked by the conference committee will be offered. You will be asked to join one of the topics to share your insights with others. There are no preset outcomes for any of the discussions. This is a forum for you to ask questions, engage in dialogue, and share your strengths and hopes around the topic of your choice Topics: <ol style="list-style-type: none">1. Healthy sexuality in recovery – what does it look like?2. Prayer – Step 3 – Step 7 – Step 113. How we engage in self-sabotage4. Dealing with Imperfection |
| 12:25 | Lunch We have a hearty lunch for you. Please note that we are not able to support any 'special' food requests. Should you have any dietary restrictions we suggest you bring your own lunch or choose to venture to one of the many restaurants located in the area |
| 1:25 | Open Space Topics: Round #2 This will commence our second round of hot topics for discussion Topics: <ol style="list-style-type: none">1. How can my relationship with God evolve?2. Emotions – How to get out of my head?3. What are the ways to build a practice of accountability and overcoming the fear of checking in?4. How to avoid co-dependency? |
| 2:30 | Introduction to Meditation in the Tibetan Buddhist Lineage This will be an introduction to meditation, as taught at the Karma Sonam Dargye Ling Tibetan Buddhist Temple. The format is to: explain the meditation, demonstrate the seven points of the posture, explain what is a meditation object, and lead a 10-minute guided meditation, followed by a large group debrief |
| 3:15 | PM BREAK (15 minutes) |

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| 3:30 | <p>Panel Discussion: Tools for Maintaining Sobriety A panel consisting of members with long-term sobriety will focus on tools that they successfully used at different stages to sustain their sobriety. This will be followed by small group discussions where you will discuss tools and techniques that could help you deal with difficult scenarios that could trigger you to act out. You will also receive a <i>Tools Checklist Handout</i> to use as an additional aid for helping you sustain your own sobriety</p> <p>Final Check-In & Wrap-Up This is your chance to say a few words on what you've learned from the day, any insights you've made as a closure activity for the conference</p> |
| 5:00 | Conference Adjourns |