

SHAME ^{TO} GRACE

Conference Schedule



8:30 AM - 9:00 AM

REGISTRATION

9:00 AM - 9:15 AM

OPENING with Chris C. and Christopher

Sanctuary

Opening remarks, sound bowl centering, morning stretch, reiki breath

9:15 AM - 9:30 AM

ENTERTAINMENT: MUSIC with Band Members

9:30 AM - 10:15 AM

KEYNOTE SPEAKER: JOHN F.

10:15 AM - 10:30 AM

FELLOWSHIP AND BREAK

Snacks and refreshments provided

10:30 AM - 11:30 AM

CONFERENCE SESSIONS: 1

(2 concurrent sessions)

Sanctuary

THE FAMILY AFTERWARD PANEL with Ameya J.

Family members of sex addicts suffer terribly until the sex addict agrees to seek help. Parents, children, spouses, siblings, and others suffer their own pain as they watch their loved one struggle. Once the sex addict seeks treatment, the family feels relief. But the family dynamic will not immediately return to normal. Healing the open wounds left by sex and love addiction takes time and understanding on all sides.

Chapter 9 of **the Big Book** ("The Family Afterward") primarily deals with this issue.

On that note, Marc and Irene, David and Mona, as well as Stefano and Wolfgang will share one thing that each did to harm their relationship and something THEIR PARTNER did to help the relationship.

Following the ice breaker each will present their experience, strength, and hope on how "All members of the family can meet upon the common ground of tolerance, understanding and love".

Couple ship will include SAA, S-ANON and A-LANON fellowship membership.

Grosvenor Room
Stained Glass

THE STEPS ARE ENOUGH with Grant B.

The Big Book says, "Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program...".

In this workshop, we'll discuss the clear-cut directions of the program from steps 1-9. We'll go through the specific actions that deliver the promises to us and create space to discuss whether other ideas you have heard are part of the steps or not.

If you are new to recovery or are struggling with your recovery, this workshop intends to illuminate this path forward to "a new freedom and a new happiness".

11:30 AM – 12:45 PM

FELLOWSHIP AND LUNCH

Pizza and refreshments provided

12:45 PM – 1:00 PM

REGROUP

Conference check-in

1:00 PM – 1:15 PM

ENTERTAINMENT: SPOKEN WORD

1:15 PM – 2:10 PM

CONFERENCE SESSIONS: 2

(3 concurrent sessions)

Sanctuary

RUNNING TOWARD THE SPIRIT: OUTER CIRCLE with Daryl E.

With some abstinence from inner circle behaviours the focus can shift towards recognizing our desires for a sober life. Through a series of exercises, you will envision how your "recovered" self-behaviours, appear, and feel.

In my first two years of recovery my sobriety clock was consistently restarted on the eve of hitting a milestone. My **shame** and negative self-belief were working against me.

When I was able to embody the characteristics described in the Promises, I was able to experience the **grace** of the program

Grosvenor Room
Stained Glass

TRADITIONS with David O.

The Twelve Traditions are a natural progression of the principles learned in working the Twelve Steps. Respecting the Traditions helps ensure the healthy functioning and survival of our groups.

Of course, right? Or are you nodding like a bobblehead? Or looking at the floor?

If you answered yes to any of the above, this session is for you. In sharing our experiences in working the program, let's come to better appreciate why the Traditions are critical for the health of our groups

or Body, Marriage or Relationship, Sex Life, Finances, Spiritual Life, Hobbies

Saint Enoch's Room
Upstairs North Boardroom

THE STEP 2 PROPOSITION

Page 53 § 2 of the 'Big Book' poses the Step 2 Proposition: ... crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?

We will together develop a fear prayer card we can always carry with us so that we can truly bring God into all the areas of our lives we are afraid to turn over: Career/Job, Health

2:10 PM – 2:25 PM

FELLOWSHIP AND BREAK

2:25 PM – 3:20 PM

CONFERENCE SESSIONS: 3

(3 concurrent sessions)

Sanctuary

THE STEPS WE TAKE: SPEAKER PANEL with Don M

A panel of fellows will share their experience, strength and hope gained from working the Twelve Steps of SAA in their recovery from sex addiction. We will divide the Steps into five groups (1-3, 4-5, 6-7, 8-9, and 10-12) and panelists will offer personal insights into the rewards and challenges they faced at each stage of their recovery journey through the Twelve Steps.

Grosvenor Room
Stained Glass

MUSIC IN RECOVERY with Christopher and Jessa

Music In Recovery is a fun and interactive workshop that will allow participants to reflect on "using" music in our addiction and discover how music can "play" an integral part in enhancing our sobriety. This workshop is for you whatever your relationship to music is: listening, writing, playing, singing, and/or dancing. Come help us celebrate our recovery and transform any musical related

shame into Amazing Grace.

How it's related

This workshop will help move us literally move from shame to grace by discovering our higher power in our playlist!

Saint Enoch's Room
Upstairs North Boardroom

UNDERSTANDING CORE SHAME AND LETTING IT GO (A GAY PERSPECTIVE) with David M

This workshop will look at the reality of gay men in recovery from sexual addiction, specifically at the larger goal of reducing a deep-seated (historical & cultural) shame and regaining a positive view of their sexuality in recovery.

After a brief presentation about the history of shame in the gay community, and how community specific shame has created a parallel, sub-level of shame unique to gay identified sex addicts, participants will be encouraged to share their own experiences dealing with shame, and what specific methods they utilize within their recovery programs to find healing.

3:20 PM – 3:30 PM

FELLOWSHIP AND BREAK

3:30 PM – 4:15 PM

CLOSING with Chris B.

Sanctuary

Gathering: Workshop Jam Session (divided into small groups)

Closing remarks & Prayer Circle: 11th Step Prayer

4:15 PM – 4:35 PM

CLOSING ENTERTAINMENT: MUSIC

5:30 PM – 7:00 PM

FELLOWSHIP AND DINNER

Sambucas

Join us for fellowship and dinner!

[Sambucas](#)

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