

A New Way of Life
Sex Addict Anonymous
2025 Toronto Conference Schedule

St. Andrew's United Church
 117 Bloor Street East

Time	Agenda
8:30 AM - 9:00 AM	Registration
9:00 AM - 9:30 AM	Opening Remarks (Francois T.) & Entertainment [Sanctuary]
9:30 AM - 10:30 AM	Keynote Speech (Tracy R.) [Sanctuary]
Workshops 10:30 AM - 11:30 AM	Step 1- Escaping Chronic Relapse [Grosvenor] Step 11 - Learning to be Present [Sanctuary]
11:30 AM - 12:45 PM	Lunch
12:45 PM - 1:00 PM	Entertainment [Sanctuary]
Workshops 1:00 PM - 2:00 PM	Step 3 - A New Level of Surrender [St. Enoch] Step 6 & 7 - Letting Go of Control [Grosvenor] Slogan Bingo: Prayers & Affirmations [Sanctuary]
Workshops 2:15 PM - 3:15 PM	Step 4 - Know Thy Self [St. Enoch] Unity in Action: Living the Traditions [Grosvenor] Radical Acceptance [Sanctuary]
Panel 3:30 PM - 4:30 PM	Transformation Through Service [Sanctuary]
4:30 PM - 5:00 PM	Closing Remarks (Francois T.) & Entertainment [Sanctuary]
5:30 PM - 8:00 PM	Conference Dinner [Sambucas, 489 Church Street]

**Brackets denote location; Sanctuary, Grosvenor, and St. Enoch are rooms in St. Andrew's United Church*

Programming

Step 1 - Long-Term Sobriety Insanity: Escaping Chronic Relapse by Josh G.

Relapse is part of the recovery process, but what do we do when stuck in a pattern of chronic slips?

Step 11 - Learning to be Present by Darryl E.

We'll explore exercises and tools to centre ourselves in the present.

Step 3 - A New Level of Surrender by Jessa

Explore a deeper level of surrender in all avenues of life.

Step 6 & 7 - I'm Not a Control Freak! You're the Control Freak!!! by Chris B.

Examine how the need for control impacts relationships and how we can release it to reclaim serenity.

Slogan Bingo: Creating Personal Affirmations & Prayers by Jules C. & Rana

An interactive game of Bingo enabling participants to broaden their scope on various program sayings, ending with the creation of a personal prayer.

Step 4 - Know Thy Self: Exploring our Personal Inventory by Ameya J.

A supportive guide for completing Step 4, helping participants develop a fearless & honest moral inventory.

Unity in Action: Living the Traditions in Recovery by Nishan A.

Understand and apply the 12 Traditions to strengthen unity within the group and in ourselves.

Radical Acceptance: The Welcoming Prayer by Tracy R.

Experience a practice of deep acceptance, which aids surrender, opening a path to move forward.

Panel: Transformation Through Service, moderated by Damion N.

Discuss the transformative power of service, highlighting spiritual awakening & meaningful ways to serve.