

SA Program

Atlanta Area SA/S-Anon Marathon | March 2, 2017

| WHEN | Getting Traction | Sober & Growing | A Vision for You | Single But Not Alone |
|--------------------|---|--|---|--|
| 8:00am-9:00am | Registration | | | |
| 9:00am-10:00am | 413 | 412 | 408 | 156/157 |
| Breakout Session 1 | <p>Getting a Sponsor - How It Works</p> <p>Learn how others have reached out to get their first sponsor, what worked well, and some of the challenges. Consider how surrendering to God/Higher Power and taking direction from the sponsor works. This session provides a great opportunity to hear from others who are farther down the path than we are.</p> | <p>Overcoming Resentments</p> <p>The Big Book says resentments are the number one problem we face. Learn what others do to forgive and surrender before resentment overtakes our thoughts. Panel members will explore the damages caused by resentments, share how clenching to them can impede the recovery process, and discuss ways to free ourselves from the "heavy backpack" of resentment.</p> | <p>Old Timers Panel on Disposition of the Heart</p> <p>We often hear that our problem is really in our mind. SA is unique in sexual addiction recovery with its focus on lust. We learn that our attitudes enabled our addiction, however a change of heart can put us on a solid road to recovery. Hear how others, with the grace of God, have renewed their minds and realized freedom from lust.</p> | <p>Happy & Single in Recovery</p> <p>Is the wreckage of your past keeping you from finding happiness? How can a single person be happy, joyous and free while living with this addiction? Maybe you have been living a lonely and secret life of isolation and shame, and wonder how happiness, friendships, and connection can be found. Panel members will tell about their experiences and how they have found happiness while being single.</p> |
| 10:00am-10:15am | BREAK | | | |
| 10:15am-11:45am | Joint Speakers Meeting | | | |
| 11:45am-12:45pm | LUNCH | | | |
| 12:45pm-1:45pm | 413 | 412 | 408 | 156/157 |
| Breakout Session 2 | <p>Chronic Relapse - Getting Traction</p> <p>Why do some people stay sober and some people never seem to get sober? Hear from the experience of others on how acceptance of powerlessness has helped them overcome the pattern of chronic relapse.</p> | <p>Letting Go of Expectations</p> <p>The Big Book says that acceptance is the key to my relationship with God today. I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. Hear Speakers share their experience, strength and hope in letting go of expectations to live a life of serenity in recovery.</p> | <p>Recovery Beyond Mere Sobriety</p> <p>When just being sober is not enough. I'm sober, now what? Sobriety is a great place to begin recovery, but is it the end or the means to an end? Members often seem to settle into sobriety without even finding real recovery, or use sobriety as a way to avoid recovery. Panelists share how recovery is more than just not acting out, but a real spiritual awakening.</p> | <p>Divorce in Recovery</p> <p>Financial pressures. My children won't speak to me. My ex-spouse is difficult to deal with. Can family relationships be restored? Panel members will tell about their experiences and the tools they use to clear away the wreckage of their past, and heal and move forward in life.</p> |
| 1:45pm-2:00pm | BREAK | | | |
| 2:00pm-3:00pm | 156/157 | 412 | 408 | 413 |
| Breakout Session 3 | <p>Dealing With Shame</p> <p>Shame seems to be at the core of addiction for many of us. The acts we have done linger in our souls, filling us with darkness that never seems to recede. For some, shame itself causes more shame. How can we unhook from shame, living a life in the light.</p> | <p>Lust - Cunning, Baffling & Powerful</p> <p>Lust is cunning, baffling and powerful -- and very patient. But if we want recovery, we keep coming back. Panelists will address lust and the applications to live free through the surrender of personal lust in their recovery journey.</p> | <p>Healing in All Three (Physical, Emotional & Spiritual)</p> <p>To be balanced, healthy individuals must attend to all three aspects of recovery. Learn how each may reinforce the other along the Road of Happy Destiny.</p> | <p>Dating in Recovery</p> <p>When can I start dating? Won't this stir up lust in me? What about getting physical? When and how do I disclose that I'm in SA to the person I'm dating? How do I avoid making the same mistake of being attracted to unhealthy people? Panel members will explore this topic, and offer suggestions and lessons learned from their experiences.</p> |
| 3:00pm-3:15pm | BREAK | | | |
| 3:15pm-4:30pm | Joint Speakers Meeting | | | |
| 4:30pm | Closing Prayer | | | |