

# Live the Solution Conference

## SAA 2018 Agenda: WELCOME!

9:00 am – 4:30 pm

Time	Topic/Activity
<b>9:00 - 9:15</b>  <i>15 mins</i>	<b>Registration &amp; Fellowship</b> 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 Live the Solution!
<b>9:15 - 9:30</b>  <i>15 mins</i>	<b>Welcome and Setting the Context</b> You will gain a better understanding of our theme, our purpose and process for the day (Rene B)  <b>Warm-Up</b> 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!
<b>9:30 - 10:15</b>  <i>45 mins</i>	<b>Concurrent Topic Meetings #1</b> Two topics will be occurring for each concurrent session. 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  <b>Topics:</b> <ul style="list-style-type: none"> <li> <b>• 1A (David M) - Gay Men and Sexual Addiction Recovery</b>                One of the key aspects of sex addiction is an inability to cope with trauma and shame, and these are feelings that gay men have struggled with in unique ways. Shared histories of hiding one's identity, and growing up in a homophobic society can be the source of immense trauma, and result in some gay men developing sex and other coping addictions. This session will explore the challenges faced by gay men with sexual addictions, and the sharing portion will allow individuals to talk about their personal experiences in moving toward healthy sexuality and recovery.             </li> <li> <b>• 1B (Irene &amp; Marc) - Dating in Recovery</b>                Many addicts rush through two important aspects of dating, which undermine the potential for healthy romantic relationships. One: choosing an appropriate partner, and two: a healthy dating timeline.                 Just because you feel close and comfortable with someone and that you have chemistry and rapport, does not necessarily mean they are safe for you. Slowing down helps us to not make a commitment before a relationship can sustain it. Dating is a process, take your time to learn who the other person is and determine as you go along, if that person is a good match for you.                 The time to construct a sober dating plan is BEFORE you start dating, even before you think you are really ready to start dating. Make a plan and try to stick to it (modify it if you need to - nothing is perfect). Remember to check in with your sponsor and recovery friends and listen to their experience, strength and hope. It's a learning process.                 Hand outs (dating plans) and suggested readings will be available.             </li> </ul>

# Live the Solution Conference

<p><b>10:15 - 10:30</b> 15 mins</p>	<p><b>15 Minute Break</b> Please also take time to write down a question(s) that you have regarding any topic (paper at the Registration Desk)</p>
<p><b>10:30 - 11:45</b> 60 min  15 min</p>	<p><b>Keynote Speaker</b> <b>Stefano S.</b> This opening keynote will speak to the Power of We!</p> <p>Stefano share his story of how shame over his sexuality, and fear of being outed and hurt by family and society started down him down a path of process addictions, including workaholism, codependency and sex and love addiction. Without much program he soon crossed over to active addiction which for him was a fused drug and sex addiction. After enunciating a couple of bottoms, which included two treatment centres, he finally had acquired the gift of desperation, which has since saved my life.</p> <p>In this session, Stefano will take the "How it Works" passage from the Big Book and talk about the <i>"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, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest"</i> passage. He will discuss how becoming rigorously honest with myself did everything change.</p> <p>I will then go through the 12 steps and highlight how I applied the steps in my life. He will finish with the promises that have come true for me:</p> <p><i>"As God's people we stand on our feet; we don't crawl before anyone. If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them."</i></p> <p>Q &amp; A</p>
<p><b>11:45 - 1:00</b> 75 min</p>	<p><b>Lunch</b> 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. Please also take time to write down a question(s) that you have regarding any topic (paper at the Registration Desk)</p>

# Live the Solution Conference

<p><b>1:00 - 1:45</b></p> <p><i>45 mins</i></p>	<p><b>Concurrent Topic Meetings #2</b></p> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>• <b>2A (David O) - Getting Started as a Sponsor</b> Looking for a sponsor? Am I ready to be a sponsor? Am I doing it 'right'? Am I doing it 'wrong'?What is 'it'? These and other "WTF" questions will be discussed as I share my experience as a sponsor -- and as a sponsee. This is not all about me; let's share and learn together.</li> <li>• <b>2B (Bill C) - Dealing with Cross-Addiction</b> Many addicts in our fellowship also deal with concurrent addictions of other kinds. In this session, our speaker will discuss cross-addiction by sharing his own experience as an alcoholic and how that has affected his recovery across multiple addictions. There will be an opportunity to learn and share together, as well as a serious dose of experience, strength and hope.</li> </ul>
<p><b>Time</b></p>	<p><b>Topic/Activity</b></p>
<p><b>1:45 - 2:00</b></p> <p><i>15 mins</i></p>	<p><b>15 Minute Break</b> Please also take time to write down a question(s) that you have regarding any topic (paper at the Registration Desk)</p>
<p><b>2:00 – 2:45</b></p> <p><i>45 mins</i></p>	<p><b>Concurrent Topic Meetings #3</b></p> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>• <b>3A (Chris N) - The Transformative Power of Fellowship</b> Are addiction and acting out a disease or symptoms of a greater personal need unmet? Addicts are all too familiar with the pain of loneliness. We long for meaningful, authentic connections with other human beings. I present my SAA journey thus far: how fellowship and human connection have brought me out of isolation and despair; transforming my perspective on recovery and life in general.  Group sharing opportunity to follow.</li> <li>• <b>3B (Dan L) ""Turn my will and my life over to WHAT?!?!" Connecting with Higher Power (Steps 1 – 3)</b> The Twelve Steps repeatedly draw on "a higher power" to help us recover from our addiction, usually God. That can be discouraging for we agnostics, outright atheists, some humanists, the scientific or simply secular. Or those of us whose experience with a given religion is too closely related to the bad old days. How do we find "a power greater than ourselves that can restore us to sanity" without feeling like we're faking it?</li> </ul>
<p><b>2:45 - 3:15</b></p> <p><i>30 mins</i></p>	<p><b>30 Minute Break</b> Again, regardless if you're new to the fellowship or a veteran, this is a time to meet others and begin to Live the Solution! Please also take time to write down a question(s) that you have regarding any topic (paper at the Registration Desk)</p>

# Live the Solution Conference

<p><b>3:15 - 4:00</b></p> <p><i>45 mins</i></p>	<p><b>Panel Discussion: Addressing Questions on Sobriety</b></p> <p>Moderator: Rene B</p> <p>Panel:</p> <ul style="list-style-type: none"><li>- Bill C (Southampton/Owen Sound)</li><li>- David O (Toronto)</li><li>- Mark P (Toronto)</li><li>- Danl L (Ottawa)</li></ul>
<p><b>4:00 – 4:30</b></p> <p><i>30 mins</i></p>	<p><b>Final Check-In and Wrap-Up</b></p> <p>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>