

# CMALA

2017 CONVENTION

APRIL 21 - 23



## Workshops Saturday 4/22/17 Plummer Park

7:45 AM – 8:45 AM	Location	Leader	Facilitators
<b>Yoga - Bring mats &amp; towels, water provided</b>	<b>Lawn</b>	--	<b>Frankie M.</b>
<i>Disciplining the body, stilling the mind, freeing the spirit (lawn between Great Hall and tennis courts).</i>			
<b>Meditation (begin 8:00)</b>	<b>Fiesta Hall</b>	--	<b>Sean F.</b>
<i>Guided meditation...to improve our conscious contact with a god of our own understanding.</i>			

9:00 AM – 10:00 AM	Location	Leader	Facilitators
<b>Relationships and Intimacy</b>	<b>Fiesta Hall</b>	<b>Timothy V. (SF)</b>	<b>Scott R.</b>
<i>Building relationships and finding intimacy in recovery.</i>			
<b>Staying Connected on the Road</b>	<b>Rooms 5 &amp; 6</b>	<b>Brooks M. (NO)</b>	<b>Dan H. &amp; Sam T.</b>
<i>For those who have traveled the rocky road, tips for staying connected on the road.</i>			
<b>Sponsorship (and Sponseeship)</b>	<b>Room 3</b>	<b>Russ C. (Atl)</b>	<b>Heather H. &amp; Joel C.</b>
<i>Helping other addicts...and helping ourselves.</i>			
<b>These Principles in all our Affairs</b>	<b>Room 4</b>	xx	<b>Keith F. &amp; Vernon M.</b>
<i>Carrying the spiritual awakening into our everyday lives.</i>			
<b>Navigating CMALA Weekend</b>	<b>Art Room 1</b>	<b>Wayne G. (SLC)</b>	<b>Keith L. &amp; Jason D.</b>
<i>Making the most of the weekend, avoiding triggers.</i>			

10:15 AM – 11:15 PM	Location	Leader	Facilitators
<b>Sex-Meth Addiction Fusion</b>	<b>Fiesta Hall</b>	<b>James H. (Ch)</b>	<b>Terry G.</b>
<i>Untangling the knot of sex and meth for a spectacular sober sex life.</i>			
<b>Sobros b4 Hos</b>	<b>Rooms 5 &amp; 6</b>	<b>Jason T. (SF)</b>	<b>Sterling W. &amp; Rory H.</b>
<i>Building lasting friendships in sobriety.</i>			
<b>Long Term Sobriety</b>	<b>Room 3</b>	xx	<b>Shah S. &amp; Ruben Z.</b>
<i>Working a program with double-digit sobriety.</i>			
<b>Women in CMA</b>	<b>Room 4</b>	xx	<b>Gina B. &amp; Carrie R.</b>
<i>Recovery in the lives of women.</i>			
<b>Newcomers</b>	<b>Art Room 1</b>	xx	<b>David F. &amp; Eddie R.</b>
<i>Securing your footing, finding your joy – strategies for the first 90 days.</i>			

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11:30 PM – 12:30 PM		Location
<b>Gratitude Panel</b>		<b>Great Hall</b>
<i>The healing power of gratitude.</i>		
0 – 2 years	<b>Michael N.</b>	
2 – 5 years	<b>Bobby M.</b>	
5 – 10 years	<b>Peter K.</b>	
10+ years	<b>Krystal D.</b>	
Featured speaker	<b>Eric S.</b>	

2:00 PM – 3:00 PM	Location	Leader	Facilitators
<b>Emotional Sobriety</b>	<b>Rooms 1 &amp; 2</b>	xx	<b>Mike M. &amp; Mark R.</b>
<i>Learning to feel again off the emotional rollercoaster.</i>			
<b>Relapse Prevention</b>	<b>Rooms 5 &amp; 6</b>	xx	<b>Don N.</b>
<i>Proactive measures to avoid temptation and triggers.</i>			
<b>Self-Love</b>	<b>Room 3</b>	xx	<b>Digby L.</b>
<i>Discovering the greatness within, cultivating a practice of self-love.</i>			
<b>Service</b>	<b>Room 4</b>	xx	<b>David H. &amp; Mark M.</b>
<i>Performing service, finding purpose.</i>			
<b>Steps 1-4</b>	<b>Art Room 1</b>	xx	<b>David M. &amp; Carlos M.</b>
<i>The first four steps – admitting, believing, deciding, taking inventory.</i>			

3:30 PM – 4:30 PM	Location	Leader	Facilitators
<b>Hookup Apps &amp; Sites</b>	<b>Rooms 1 &amp; 2</b>	xx	<b>James L.</b>
<i>Having fun, staying sober.</i>			
<b>Powerlessness</b>	<b>Rooms 5 &amp; 6</b>	xx	<b>Rhonda W.</b>
<i>Relinquishing control – a journey into powerlessness.</i>			
<b>Life After Incarceration</b>	<b>Room 3</b>	xx	<b>Chris P. &amp; Cindy D.</b>
<i>Re-entering society free from addiction.</i>			
<b>Clearing Financial Wreckage</b>	<b>Room 4</b>		<b>Jim C.</b>
<i>Eliminating debt and credit woes, budgeting for the future.</i>			
<b>Steps 5-8</b>	<b>Art Room 1</b>	xx	<b>David M. &amp; Carlos M.</b>
<i>Steps five through eight – admitting, preparing, asking, listing.</i>			

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## Workshops Sunday 4/23/17 Plummer Park

8:15 AM – 9:15 AM	Location	Leader	Facilitators
<b>Meditation</b>	<b>Art Room 1</b>	NA	<b>Dale G.</b>
<i>Guided meditation...to improve our conscious contact with a god of our own understanding.</i>			

9:30 AM – 10:30 AM	Location	Leader	Facilitators
<b>Body-Spirit Connection</b>	<b>Art Room 1</b>	xx	<b>Ryan P. &amp; Roger D.</b>
<i>Exercise and nutrition as essential tools of sobriety.</i>			
<b>Steps 9-12</b>	<b>Art Room 2</b>	xx	<b>David M. &amp; Carlos M.</b>
<i>Steps nine through twelve – making amends, taking inventory, seeking contact, carrying the message.</i>			