

**We're Playing Our Recovery Song  
January 2019**

	<b>McGavock BCD</b>	<b>McGavock A</b>	<b>Donelson A</b>	<b>Donelson B</b>	<b>Bellevue</b>	<b>Brentwood</b>	
<b>Friday, January 18, 2019</b>							
2:00 - 5:00pm	Complimentary Snacks in Atrium						
2:00 - 2:50pm		The Importance of Fellowship in Recovery	What to Expect at Your First Convention				
3:00 - 3:50pm		An Attitude of Gratitude: A Key to Recovery	Higher Power as the Conductor	Using All the Tools of the Program			
4:00 - 4:50pm		S-Ateen Parent Orientation	Just for Today	Being Restored to Sanity			
5:00 - 7:00pm	Dinner Break						
7:00 - 8:00pm	Welcome, Readings Announcements, Speakers						
8:30 - 9:20pm	Birthday Meeting & Music						
9:30 - 10:30pm		A Step Toward Freedom	I am Enough	S-Ateen Meeting: What It's Like to Be Me			
<b>Saturday, January 19, 2019</b>							
7:30-10:30am	Complimentary Continental Breakfast & Coffee in Atrium						
8:00 - 8:50am	I Can't, HP Can, I'll Let HP	Unity in Relationships	Courage to Change	Overcoming Shame			
9:00 - 9:50am	Digging Deep & Sharing My Baggage	I'm Not Alone but Must Consider & Respect Others	Setting Healthy Boundaries	Keys to Harmony	Let's Talk Motions, Folks	S-Ateen Meeting: The Twelve Steps of S-Ateen	
10:00 - 10:30am	Break						
10:30 - 11:30am	Stages of Recovery: Three-Speaker Panel						
11:30am -1:30pm	Lunch Break						
1:30 - 4:00pm	Complimentary Snacks in Atrium						
1:30 - 2:20pm	Gifts of Being Vulnerable	Changing My Attitudes	Finding & Using My Voice	Keeping It Simple by Working Together	Along the Journey Service Café Part 1	What is a Slip in S-Anon?	
2:30 - 3:20pm	How Do I Make Amends?	Putting the Focus on Me: I have Choices	Dealing with My Emotions	It's Ok to Ask for Help	Healthy Sexuality & Intimacy	S-Ateen Meeting: One Day at a Time	
3:30 - 4:00pm	Break						
4:00 - 5:00pm	Readings, Announcements, Speakers						
5:00 - 8:00pm	Dinner Break						
8:00 - 8:50pm		Accepting I am Right Where I Should Be	Surrendering the Outcome			S-Ateen Meeting: Sponsorship in S-Ateen	
9:00 - 9:50pm		Coming Out of Denial	There's a Light at the End of the Tunnel				
<b>Sunday, January 20, 2019</b>							
7:30 - 10:30am	Complimentary Continental Breakfast & Coffee in Atrium						
8:00 - 8:50am	Talking & Listening to My HP	Learning to Trust Others	Forgiveness, Gratitude & Other Healing Practices	Sponsorship – Don't Go Solo			
9:00 - 9:50am	Carrying the Message	Living a Principled Life	Don't Leave After the Miracle	Powerless, Not Helpless – Facing the Legal System	Along the Journey Service Café Part 2	S-Ateen Meeting: Self Care- Staying Connected	
10:00 - 10:30am	Break						
10:30 - 11:30am	Gratitude Meeting & Closing						