

Sounds of Healing

January 2020

	McGavock BCD	McGavock A	Donelson A	Donelson B	Bellevue	Brentwood	Fellowship Area
Friday, January 17, 2020							
2:00 - 5:00pm	Complimentary Snacks in Atrium						
2:00 - 2:50pm	*A Step Towards Freedom	Be Present in the Here and Now	I Can't Higher Power Can				
3:00 - 3:50pm		Steps and Traditions: Guidelines for Hope and Joy	*What to Expect from my First Convention	Prayer and Meditation/Journaling			
4:00 - 4:50pm		Understanding Humility	Traditions: Unity and a Loving God	*Emotional Sobriety		S-Ateen Parent Orientation 4:00-5:15	
5:00 - 7:00pm	Dinner Break						S-Ateen Social 5:30-6:45 (*In the Terrace above the Fellowship Area)
7:00 - 8:00pm	Welcome, Announcements, Readings, Speakers						
8:30 - 9:20pm	Birthday Meeting & Music (S-Anon and S-Ateen)						
9:30-10:20pm						S-Ateen Craft and Fellowship	
Saturday, January 18, 2020							
7:30-10:30am	Complimentary Continental Breakfast & Coffee in Atrium						
8:00 - 8:50am	Importance of Fun and Recovery-Courage to Change Page 91	Steps 1, 2 & 3: Daily Miracles in My Life	*Getting a Sponsor and Working the Steps	Traditions: Seeing God's Handy Work			
9:00 - 9:50am	Intimacy: Relationship w/Self and Others	Steps 4, 5 & 6: Clearing the Fog	Slogans, Powerful Tools of the Program	*Tools for Grief and Anger	Working my Program after an SA Relapse	What is S-Ateen?/ What it's Like to Be Me	
10:00 - 10:30am	Break						
10:30 - 11:30am	Stages of Recovery: Three-Speaker Panel (S-Anon and S-Ateen)						
11:30am - 1:30pm	Lunch Break						
1:30 - 4:00pm	Complimentary Snacks in Atrium						
1:30 - 2:20pm	Recovering the Feelings of Joy	Steps 7, 8 & 9: Principles of Hope	*My Expectations vs My Needs	Service Café	Family Recovery: Parents, Siblings, and Friends affected by SA (S-Anon and S-Ateen)		
2:30 - 3:20pm	Detaching With Love	Steps 10,11 & 12: Connecting with Higher Power and Others	Powerless, Not Helpless-Facing the Legal System	*Responding Instead of Reacting	Using My Voice in a Healthy Way	12 Steps of S-Ateen: Focus on Steps 1, 2, & 3	Want to Host a Convention?
3:30 - 4:00pm	Break						
4:00 - 5:00pm	Announcements, Readings and Speakers (S-Anon and S-Ateen)						
5:00 - 8:00pm	Dinner Break						
8:00 - 8:50pm	*Learning to Let Go	Acceptance is the Answer	Gifts of Forgiveness	Getting a Sponsor and Working the Steps Panel		Building an S-Ateen Community-"Together We Can Make It"	
Sunday, January 19, 2019							
7:30 - 10:30am	Complimentary Continental Breakfast & Coffee in Atrium						
8:00 - 8:50am	Rebuilding Trust	Freedom from Fear	*Gratitude and Miracle of Recovery	For Today-- I Can Let Go and Let God			
9:00 - 9:50am		God Offers me Opportunities	The Antidote to Complacency	H.O.W.		Free to Be Me in S-Ateen	
10:00 - 10:30am	Break						
10:30 - 11:30am	Gratitude Meeting and Closing						

Key: Shaded areas are Recorded Meetings,

Updated: 11/21/19

Asterix (*) are New Comer/Track Meetings.

S-Anon S-Ateen International Convention
Nashville, TN