

Breakout Topics

FREEDOM: A Vision of Recovery

Some members of the program have asked: "am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see?" Our experience shows this is not the case. We can go anywhere on this earth other free people can go without disaster provided we are willing to maintain a certain simple attitude. Come learn about this simple attitude and how it can work in your life.

Gaining Traction in Sobriety

Many of us were able to stay sober for a few days, a few weeks, or maybe a few months but eventually we would always relapse. If you identify with this, come get some practical advice on how to get over the hump and start getting real traction in sobriety and recovery.

Filling The God Shaped Hole in your Heart

We acted out because we had a void in our lives. It turns out what we needed was God to fill the void in our heart. The White Book says "We begin to see that the obsession and compulsive acting out are only symptoms of our underlying spiritual illness" In addition, The Big Book assures us "Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you."

Absolutely Rigorously Honest

The Big Book makes it clear that rigorous honesty is essential to recovery. Come hear how honesty has played a critical role in becoming happy, joyous, and free.

Working effectively with a Sponsor

The sponsor/sponsee relationship is unique. It took many of us time and experience to learn how to effectively work with a sponsor to get sober. Come learn from others' how to get the most out of your experience with your sponsor.

Steps 6 & 7: A New Level of Surrender

We learn from the white book that "Steps Six and Seven, once taken, become a continuing process." Come learn how steps six and seven can take your program to the next level.

Step 9: Clearing Away the Wreckage of the Past

Step 9 brought a new freedom and a new happiness. In this session, some of our members will share how and why they made amends for past harms, and the freedom they experience today as a result.

Step 10: The Tenth Step Promises

The Big Book shares some promises we will experience when we reach Step 10. "And we have ceased fighting anything or anyone - even [lust]. We have not even sworn off. Instead, the problem has been removed. It does not exist for us." Some of our recovered members will share how they have experienced the tenth step promises in their recovery.

Recovered, not Cured: How to Keep from Resting on Your Laurels

The Big Book says "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do". Learn from some of our members how they have stayed close to God and been able to maintain long-term sobriety.

Progressive Victory Over Lust

We learn from the White Book that true sobriety includes progressive victory over lust. In addition, the Big Book says "No one among us had been able to maintain anything like perfect adherence to these principles. The point is, that we are willing to grow along spiritual lines." In this session, some of our members will share how their recovery has progressed during their time in the fellowship.

SA/S-Anon Panel

In this session, two recovered SAs and two recovered S-Anons will take questions from the audience and share their experience, strength, and hope.

SA & S-Anon Utah Annual Retreat

For more information please visit sautahretreats.org or contact the retreat chairs:

Sam D. (801) 592-3689

Jules (801) 362-7254

Please Note

- › In-person attendees will be required to maintain physical distance and wear masks except when eating
- › Dress considerations: No shorts, no flip flops, no tank tops. Respectful, casual (jeans, t-shirts, etc.)

Program Prayers

Serenity Prayer (12 & 12 p. 41)

"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done."

Step 3 Prayer (Big Book p. 63)

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

Step 7 Prayer - (Big Book p. 76)

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

Step 11 Prayer (12 & 12 p. 99)

"Lord, make me a channel of thy peace— that where there is hatred, I may bring love— that where there is wrong, I may bring the spirit of forgiveness— that where there is discord, I may bring harmony— that where there is error, I may bring truth— that where there is doubt, I may bring faith— that where there is despair, I may bring hope — that where there are shadows, I may bring light— that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted— to understand, than to be understood— to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen."

Schedule of Events

Friday, October 9th

	Ballroom	Room 105	Room 209 / 213	Room 220 / 224
6-7pm	SA:Early Bird Activity	—	S-Anon: Introduction Session – Getting to Know More Local S-Anons	—
7-9pm	Dinner, Welcome, and Keynote Speakers	—	—	—
9-10pm	SA: Sobriety Panel	—	S-Anon: Recovering w/ or w/o a Spouse (panel)	—

Saturday, October 10th

	Ballroom	Room 105	Room 209 / 213	Room 220 / 224
10-11am	Welcome & Keynote Speakers	—	—	—
11-Noon	SA: FREEDOM: A Vision of Recovery	SA: Steps 6 & 7: A New Level of Surrender	SA: Progressive Victory Over Lust	S-Anon: 12 Steps Overview
Noon-1:30pm	Lunch & Speakers	—	—	—
1:30-2:30pm	SA / S-Anon Panel	—	Absolutely Rigorously Honest	—
2:30-3:30pm	SA: Filling The God Shaped Hole in your Heart	SA: Step 9: Clearing Away the Wreckage of the Past	SA: Working effectively with a Sponsor	S-Anon: Recovery Prayers: H.O.W. To Connect with My Higher Power
3:30-4:30pm	SA: Gaining Traction in Sobriety	SA: Step 10: The Tenth Step Promises	SA: Recovered, not Cured: How to Keep from Resting on Your Laurels	S-Anon: Recovery and Relations with My Children
4:30-5:15pm	Closing			

Please share your feedback by taking our exit survey after the retreat



<https://tinyurl.com/y2o2jm6t>