

# Ohio Valley Intergroup of SAA



## Spring Retreat

*“Serenity is not freedom from the storm, but peace amid the storm.” –Author Unknown*

Saturday, May 4, 2019

King Avenue United Methodist Church

299 King Avenue, Columbus, Ohio - 43201

**Ground Floor - Parking in side and rear lots**

8:30 - 9:00 Registration and Fellowship

9:00 - 9:15 Welcome and Prayer (Zach R - OVIG, Chair, Matthew V.)

9:15 - 10:00 1A “Grief and Recovery” (Rick D) “In unpacking the symptoms of grieving/loss, we will explore the loss of our addictive “bubble”. What tools of recovery give the best chance of transformation and sobriety in this loss?

9:15 - 10:00 1B “The Six Human Needs and Addiction” (Chris A) We will explore the six basic human needs and how they feed addiction. What stops us from moving forward, what controls and determines the quality of our lives, why we do what we do and how it applies to a recovery program. Understanding what drives our behavior can create balance and success in recovery and lasting change.

10:15 - 11:00 2A “Introduction to Non Violent Communication” (Acela B) Two foundational components for NVC: “Giving from the Heart” and Releasing “life-alienating” communication. Four key elements of NVC: Observation, Feelings, Needs, and Requests.

10:15 - 11:00 2B “Mindfulness and Meditation” (Zach R. TJ C.) We will explore the benefits of mindfulness and meditation practices as they relate to fighting triggers, handling tough emotions, and maintaining daily balance.

11:15 - 12:00 3A "Relapse: How we got here and now what?" (Mel F) Recovery as a three legged stool. Neglect. How it Happens. Personal: My most recent relapse. Now what? Reconnecting to recovery. What do I need to be doing?

11:15 - 12:00 3B "Understanding God." (Matt V) This session will promote a group discussion and analysis of questions regarding positive spirituality and recovery : How do you understand God? Who or what are you ready to heal and forgive? What judgments can you release? What lies can you stop telling yourself and others? What truths are you willing to accept and practice? What spiritual principles will best aid in your healing and recovery?

12:00 - 1:00 Lunch and Fellowship

1:00 - 1:45 4A "Art and Recovery II" (James E.) Create a Recovery Toolbox to support your daily recovery.

1:00 - 1:45 4B "Technology in Recovery" (Jon H, Mike K, Jerry S) Accountability and filtering software across multiple devices. How to "lock down your devices" and keep a safe environment. Boundaries and barriers. Understanding our limitations. Promoting Recovery: Telemeetings, Zoom Meetings, Combined Face to Face and Telemeetings.

2:00 - 2:45 5A "Topic Meeting" (Tom P) Read and discuss the "Sponsorship" pamphlet.

2:00 - 2:45 5B "Trusted Servant Training" (Jim L.) Responsibilities and duties of ISO committee chairs and secretaries as guidelines for leadership as Chair/Vice-Chair, Secretary, or Treasurer of an Intergroup or meeting.

2:45 - 3:00 Closing and Prayer (Zach R. and Jerry S.)

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***Participants are encouraged to provide a \$15 donation to cover the cost of lunch and materials. Those wishing to participate in the Art and Recovery sessions are asked to provide an additional \$5 donation to cover the cost of materials for the individual piece you will create and keep.***