

“Freedom from FEAR: Face Everything And Recover through the 12 Steps”

October 21-23, 2022

Colorado State Convention ~ Denver Marriott Westminster, Colorado

Friday 10/21		Main Meeting Room (Salon A&B)	Church Ranch A	Church Ranch B
4:00-7:00pm	<i>Registration open Hospitality Room open</i>			
5:30-6:30pm			Meeting (option to BYO dinner)	
7:00-7:30pm		Icebreakers Introductions R3 Assembly Report		
7:30-8:30pm		ESH Speaker #1 * Q&A		
8:30-9:00pm	<i>Hospitality Room open</i>			
9:00-10:00pm			Evening meeting	
Saturday 10/22				
6:30-7:30am			Morning meeting	
7:00-8:30am	<i>Hospitality Room open</i>			
8:00am	<i>Registration open</i>			
8:30-9:00am		Welcome Icebreakers Abstinence Countdown		
9:00-10:00am		ESH Speaker #2 * Q&A		
		Track 1: Working the Steps Using the AA Big Book	Track 2: Workshops	Track 3: Special Focus
10:15-11:30am	<i>Session #1</i>	Step 1: Freedom from Craving and Obsession (Doctor's Opinion through More About Alcoholism) *	Sponsorship: Freedom from Uselessness	Abstinence: Freedom From Bondage to Food

11:30am-1:00pm	Lunch break Hospitality Room open			
1:00-2:30pm	Session #2	Steps 2&3: Freedom from Running the Show (We Agnostics and How It Works) *	Recovery from Relapse: Freedom from Demoralization	Newcomers: Freedom from Isolation
2:45-4:00pm	Session #3	Steps 4-9: Freedom from Self Will Run Riot (p. 60-Into Action) *	Connecting with HP: Freedom from Self-Reliance	Anorexic/bulimic: Freedom from Self-deception
4:00-6:00pm	Break Hospitality Room open	(opportunity for fellowship activities)		
6:00-7:00pm		Banquet Come dressed as your greatest fear or character defect!		
6:45-7:30pm		ESH Speaker #3 * Q&A		
7:30-8:30pm		Karaoke Party: Freedom from Having to Sing On Key!		
9:00-10:00pm			Evening Meeting	
Sunday 10/23				
6:30-7:30am			Morning meeting	
7:00-8:30am	Hospitality Room open			
8:00am	Registration open			
8:30-8:45am		Announcements Acknowledgements		
8:45-9:30am		ESH Speaker #4 * Q&A		
9:35-10:35am	Session #4	Steps 10-12: Freedom from Complacency (p.86-Working with Others) *	Body Image: Freedom from the Mirror, the Scale, and Judgmental Thoughts	Grief and Loss: Freedom from Despair
10:35-10:45	Break Check out of hotel rooms			
10:45-11:30am		Large group closing		

* indicates that these sessions will be recorded

- **“So many sessions...how do I choose??” Here is a brief description to help guide you...**
 - **Track 1: Working the Steps as outlined in the AA Big Book:** These sessions will consist of one presenter per session who will cover the material in the Big Book of AA, identifying the directions for working the Steps being covered, and sharing their personal experience with working these Steps. This will be followed by Q&A. (45-60 minutes presentation, 15-30 minutes Q&A/discussion)
 - **Track 2: Workshops:** These 75 minute sessions will include 1-3 presenters, followed by an interactive portion (which may include Q&A, discussion, writing, breakout groups, open sharing).
 - **Track 3: Special Focus:** These 75 minute sessions will be structured much like a regular meeting of OA. The meeting will include 1-3 speakers who will share their ESH on the special focus topic, followed by open sharing and the opportunity to ask questions.
- **Hospitality Room (Room 540):**
 - Come on up to Room 540 for a safe place to meet a friend, enjoy a cup of tea or coffee, have a snack or eat your meal, be creative, or simply relax and unwind. Microwave, K-cup maker, hot pot and bottled water will be available.
 - We will be open during these times:
 - Friday 4:00-7:00pm
 - 8:30-9:00pm
 - Saturday 7:00-8:30am
 - 1:30am-1:00pm
 - 4:00-6:00pm
 - Sunday 7:00-8:30am
- **Literature Table:** The literature table is located in the main meeting room (Salon A&B). It will be open before and after sessions, and during certain break times. Check out the FREE table!!