

YOU'RE INVITED!



Spring RECOVERY SEMINARS



Introduction

You're invited to a full day of recovery seminars: five different topics focusing on various aspects of the Twelve-step program. A free lunch will be available along with a keynote speaker who will tell his recovery story. No registration is necessary. The seminars began in the spring of 2009, and represent something new: free classes on topics related to recovery. Designed to benefit the newcomer as well as old-timers, the seminars endeavor to help people apply recovery principles in real life situations.



Topics for Recovery

8:45 AM Welcome and announcements
9:00 AM 1st Seminar
Roadblocks and Pitfalls in Recovery
-Ken T. of Morganton

How our past (thinking, beliefs, thoughts, upbringing, religion) created such a hindrance causing us to struggle with recovery and the necessary steps of surrendering, willingness and acceptance.



Topics, continued

10:00 AM 2nd Seminar: 4th Step
-Melissa B. of Granite Falls

The purpose of a 4th Step is to clean up the past by making a searching and fearless moral inventory of ourselves. This seminar will guide you through this process of getting relief from resentment, fear and remorse.

11:30 AM Free Lunch of soup and sandwiches with some recovery entertainment

12:00 Noon Keynote Speaker (to tell some of his recovery story)
- Jerry W. of Statesville

1:00 PM 3rd Seminar: Sponsorship
-Mike B. of Hickory

A transferable, structured approach to Sponsorship facilitated by Mike B. By attending this workshop you will leave with the knowhow and confidence to sponsor. If you are already sponsoring, you will acquire ideas to increase your effectiveness.

2:00 PM 4th Seminar: Relationships and Recovery
-Ed M. of Granite Falls
and Liza S. of Hickory

This seminar will explain why our relationships don't work, including how our old ideas interfere with healthy relationships. New ideas will be shared that create space for relationships that do work.



For Your Information

No registration is needed. However, if you are bringing a lot of people, please let us know so we can plan the meal accordingly.

WHAT TO BRING:

Notebook and pencil, big book of Alcoholics Anonymous and the Twelve and Twelve (if available)

Finger Foods (snacks) to share morning and afternoon.

A crock-pot of soup, a plate of sandwiches, or a liter of soda - if possible to help provide lunch. (It would also help if you could RSVP Ellen at 828-315-1645 or <emathews2000@hotmail.com> letting her know what you are bringing.) Please label your container with what is inside. Thank you!

These seminars evolved from this belief: No matter what addictions or problems have brought us into the various rooms of recovery, the solution is the same - The Twelve Steps.



Displays

Individuals as well as Twelve-Step groups may display recovery material, share information about upcoming events, and/or sell recovery items. The seller may keep any money made from the sale of items, such as pottery, stitchery, or recovery CDs.

Contact Melonae S. if you have questions or want a display table for the day. (Melonae S. at 828-291-8478.



Date and Time

Saturday, March 27, 2010

8:45AM - 3:00 PM

Lunch w/Speaker 12:00 PM

St. Alban's Episcopal Church
130 39th Ave. Pl. NW
Hickory, NC 28601



Directions / Information

From I-40 in Hickory, NC: Take exit 125 onto Lenoir Rhyne Boulevard. (Make a RIGHT if you were heading west; turn LEFT if you were heading east.) Turn LEFT onto 1st Ave SE. Turn RIGHT onto Highway 127N/2nd Street/Center Street. Go straight. You will see a Hobby Lobby on your left, continue past Harris Teeter on your right. There will be a sign for Jenkins Elementary School on your right (you are very close!) and on your left you will see a sign for 39th Avenue Drive NW. Turn LEFT. Take the next RIGHT onto 39th Avenue Place NW (you will see small signs for the church.) Continue down the winding driveway to St. Alban's Episcopal Church. Look for "Recovery Workshop" signs. For questions about directions, call Cynthia H. at [828-729-0645](tel:828-729-0645).

For more information:

General information:

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Displays and Sales:

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For copies of this brochure or information about other recovery events, go to:

www.hickoryarea-recovery.org
(Click on special events)