

2017 Mini-Conference Workshop Schedule

9:00-9:45

Step 1	In the Beginning ... There Was Step 1 <i>Barry M.</i> This workshop will review why Step 1 is so important and why we need to go back to it every now and then when things may not be going well. If you feel like you may relapse, Step 1 may be the answer to keep you from it.
Step 2 <i>(Recommended for GamAnon)</i>	How Can They Smile and Laugh When All I Feel is Pain and Loss? <i>Wendy B.</i> When the focus becomes less on the gambler and more on self-recovery, true healing can begin for the GamAnon member.
Step 6	What's my Defect? <i>Thursday GA Panel</i> It's time for everybody's favorite show: "What's My Defect?" In this workshop, we will discuss becoming ready to remove our defects with the goal of serenity.

10:00-10:45

Step 1 <i>(Recommended for GamAnon)</i>	Powerless: Step 1 <i>Barney M./Carol D.</i> This workshop will focus on Step 1 of the 12-step program. Admitting and accepting our powerlessness is both difficult and empowering. We will look at Step 1 from both programs.
Step 2	Step 2: You're So Vain, You Probably Think This Step is About You <i>Linda J.</i> Set aside vanity through honesty, open-mindedness, and willingness to begin believing there might be a power greater than ourselves.
Step 3	The Third Step <i>Martha N.</i> A personal testimony: The third step's value and how I work it.

11:00-11:45

Step 4	Character defects?! I have none! <i>Wednesday GA Panel</i> So—you've got some time built up in GA. Think you've got it all under control? What happens if you find out there are still character defects lurking that need to be addressed?
Step 7	Put Your Hands on the GA Tools: Step 7 Requires Humility <i>Ed P.</i> Step 7: Humbly ask God (of our understanding) to remove our short comings. In this workshop, we will discover how humility is critical—to each of the 12 steps.
Step 11	Meditation and Prayer for Dummies <i>Gary E.</i> Join us for a hands-on session of cleansing the mind, listening for instruction, and purposely requesting guidance and power from God, as we understand Him. Silent meditation, mindfulness, and written and silent prayer.

(continued on back)

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1:30-2:15

Step 4	Working Step 4 <i>Monday GA Panel</i> This panel is a discussion about how to work Step 4 without becoming overwhelmed. We will also share ideas about getting started on Step 4 and how to tell when it is done.
Step 4 <i>(Recommended for GamAnon)</i>	A Moral Inventory—of Me?! <i>Thursday GamAnon Panel</i> Step 4 asks GamAnon members to make a searching and fearless moral inventory of themselves. In this workshop, we will discuss how this step impacts the GamAnon member's recovery.
Steps 8/9	Have I Really Hurt Anybody? <i>Brian J.</i> Let's talk about reviewing our past habits and asking, "Do we really have to make amends?" This workshop will discuss how to make amends without procrastination.

2:30-3:15

Step 5	What is Step 5 Really All About? <i>Michelle J.</i> Come to this workshop to examine the importance of Step 5 and effective ways to work it.
Step 10	Oops, I Did It Again—Progress not Perfection <i>Jennifer G./Rocky</i> This is a discussion about taking an inventory of our personal growth—the good, the bad, the ugly. How did we respond?
Step 12	If You Don't Care, How Can You Share? <i>Lesa S.</i> In this workshop, you will discover how you can carry the message to other compulsive gamblers.