

Friday							
S-Anon/S-Ateen Friday Program							
Time	Northwest Room #1	Cascade 5/6 (S-Ateen only)	Cascade 7/8	Cascade 9/10 (RECORDED)	Cascade 11 (Newcomers)	Cascade 12 (RECORDED)	Cascade 13
3:00-3:50 PM	S-Anon WSC in Evergreen Room #2			Take What You Like & Leave the Rest	New to Program?		
4:00-4:50 PM				The Serenity Prayer: Moment by Moment	From Fear to Freedom	S-Anon point of view	
5:00-5:50 PM		S-Ateen Member & Parent Orientation, Q&A		Balanced Responsibility: Concept 10	What does Self Care look like?	Release From Resentments	Steps 1 & 2: Powerlessness & Belief
6:00-7:00 PM	Dinner: Grand Ballroom 2 & 3						
7:00-8:45 PM	S-Anon/S-Ateen & SA Speakers meeting: Grand Ballroom 2 & 3						
9:00- 9:50 PM	S-Anon Birthday Celebration (S-Aeens attend the first 15 minutes for Birthday coins)	What Its Like to be Me: gaining understanding, new hope, and direction in recovery.					
10:00-10:50 PM						Happiness	
Saturday							
S-Anon/S-Ateen Saturday Program							
7:00-7:50AM	Working the Steps on our Family Members (open SA)		Creative Meditation		Daily Meditation		
8:00-8:50 AM				Letting Go: the 3rd Step Prayer	Hold Still: Guidance & Peace	Healthy meetings	Step 3: Surrendering
9:00-9:50 AM	Live and Let Live: Tradition 4 (collaborative)	S-Ateen Surrender: The 12 Steps of S- Ateen		Honesty, Open mindedness, & Willingness	What is my side of the street?	Detachment is for Me	Steps 4 & 5: Saying it out loud
10:00-10:50 AM		S-Ateen Sponsorship	Men's meeting: Top Plate	Prepare with the 7th Step Prayer	Developing a Higher Power	When the addict is not my spouse/partner...	Step 6: Entirely Ready
11:00-11:50AM	Healing in the Family: The Miracle I Didn't Expect (collaborative)	S-Ateens attend: Healing in the Family (in NW room #1)		S-Anon Traditions: 5 & 6 Questions	3A's: Acceptance is Key	What is Sponsorship?	Step 7: Humbly Ask
Noon-1:00 PM	Lunch: Grand Ballroom 2 & 3						

	Northwest Room #1	Cascade 5/6 (S-Ateen only)	Cascade 7/8	Cascade 9/10 (RECORDED)	Cascade 11 (Newcomers)	Cascade 12 (RECORDED)	Cascade 13
1:00-2:45 PM	S-Anon/S-Ateen & SA Speakers meeting: Grand Ballroom 2 & 3						
3:00-3:50PM	Self-Supporting: Tradition 7 (collaborative)	S-Ateen Serenity: 12 Step Prayers & Meditation		Recovering the Feeling of Joy	The Simplicity of the Slogans	Is Healthy Sexuality Possible?	Steps 8 & 9: The Next Right Thing
4:00-4:50 PM	How to Host a Convention (collaborative)	S-Ateen Crafts and Game Time	Self care space for Connecting, Breathing, Stretching, etc...				Serving at the National Level
5:00-5:50 PM	Common Welfare: Tradition 1 (collaborative)	S-Ateen A Day at a Time		"We Agnostics"	We cannot Control, Cause, nor Cure	What is Emotional Sobriety?	Step 10: Closure for the day
6:00-7:00 PM	Dinner: Grand Ballrooms 2 & 3						
7:00-8:45 PM	S-Anon/S-Ateen & SA Speakers Meeting: Grand Ballrooms 2 & 3						
9:00-9:50 PM		Variety Show: Grand Ballrooms 2 & 3: 9:00 -10:30 PM			Grace for Myself		
Sunday S-Anon/S-Ateen Sunday Program							
7:00-7:50 AM			Creative Meditation		Daily Meditation		
8:00-8:50AM					Helpful Recovery Tools	Parents of Sexaholics	Step 11: A Good Beginning
9:00-9:50 AM		S-Ateen Miracles: Gifts of the Program		Men's Meeting: Expectations	Responding vs. Reacting	Gifts of the Program	Step 12: Service
10:00-11:30 AM	S-Anon/S-Ateen & SA Speakers Panel: Grand Ballrooms 2 & 3						
11:45-12:45PM	S-Anon Gratitudes			<i>Additional Notes:</i>			
1:00-2:30 PM	SA & S-Anon/S-Ateen Convention Debriefing			1. Collaborative Meetings: anyone registered as SA, S-Anon, S-Ateen may attend & share.			
				2. Cascade 9/10 & Cascade 12 are recorded meetings.			
				3. Cascade 11 are recommended meetings for newcomers, but any S-Anon may attend.			