

## The 12 Promises

If you have decided to follow the suggestions of this programme, a new life will begin to unfold within you. Along with this new life are promises that will guide and sustain you. They are manifesting among us, sometimes quickly, sometimes slowly.

1. We will regain control of our lives.
2. We will begin to feel dignity and respect for ourselves.
3. The Loneliness will subside and we will begin to enjoy being alone.
4. We will no longer be plagued by an unceasing sense of longing.
5. In the company of family and friends, we will be with them in body and mind.
6. We will pursue interests and activities that we desire for ourselves.
7. Love will be a committed, thoughtful decision rather than a feeling by which we are overwhelmed.
8. We will Love and Accept ourselves.
9. We will relate to others from a state of wholeness.
10. We will extend ourselves to nurture our own spiritual growth and that of others.
11. We will make peace with our past and make amends to those we have harmed.
12. We will be thankful for what has been given us, what has been taken away and what has been left behind.

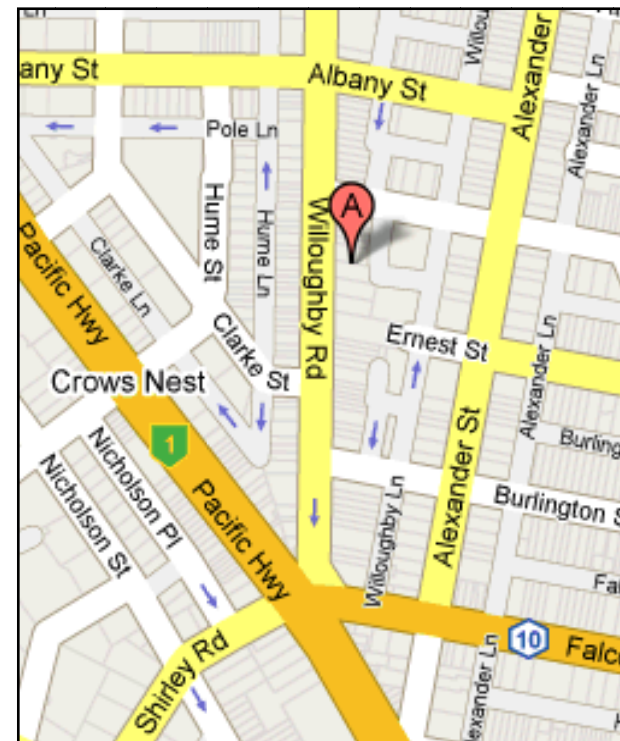
## You are not Alone

Sex and Love Addicts Anonymous is a 12 Step, 12 Tradition-orientated fellowship model pioneered by Alcoholics Anonymous. We draw on various resources in our willingness to stop acting out on our own personal bottom-line addictive behaviour on a daily basis. Reaching out to others, practising the 12 Steps & 12 Traditions of SLAA, and seeking out a relationship with a power greater than ourselves are examples of the resources we draw on in recovery. What better place to strengthen your recovery and sobriety while learning how to improve on the resources available to you than at our 2009 Annual Sydney SLAA Convention. In addition to the recovery on offer, come along for a weekend of fellowship, 12 meetings to choose from, guided meditation, great food, entertainment and fun!

### Entertainment

If you are interested in performing on Saturday night please contact **Daniel on 0415 604805**

**Food - Morning Tea, Lunch and Dinner.....** will be provided. All food will be vegetarian and gluten free. If you have any dietary requirements please call **Benny on 0404 946672**



### Accommodation

If you are travelling to the convention, require accommodation, and would like to be appropriately placed with a fellow SLAA member, **please contact us.....**



### Convention Costs:



Whole convention	\$40.00
Saturday all day	\$30.00
Saturday no dinner	\$20.00
Sunday only	\$10.00

Sydney SLAA Intergroup Presents  
**2009 NSW SLAA Convention**

A weekend of fellowship and recovery including, meetings, entertainment, meditation and workshops.



Time	Activity	Format
<b>Day 1 Saturday</b>		
08:30 - 09:30	<b>Registration</b>	
08:30 - 09:00	<b>Guided Meditation</b>	
	It's a part of every recovery but sometimes seems mysterious; a few simple steps to get you on your way.	
09:00 - 09:30	<b>Welcome &amp; Keynote</b>	
09:30 - 10:45	<b>Higher Power &amp; Me; or</b>	2 speaker/share
	Tips for developing your relationship with your HP. Differentiating between 'my will' and 'thy will.'	
	<b>Setting Bottom Lines</b>	2 speaker/share
	Do I have to? How strict should they be? How do I know whether to change them or enforce them?	
10:45 - 11:15	<b>Coffee Break</b>	
11:15 - 12:30	<b>Cosex Addiction; or</b>	1 speaker/share
	What is it, how to recognize it in yourself and strategies for managing it.	
	<b>Internet Porn</b>	1 speaker/share
	Breaking the grip of easy access and safe internet use. How to use the web to reach out, but remain safe and sober.	
12:30 - 14:00	<b>Lunch/Lunch Sessions</b>	
	<b>Yoga/Breathing; or</b>	led workshop
	Some simple poses to help you boost your energy and get your day off to a healthy start.	
	<b>Creative Writing</b>	led workshop
	Give voice to your inner author. Whether prose, poetry or daily journaling, writing is a great therapy. Tips to help put your thoughts to words.	
14:00 - 15:15	<b>Men Only Session; or</b>	1 speaker/share
	Sometimes gender affects how we share. Being among your own gender can help you open up and share more freely.	
	<b>Women Only Session</b>	1 speaker/share
	Sometimes gender affects how we share. Being among your own gender can help you open up and share more freely.	
15:15 - 15:45	<b>Coffee Break</b>	
15:45 - 17:00	<b>Sober Relationships</b>	panel/share
	Once in a relationship, what then? How to maintain your sobriety and intimacy.	
	<b>Step 12 Service Project 1</b>	workshop
	International SLAA is developing a '12 and 12' specifically for SLAA. They've asked for contributions. Share your thoughts and wisdom about working Step	
17:30 - 19:00	<b>Dinner</b>	
19:00 - 22:00	<b>Entertainment</b>	
<b>Day 2 Sunday</b>		
09:00 - 9:30	<b>Registration/Meditation/Warm-up/Keynote</b>	
09:30 - 10:45	<b>Sponsorship; or</b>	2 speaker/share
	When it is time to sponsor? Once you've begun, how to use what comes up? When and how do we end it?	
	<b>Sober Dating</b>	2 speaker/share
	Panel discussion hosted by people who have successful relationships. How they got to dating, mistakes they made, survival strategies and keys to successful dating.	
10:45 - 11:00	<b>Coffee Break</b>	
11:00 - 12:15	<b>Reaching Out</b>	1 speaker/share
	The role of outreach calls, how to set them up, words to make them work for both sides.	
	<b>Positive Thinking</b>	1 speaker/share
	What negative thinking looks like, how to change it for the better.	
12:15	<b>Closing/Group Gathering</b>	All

**Date**

5 – 6<sup>th</sup> September, 2009

**Venue**

Northside Baptist Centre  
 65 Willoughby Road, Crows Nest,  
 Sydney, NSW 2065



[www.SLAA.org.au](http://www.SLAA.org.au)

[convention@slaa.org.au](mailto:convention@slaa.org.au)

02 8011 3791