



Program Schedule

Friday, February 16

3:00pm-9:00pm	Madrona Prefunction	Registration, Merchandise, Reception
3:00pm-11:15pm	Queen Anne (12th Floor)	Hospitality (Light Refreshments)
3:00pm-7:30pm	Madrona, Yesler Boardroom	Meet and Greet, snacks, Welcome
7:30pm-8:00pm	Madrona	Announcements
8:00pm-9:00pm	Madrona	Speaker Meeting – Tad VP
9:30pm-11:30pm	Madrona	Entertainment (open mic)
11:30pm-12:30am	Queen Anne (12th Floor)	Late Night MA Meeting

Saturday, February 17

7:00am-11:15pm	Queen Anne (12th Floor)	Hospitality (Light Refreshments)
7:30am-12:00pm	Madrona Prefunction	Registration, Merchandise, Reception
8:00am-8:45am	Madrona	Vinyasa flow Yoga – Bryan C
	Capitol	Kundalini Yoga(Meditation) - Antonia A-B & Nalini A-B
	Beacon	Prayer – Jane C and Rick O
9:00am-10:15am	Magnolia	Building a Strong Foundation: Steps 1, 2 & 3 – Craig J
	Capitol	Developing a Healthy Relationship with our Feelings in Recovery – Nina S
	Beacon	Spiritual Awakening is the Result – Guy E & Friends
10:30am-11:45am	Magnolia	Steps 4 & 5 – David H
	Capital	Open MA Meeting
	Beacon	"Coming to Believe", the God Thing for Atheists, Agnostics and Others - Thor H, Chris C and Bryan B
	Yesler Boardroom	MA World Services Board Meeting – Open
12:00pm-1:00pm	Madrona	Lunch (provided)
1:15pm-2:30pm	Magnolia	Steps 6 & 7 What, How and perhaps Why – Andy F
	Capitol	MA World Phone Meetings Bring Recovery to You – Miriah S
	Beacon	The 12 Traditions/The Next Phase of Our Development– Connie P

Saturday, February 17 (cont'd)

2:45pm-4:00pm	Magnolia	Steps 8 & 9 Saying I'm Sorry is Just a Start – Tom M
	Capital	Open MA Meeting
	Beacon	Bring Your Resentments, Leave with Gratitude - Jennifer P and Kelly P
4:15pm-5:30pm	Magnolia	Steps 10, 11 & 12 – George T
	Capitol	Poetry in Recovery - Steve M
	Beacon	Mental Health/Dual Diagnosis – Angie C, David G and Ava L
6:00pm-7:00pm	Madrona	Banquet
7:00pm-7:30pm	Madrona	Announcements
7:30pm-8:30pm	Madrona	Speaker Meeting - Jessica W
9:00pm-11:30pm	Madrona	Entertainment (live music)
11:30pm-12:30am	Queen Anne (12th Floor)	Late night meeting

Sunday, February 18

7:00am-2:00pm	Queen Anne (12th Floor)	Hospitality (Light Refreshments)
8:00am-8:45am	Madrona	Vinyasa Flow Yoga – Bryan C
	Capitol	Meditation – Jim B
	Beacon	Prayer – Jane C and Rick O
9:00am-10:15am	Magnolia	Men's Meeting (male identifying welcome)
	Capitol	Womxn's Meeting (female identifying welcome)
	Beacon	Beyond Binary Meeting (all identifying outside the gender binary welcome)
10:30am-11:45am	Magnolia	Sober Giggles - Jennifer P and Kelly P
	Capitol	Mindful Self-Compassion – Jim B
	Beacon	Queer and Trans Recovery as Resistance [CLOSED] – Beck G.
10:30am-3:30pm	Yesler Boardroom	Temporary Luggage Storage
12:00pm-1:00pm	Madrona	Lunch (provided)
1:00pm-1:15pm	Madrona	Announcements
1:15pm-2:15pm	Madrona	Speaker Meeting - David H
2:15pm-3:30pm	Madrona	Birthday Countdown, Raffle Drawings, Closing



LGBTQIA+ Meet & Greet Friday 6-7PM in **Yesler Boardroom**

MA Meeting [OPEN] Friday *and* Saturday 11:30PM in **Queen Anne Hospitality (12th Floor)**

Vinyasa Flow Yoga Saturday and Sunday 8-8:45AM in **Madrona** w/ Bryan C

Come enjoy the energizing and centering effect of the vinyasa flow style of yoga. Our practice will combine movement, breath, and meditation for a great workout open to all levels. A yoga mat, towel, and water are all highly recommended!

Kundalini Yoga (Meditation) Saturday 8-8:45AM in **Capitol** w/ Antonia A-B & Nalini A-B

Join us for “a gentle kriya and meditation for stress relief” as taught by Yogi Bhajan.

Meditation Sunday 8-8:45AM in **Capitol** w/ Jim B

Time and space for open meditation.

Prayer Saturday and Sunday 8-8:45AM in **Beacon** w/ Jane C & Rick O

Explore prayer with the Higher Power of your own understanding. All beliefs or lack thereof are welcome.

Building a Strong Foundation: Steps 1, 2, & 3 Saturday 9-10:15AM in **Magnolia** w/ Craig J

Discuss the first three steps in detail to identify physical, emotional, and spiritual changes that occur at the beginning of your recovery journey. Building a strong foundation creates the greatest opportunity to experience the full benefits of your new sober life in recovery.

Developing a Healthy Relationship with our Feelings in Recovery Saturday 9-10:15AM in **Capitol** w/ Nina S

Explore what feelings are and aren't, and learn some tools to help identify and deal with them in a healthy way once you're clean and sober. Benefit from the facilitator's 32 years of recovery and 25 years of experience as a psychotherapist.

Spiritual Awakening is the Result Saturday 9-10:15AM in **Beacon** w/ Guy E & Friends

Use MA's primary literature to move through resistance and take action to engage in a process of integrating the spiritual principles of the program. It is recommended that you bring both your Life with Hope text and workbook to this workshop if you can (extras will be provided).

Steps 4 & 5 Saturday 10:30-11:45AM in **Magnolia** w/ David H

Explore what it means to make a searching and fearless moral inventory of ourselves, and admit to God, to ourselves, and to another human being the exact nature of our wrongs.

MA Meeting [OPEN] Saturday 10:30-11:45AM in **Capitol**

“Coming to Believe”: the God Thing for Atheists, Agnostics, and Others Saturday 10:30-11:45AM

in **Beacon** w/ Thor H, Chris C, & Bryan B

Approach how to make peace with “God” as discussed throughout MA's steps and literature, and define a Higher Power of your own understanding that can work for you and your program.

MA World Services Board Meeting [OPEN, with limited seating] Saturday 10:30-11:45AM in **Yesler Boardroom**

Steps 6 & 7: What, How, and perhaps Why Saturday 1:15-2:30PM in **Magnolia** w/ Andy F

Review character defects and shortcomings, and also the concept of virtues as being the opposite of character defects (e.g., laziness vs. industriousness; self-pity vs. willingness). There will be 30 minutes at the end for open sharing.

MA World Phone Meetings Bring Recovery to You Saturday 1:15-2:30PM in **Capitol** w/ Miriah S

There are more than 30 MA phone meetings a week with more than 200 callers from the U.S. and around the world. MA World phone meetings are carrying the message and supporting members and newcomers to stay free of marijuana. Hear a panel of three members talk about the role of phone meetings in their recovery, and take part in a unique hybrid MA meeting that invites the world community to join the convention by dialing in to the MAWPM line.



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