

FRIDAY SESSIONS & PRESENTERS

2:00PM: PANEL – POWER HEALING THROUGH THE DIFFERENT FOCUSES OF AA / AL-ANON / ACA

Pat B. – Moderator

Pat is celebrating her 13th year in Al-Anon. Her home group is “Serenity on Saturday” in Juno Beach, where she is blessed with a brilliant spouse and the patience, understanding and strength of her Al-Anon family.

Ben L. - Panel Member

Ben is a long time resident of Jupiter, Florida. His sobriety date is 01/08/2007. His home group is the Sunday morning men “Tired of the Beating” meeting, where he serves as treasurer. He is sponsored and is blessed to sponsor other men in recovery. Ben was introduced to Al-Anon in November of 2008. He immediately joined the “Sunday Nite Surrender Group,” and has held various service positions. He has a sponsor and sponsors others on their journey to serenity.

Stan W. - Panel Member

Stan is a member of Al-Anon since 2003. He has had several sponsors and currently is sponsoring 4 members in Al-Anon. He has also attended several AA and ACA meetings.

Gail M. Ross, Ph.D. - Panel Member

Dr. Ross has been an active and participating member of AA for more than 30 years (11/26/86), was active in Al-Anon for ten years, and added ACA participation in August of 2011. She continues to sponsor in both AA and ACA. A retired business owner and college professor, Dr. Ross has been a group facilitator in several area alcohol and drug rehabs since 2000. She was the ACA keynote speaker at the 2015 Way of Life Conference and was recently interviewed by Russ Morley on ‘Addiction Today.’

2:00PM: TWO PURSUITS: SPIRITUALITY & RECOVERY

**Dr. John Dyben, DHSc, MCAP, CMHP | Clinical Director
Hanley Center at Origins®**

2:00PM: A FUN WORKSHOP

**Lisa Pettersen, Certified Laughter Yoga Teacher, Well-being Laughter Specialist, Play Facilitator
Extraordinaire, Fellow Traveler**

Lisa is an adult child and a recovering alcoholic with 11 years of sobriety. When Lisa found Laughter Yoga, she knew she had found her true calling, her passion, her voice. Training with Dr. Kataria, Laughter Yoga’s founder, Lisa went on to become a Certified Laughter Yoga Teacher. The impact Laughter Yoga has had on Lisa’s life has been deep and profound, greatly changing and improving her physical, mental, emotional and spiritual well-being. Lisa has been featured on WPTV local news, *The Palm Beach Post*, and has presented at the last five All American Laughter Conferences. People experience Lisa as an energetic, engaging, enthusiastic and inspiring leader and teacher.

2:00PM: 12 STEP BIG BOOK WORKSHOP – SESSION 1

Shawn M. & Tracey D.

Shawn M.’s sobriety date is June 27th, 2012. He is an active member of the River Bottom Group, which meets on Mondays at 7:30. Shawn is looking forward to sharing his experience, strength and hope at this year’s Way of Life Conference.

FRIDAY SESSIONS & PRESENTERS

3:30PM: INTRODUCTION TO ALATEEN

Ken H.

Ken was born in Elberton, GA as the first child of two only children and was also the first grandchild for both families. Alcoholism ran through his paternal family. In June, 2007 a family member's drinking and rage lead him to Al-Anon. He joined a home group four days later, and still attends this meeting every Thursday. After several years of Adult focused Al-Anon, he became interested in exploring his teen age years and became aware of the deep impact of his experience as a teenager trying to be an adult in an alcoholic home. As he connected to those memories, an opportunity to do service in Alateen became available. He was certified as an Alateen sponsor and served there for over four years. Doing service in that capacity benefited him as an adult and at the same time he was able to offer experience, strength, and hope to the teens that attended his meeting. He wanted them to know that others have been where they are now and there is hope. Ken is grateful for his relationship to his Recovery Family.

3:30PM: PANEL – SPONSORSHIP – THE IMPORTANCE AND GIFTS

Sharon F. – Panel Moderator

Kevin D. – Panel Member

Ellen G. – Panel Member

Ellen has been an active member of Al-Anon since June, 1985. Al-Anon has taught her the value of friendship, sponsorship, and community. It is giving her the ability to feel her feelings, and to respond rather than react. She has learned to live a mindful, centered life through the beauty and grace of the 12 Steps. She is eternally grateful to all those who came before her. They were an inspiration to keep coming back. Their experience, strength and hope are the foundation of her recovery. She hopes through God's grace that she does the same for others, one day at a time.

Rick C. - Panel Member

Rick is a grateful and active member of AA since 1985 and ACA since 2002. His home group is Monday Night Riverbottom in Tequesta, Florida, where he is sponsored and joyfully serves or has served as a greeter, coffee maker, Intergroup rep, treasurer, DCM and sponsor. Rick C. was the featured speaker at Palm Beach County's 50th Annual Gratitude Dinner and has spoken and attended AA meetings around the world. He looks forward to meeting you.

3:30PM: WELCOMING PRAYER: OPENING THE MIND AND HEART TO GOD

Mary Dwyer –

Mary has been involved in the 12 Step way of life since 1991. She is a long-time student of Fr. Thomas Keating. In the early 1990s, she lived at Chrysalis House, a contemplative live-in community experiment blessed by Fr. Thomas. Her housemates included Mary Mrozowski, the creator and spiritual mother of the Welcoming Prayer practice and David Frenette. Mary is originally from Erie, PA and now lives in the Miami area with her husband Juan Llarena. She is a member of the Contemplative Outreach Gift Committee and Welcoming Prayer Service team. She is a former Chairperson of the Contemplative Outreach governing board and National Faculty. After a career in banking and social work, she now devotes her time to leading retreats and workshops on behalf of Contemplative Outreach.

FRIDAY SESSIONS & PRESENTERS:

5:00PM: FINANCIAL 4TH STEP

Mary Jane Z. -

While practicing these principles in all her affairs Mary Jane was fortunate enough to stumble onto taking responsibility for her finances. Since the 12 Step programs promise freedom why not financial freedom? She was not prepared for what she found, and for her it's been an expansive and enjoyable ride. She started out in a home affected by the disease of alcoholism with a load of dysfunction that accompanies it. The good news is that she found Al-Anon and a way to a better life. 'There is NO unhappiness too great to be lessened.' NO unhappiness! Unhappy with money and finances? There's a Step for that!

5:00PM: HOW CLUTTER BLOCKS RECOVERY

Kathy A. –

After years of struggling with trying to get rid of her clutter, Kathy became aware that the mounds of “stuff” in her home and her tendency for procrastination were blocking her from creativity and her connection with God. As her years in recovery started to clear out the “clutter” in her mind, she was able to clear out the clutter in her house. She has turned this character defect around into becoming a Professional Organizer and has helped many clutterers realize that the most important things in life aren't things! She has been in recovery for 28 years with 9 years of clutter recovery.

5:00PM: MINDFULNESS MEDITATION

Gus C. –

5:00PM: 12 STEP BIG BOOK WORKSHOP – SESSION 2

Shawn M. & Tracey D.

6:30PM: HOPE FOR PARENTS OF ALCOHOLICS AND ADDICTS

Carolyn Y. –

Carolyn Y. is a devoted and grateful Al-Anon member living in Palm Beach Gardens, Florida. Her introduction to the program came over 20 years ago when she married into a family deeply committed to recovery. She regularly attends a variety of meetings throughout the area, and especially enjoys visiting other meetings while on vacation or traveling for business. Carolyn tries to “carry this message to others and to practice these principles in all her affairs” as she navigates her own personal journey of recovery.

6:30PM: STAYING SOBER

Baldwin S. –

6:30PM: SPECIAL SESSION: “NAVIGATING GRACE, A SOLO VOYAGE OF SURVIVAL AND REDEMPTION”

Jeff Jay –

Jeff Jay is a clinical interventionist and addiction specialist. He has been working with addicts and their families for more than 30 years. His work has appeared on *CNN*, *the Jane Pauley Show*, *PBS*, *Forbes Online* and many professional journals. He is a graduate of the University of Minnesota, a certified addictions professional and a certified intervention professional. In 1990 Jeff set off in an old sailboat for the Caribbean, alone and unprepared, and almost died in a violent winter storm 200 miles off Cape Hatteras. Years before the voyage, Jeff had almost died of his alcoholism, rescued only by the love of others. In the years between his addiction and his voyage, Jeff's brother committed suicide, his father died, and his first marriage broke up. His is a story of forgiveness and faith, disaster and deliverance, and the pivotal moments that reshape a life. Jeff Jay's story will make you believe in miracles again.

FRIDAY SESSIONS & PRESENTERS

6:30PM: THE BIOLOGY OF ADDICTION

Dr. Helen Gable –

8:00PM: KEYNOTE SPEAKER for ACA [ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL FAMILIES]

Gigi G. –

Gigi is a grateful member of ACA since February, 2012. Her hometown is Fort Lauderdale, Florida. Gigi's home group is My Life Is Changing and the Way of Life is her first time as a conference speaker. Gigi is grateful for recovery and the long journey it has taken her to get to this place.

9:00PM: IMMEDIATELY FOLLOWING KEYNOTE SPEAKER: ICE CREAM SOCIAL WITH RECOVERY COMIC TROY MEEKS

Local Comedian, Troy Meeks, has performed comedy acts all over the country for over 20 years. He's opened for Dennis Miller, Rita Rudner, Andrew Dice Clay, Kevin Nealon, and more recently Joe Rogan, Josh Blue and Carlos Mencia. Troy has also appeared on HBO and MTV, and toured clubs across the country—from Caroline's in NY, the Hard Rock in Las Vegas, Cobbs Theatre in San Francisco, Comedy Works in Denver, and the Improv in AZ, CO, NV, and right here in our backyard at Cityplace in West Palm Beach, FL. His unique brand of comedy, combined with personal recovery stories, ensures a fantastic night of side-splitting humor!

SATURDAY MORNING SESSIONS & PRESENTERS

7:00AM: COFFEE & OPEN MEETING BY THE POOL

Liz B. –

7:00AM: MORNING MEDITATION

TBA -

8:30AM: ADDICTION AMONG PROFESSIONALS

D. Culver “Skip” Smith III counsels and represents lawyers, law firms, and others on issues regarding the ethical and professional responsibility of lawyers, including representing lawyers in professional-disciplinary proceedings and applicants for admission to the bar and testifying as an expert on such matters. As part of his practice, he often represents clients with current or past substance-abuse issues. He has more than forty years of experience in the field. Mr. Smith currently serves on The Florida Bar Standing Committee on Professionalism. He is a long-time member of the Palm Beach County Bar Association Professionalism Committee, which he has chaired. He has written and lectured extensively on topics pertaining to lawyer ethics and professional responsibility.

8:30AM: CHAPTER 9 COUPLES IN RECOVERY ANONYMOUS 12 STEP PROGRAM

Israel A. and JoEllen A. –

Israel and Jo have been married for 48 years. Israel is a member of AA and Jo is a member of Al-Anon. Both are active members of Chapter 9 Couples in Recovery since 2010.

Chapter 9 Couples in Recovery Anonymous is a fellowship of men and women who share their experience, strength and hope as couples that they may solve their common problems and help bring harmony to relationships in recovery from addiction and substance abuse. Couples work this 12 Step program together in order to create a happy and healthy relationship.

8:30AM: HISTORY OF AA: THE OXFORD GROUP, SERMON ON THE MOUNT, JUNG, EBBY

Giff D. and Henry C.

Giff was born in June, 1927, and grew up in the beautiful seacoast town of Cohasset, MA, twenty miles south of Boston. He took his first drink at age 14 and experienced his first blackout at age 19. He continued to drink alcoholically until age 37, when he attended his first AA meeting with his alcoholic spouse in 1962. In Atlanta, GA, March 13, 1965 was the day he calls “the day I accepted the truth about myself” and totally surrendered. He went to AA and never drank again. However, he underwent a long struggle with spirituality, and after ten years of sobriety he found a book on meditation which opened the door to a major change in his attitude toward spirituality. He has experienced an incredible path and has had the good fortune to meet some of the pioneers in the world of recovery. Giff has helped countless members of AA over the years, and Al-Anon too, which brought him great healing when he joined it later in life. He celebrated 52 years of sobriety in AA and 11 years in Al-Anon this year.

8:30AM: 12 STEP BIG BOOK WORKSHOP – SESSION 3

Shawn M. & Tracey D.

10:00AM: FOCUSING ON OURSELVES

Tracy G. –

Recovery has been Tracy’s way of life since 1993. Whether it’s AA, Al-Anon or ACA, she is passionate about all three programs. She regularly attends recovery meetings and does service by leading groups, sponsoring other women, and helping facilitate Step studies. Tracy is humbled by the recovery in Palm Beach County and is most grateful for the people and friends she’s met along the way. She is thankful for the opportunity to share her experience strength and hope.

SATURDAY MORNING SESSIONS & PRESENTERS

10:00AM: THE HIGH PRICE OF UNRESOLVED GRIEF

Betty Nathanson –

Betty is a skilled grief recovery specialist who did her studies with the Grief Recovery Institute. She has also been active in ACA [Adult Children of Alcoholics] for six years and is an excellent teacher, counselor and mentor.

10:00AM: LEARN, GROW & FORGIVE: NEVER GIVE UP

Dr. Donna Marks –

Donna Marks has been in private practice in Palm Beach County for over 30 years. As a published author, consultant, educator, psychotherapist, and instructor of *A Course in Miracles*, she has been able to assist those in need of intensive healing due to family of origin, and/or subsequent pain and trauma. Dr. Marks specializes in working with individuals who have been unable to break unwanted patterns of behavior. She believes that combined methods of psychoanalysis and spirituality are a powerful method to not only heal the past and find freedom, but to also obtain meaning from all of those life events—the essential requirements for lasting change and a promising future.

11:30AM: ACA TRAITS

Sharon F.

11:30AM: SPECIAL SESSION: THE MANY FACES OF ADDICTION

Brian Cuban –

Brian Cuban is an American attorney, best-selling author, activist, a recovering alcoholic and drug user, and an internationally recognized authority on substance abuse. He has appeared on national talk shows such as Katie Couric and written numerous outstanding columns for CNN, Fox News and Huffington Post. Over a decade of recovery, after more than 25 years battling disease, Brian shows us it is possible to successfully pull up and out of the decline into the incessant grip of addiction. He shows us the return of self love, trust, family relationships, career and joy of life.

11:30AM: CENTERING PRAYER AS AN 11TH STEP PRACTICE

Mary Dwyer –

Mary has been involved in the 12 Step way of life since 1991. She is a long-time student of Fr. Thomas Keating. In the early 1990s, she lived at Chrysalis House, a contemplative live-in community experiment blessed by Fr. Thomas. Her housemates included Mary Mrozowski, the creator and spiritual mother of the Welcoming Prayer practice and David Frenette. Mary is originally from Erie, PA and now lives in the Miami area with her husband Juan Llarena. She is a member of the Contemplative Outreach Gift Committee and Welcoming Prayer Service team. She is a former Chairperson of the Contemplative Outreach governing board and National Faculty. After a career in banking and social work, she now devotes her time to leading retreats and workshops on behalf of Contemplative Outreach.

11:30AM: 12 STEP BIG BOOK WORKSHOP – SESSION 4

Shawn M. & Tracey D.

SATURDAY AFTERNOON SESSIONS & PRESENTERS

1:00PM: JOINT KEYNOTE SPEAKERS: AL-ANON & AA COUPLE IN RECOVERY

Jack C. and Leslie C. – (written and submitted by Jack)

“Leslie hails from Omaha, Nebraska. Barring any late-breaking news, she appears to be the only alcoholic in her entire family. Determined as she was to do that job right, she drank her way through school (of which she remembers nearly nothing), a six-month starter marriage, through several jobs and across several states.

“I was born in Hollywood (no, *really*) into a family with enough alcoholics to have easily made up for that shortfall among Leslie’s kin. After a hitch in the Marines, I began a career in the movie business that took me (*wait for it...*) across several states.

“I read recently in a crime novel that investigators refer to the first intersection between two people preceding a violent crime is known as ‘The Crossing’.

“Our ‘Crossing’ occurred in Page, Arizona in 1986. That’s right, there I was. Minding my own business (well maybe not all my own) when I encountered this beautiful alcoholic tornado that changed everything. There was only one thing to do. I just took her home - to live happily ever after.

Insert madness montage here

“AA saved Leslie’s life in July of 1988. My starting Al-Anon in February of 1990 probably saved it yet again. Thus began a brutal time where we hated each other but were too afraid of displeasing our sponsors to actually leave.

“Today however, because of great sponsorship and most interestingly because of the Traditions and Concepts of Service, we are wildly in love. We are each convinced that we married better than the other one.

“If you want to know how that could even be possible, you will just have to stop by and find out.”

2:30PM: ACA: DOES THIS STUFF REALLY WORK?

Joseph M. Considine

Joe Considine has been in ACA and AA recovery for many years. He believes in “staying in the middle,” stressing the importance of regular meeting attendance, working with others and involvement in home groups. Also vital is practicing mindfulness, meditation, maintaining self-compassion and self-care. Joe grew up and lives in West Palm Beach, has three adult children and loves mountain biking and the fellowship of recovery. Joe has worked as an attorney in South Florida since 1983. He lectures and writes on the Marchman Act and loves helping people get sober using the courts.

2:30PM: LIFE ANONYMOUS: 12 STEPS FOR EVERYONE

Joshua L.

SATURDAY AFTERNOON SESSIONS & PRESENTERS

2:30PM: SPECIAL SESSION: IT TAKES A FAMILY: A COOPERATIVE APPROACH TO LASTING SOBRIETY

Debra Jay –

Debra Jay is a nationally recognized public speaker and writes a newspaper column on alcohol and drug addiction. She has appeared on The Oprah Winfrey Show and The Dr. Oz Show. She is a graduate of The Ohio State University and the Hazelden School of Addiction Studies. Counselor and interventionist, she shows alcoholics, other addicts, and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long-term sobriety. Most approaches to recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety. She outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery. Together, family members address the challenges of enabling, denial, and pain while developing their communication skills through practical, easy-to-follow strategies and exercises designed to create transparency and accountability. With this invaluable guide, family members work together as they reinvent their relationships without the all-consuming dysfunction of active addiction.

2:30PM: 12 STEP BIG BOOK WORKSHOP – SESSION 5

Shawn M. & Tracey D.

4:00PM: FORGIVENESS WORKSHOP

Kalimba L. –

Kalimba is a grateful member of Al-Anon since 2003 and an even more grateful member of ACA since 2013. Her hometown is Dayton, Ohio--the home of the Wright Brothers--where her brother Greg and mother Ida first led the way into 12 Step Recovery. She has been a regular at meetings in Lake Worth, Boynton Beach, Jupiter, Juno, and Palm Beach Gardens and is currently a member of an ACA Yellow Book Study Group at the Log Cabin. She has shared her story and facilitated forgiveness workshops with many fellow travelers.

4:00PM: PANEL: LONG-TIMERS IN THE PROGRAMS SHARING EXPERIENCE, STRENGTH & HOPE

Mike M. – Moderator

Mike calls himself a New York refugee who started his recovery journey on May 12, 1967 in the Pelham Group (NY). He arrived in south Florida on July 13, 2012, where he became a member of the “Jupiter Firehouse Group” soon after arrival. He has continued to stay in close contact with the program, has been helped by a number of sponsors, and has tried to be of help to a number of people along the way. For a number of years he owned and operated a limousine service. One of his best customers was Lois Wilson, co-founder of Al-Anon, and wife of Bill W., co-founder of AA. He became friends with Lois and was always impressed with her humility. When Lois passed away Mike and his wife Karen were privileged to attend a memorial service held at Bill & Lois Wilson’s home, *Stepping Stones*, in Bedford Hills, NY. He also attended Bill W.’s 34th Anniversary dinner and heard him tell his story. Mike is honored to chair the Long-timers meeting at this year’s Way of Life.

5:30PM: RECOVERY PROGRAMS WEBSITE www.wherehab.com (Demonstration in Conference Lobby Area)

Hanna Marks

Hanna Marks is native Floridian. She was introduced to Alcoholics Anonymous at just two days old, because her mother and father were members. She got sober in 2011 at just seventeen years old. She worked in treatment which prompted her to start www.wherehab.com/. She now has dedicated her life to helping struggling addicts and alcoholics.

SATURDAY EVENING SESSIONS & PRESENTERS

6:15PM: BANQUET

6:15PM: FILM (for those not attending the Banquet) – ***PLEASURE UNWOVEN—AN EXPLANATION OF THE BRAIN DISEASE OF ADDICTION***

7:45PM: KEYNOTE SPEAKER for AA

Leo H. –

Leo has 44 years of sobriety, with a sobriety date on February 29, 1973. His home group is the "No Frills" group in Bellmore N.Y. Leo sponsors three AAs with over 40 years in the program. His favorite slogan is "What part of no more drinking don't you understand?" At his third meeting in New York City in 1964, Leo met Bill W. He remembers Bill telling him "Rarely have we seen a person get sober who continues to drink."

Leo has spoken in every State in the Union except for Hawaii and Alaska. He spoke at the 1995 AA International Convention in San Diego on "Humor in Sobriety."