

Facing our Demons: Finding Courage in Recovery

We need courage in our daily struggle against our addiction. We need to be brave enough to face up to our disease. It will not go away just because we detest it; we need to take steps, every day—small determined steps.

— *Answers in the Heart*, November 29

This Day of Recovery is dedicated to exploring how we find courage every day in our recovery. Our demons may represent many different things, our past, our defects, our addiction—cloaked in secrecy and shame. We find however, through our common experiences, that by reaching out to others and our higher power we can face our demons with courage and resolve.

In Step 1 we acknowledge our problems and are honest and not feel ashamed of ourselves. In Steps 2–4 is where we grow spiritually in our recovery. We find courage in the first four steps knowing we are not alone in our recovery and that we share some of the same characteristics that have been a part of our disease. In the third step we turn our will and our lives over to the care of god as we understand god and recite the third step prayer:

God, I offer myself to thee—to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life. May I do thy will always.

— *Alcoholics Anonymous*, pg. 63

Schedule

8:15 – 9:00

Check-In and Breakfast

9:00 – 9:15

Introduction

9:15 – 10:00

Morning Panel: Steps 1–4

10:15 – 11:15

Speaker: Jennifer P. Schneider, M.D., Ph.D.

11:30 – 12:15

Workshops and Meetings*

12:15 – 1:15

Lunch Served

1:15 – 2:00

Speaker: Gregory

2:15 – 3:00

Workshops and Meetings*

3:15 – 4:00

Workshops and Meetings*

4:15 – 5:00

Speaker: Mike O.

5:00 – 5:15

Closing remarks/shares

5:15 – 5:30

Announcements

*Facilitated by program members

DAY of RECOVERY 2011

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DAY of RECOVERY 2011

Saturday, October 15, 2011
8:15 a.m. – 5:30 p.m.

Location: Unity in Chicago
1925 W Thome Avenue
Chicago, IL

Suggested Donation: \$25
Whatever you can afford is greatly appreciated

Advance tickets: \$20 cash
Available at meetings until Saturday, October 8

Continental Breakfast
& Lunch Included



Speakers

Jennifer P. Schneider, M.D., Ph.D.

Jennifer P. Schneider, M.D., Ph.D., is a nationally recognized expert in the areas of addictive sexual disorders, couple issues related to sex addiction problems, and sexual exploitation by professionals. She is the author of several books and numerous scholarly articles in the field, and is a regular guest lecturer at professional conferences covering the topic of addiction medicine. Dr. Schneider has appeared on Oprah Winfrey, Geraldo, Sally Jessy Raphael, and over 80 other TV and radio shows as an expert guest. She has also served as an expert witness in several court cases involving sexual exploitation by physicians.

In 1998, Dr. Schneider won the prestigious Patrick Carnes Award for lifetime contribution to the sex addiction field. In 2007 she won the SASH (Society for the Advancement of Sexual Health) Award for her lifetime contribution to research in the sex addiction field. She is certified in the fields of Internal Medicine, Addiction Medicine, and pain management, and holds a Ph.D. in the field of molecular genetics.

Gregory

Gregory first joined the Chicago SCA Fellowship in 2006 and has been deeply involved in SCA ever since. Over the last few years, as his program began to take hold, he has enjoyed the miracle of continuous sobriety and seen some of the promises materialize in his life. He has been able to give back to the program by taking on service positions such as chairing meetings, participating in Intergroup and ISO committees, co-organizing the 2008 Day of Recovery, and sponsoring others. Through working the 12 Steps and using the tools of the program, he has found a serenity and happiness that had been previously

elusive and altogether unimaginable. He has found that working his "top-line" behaviors, instead of living in grey areas, has strengthened his recovery and sobriety, while providing opportunities to integrate sex into his life as a healthy element. He is honored to be asked to speak at the 2011 Day of Recovery about his own experience, strength, and hope.

Mike O.

Mike has been on his journey towards a healthier sexuality for nine years. It began not long after he found himself in the psyche ward of Cook county jail. His first meeting was a few weeks later where he was welcomed with open arms and invited to keep coming back.

The first few years in program Mike focused on abstaining from his unhealthy sexual behaviors. He also spent time building a network of supportive program friendships through doing service work. His middle years hit him hard with consequences stemming from his past acting out, depression, and an extreme crisis of faith. Mike credits his survival of this period to the fact that recovery had become the center of his life. In recent years he has dedicated himself to step work, service, and focusing his recovery on achieving a healthier sexuality.

Mike has a tremendous amount of gratitude for the opportunity to recover from sexual compulsion. He believes he has been given a life worth living because of the service of those who started their journeys of healing before him. Mike is honored to be given the opportunity to share his experience, strength, and hope gathered from his journey towards a healthier sexuality.