

THE CAPITAL ROUNDUP

Friday, August 20th ♦ Saturday, August 21st ♦ Sunday August 22nd

Schedule

Friday, August 20th

- 4:00 PM** Registration: DC/JCC Gym
- 7:30 PM** Speakers Meeting: DC/JCC. Two speakers, AA, Al-Anon
- 9:30 PM** Sister Fallatia presents the 12 Step Recovery Review Featuring talent from our community at Augustana Lutheran Church Fellowship Hall

Saturday, August 21st

- 9:30 AM – 6:00 PM** DC/JCC Meeting rooms: workshops; registration continues.
- 10:00 PM** Dance: Augustana Lutheran Church Fellowship Hall

Sunday, August 22nd

- 9:30 AM – Noon** DC/JCC Speakers Meeting and Continental Breakfast with Sobriety Countdown

Locations

The District of Columbia Jewish Community Center

16th and Q Streets, NW
Washington, DC

Augustana Lutheran Church

New Hampshire Avenue & V Street, NW
Washington, DC

Fantastic Workshops!

➤ **Uber Gratitude**

by Ruth R

How can I adjust my attitude to live with serenity and abundance? The way of gratitude opens the door. In this experiential workshop, we will explore incorporating gratitude into our daily recovery practice.

➤ **A Fresh Look at Reducing Fear of Economic Insecurity,**

by Jim S., CPA

Covers the basic financial principles that apply to everyone. Acceptance applies to these principles. The workshop focuses on using recovery tools to make changes in attitudes, beliefs, and behaviors around money.

➤ **Sex and the Spirit**

by Marlon F., Body Electric Facilitator

Spirituality and Sexuality Improving Our Conscious Contact

➤ **Aspirations Montage**

by Matt McHugh

Using photo collage to express our goals, dreams and desires.

➤ **Art and the Inventory**

by David J.

Using the tools of art therapy to inventory our emotions, character and beliefs.

➤ **Meditation**

Anne presented this wonderful workshop in our Saturday Morning series. Centering, calming.

➤ **Zen Principles in Recovery**

by David of San Diego

A meditative exploration of the principles of Zen as an aid to recovery.

➤ **Finding Our Voice in Recovery**

by Justin W.

Music & Spirituality in recovery

And More!