

WEEKEND SCHEDULE

THURSDAY SEPTEMBER 14TH, 2023

3:00pm-7:00pm	Registration, Scavenger Hunt, and Raffle Open	Hotel Lobby
7:00pm	Ticket Share Meeting (Closed)	Horizon Ballroom
8:00pm	Street Fair	Palm Canyon Dr

FRIDAY SEPTEMBER 15TH, 2023

8:00am	Coffee and Donuts	Plaza Foyer
8:30am	Recovery Meeting	Whitewater Room
9:00am-3pm	Registration, Scavenger Hunt, and Raffle Open	Hotel Lobby
10:00am Workshop	Set Your Intentions	Plaza C/D
11:30pm-1pm	Lunch - Burger Bar	Plaza Foyer & Tapestry Room
1:30pm Workshop	Old-Timer & Newcomer Mixer	Plaza A/B
1:30pm Workshop	Dating in Recovery	Plaza C/D
3:00pm Workshop	Identifying My Higher Power	Plaza A/B
3:00pm Workshop	Walking Through Fear	Tapestry Room
3:00pm Workshop	Making Amends to Myself	Palm Canyon A/B
7:00pm	Opening Speaker Meeting- Manny R, Los Angeles, CA	Horizon Ballroom
8:15pm	Brandini Ice Cream Social	Horizon Lobby & Ballroom
9:00pm	FDF Variety Show with Chanelta and Friends, Hosted by Joey S	Horizon Ballroom

SATURDAY SEPTEMBER 16TH, 2023

7:00am	Gratitude Hike	Hotel Lobby
8:00am	Coffee and Donuts	Plaza Foyer
8:30am Wellness	Breathworks and Meditation	Tapestry Room
8:30am	Recovery Meeting	Whitewater Room
9:00am Wellness	Water Aerobics	Hotel Pool
9:00am-3pm	Registration, Scavenger Hunt, and Raffle Open	Hotel Lobby
10:00am Workshop	Untangling Meth and Sex	Horizon Ballroom
11:30am-1pm	Lunch - Deli Buffet	Plaza Foyer & Tapestry Room
1:00pm Workshop	Identifying My Higher Power	Plaza A/B
1:00pm Workshop	Relationships in Recovery	Plaza C/D
1:00pm Workshop	Finances in Recovery	Palm Canyon A/B
2:30pm Workshop	Dating in Recovery	Plaza C/D
2:30pm Workshop	Making Amends to Myself	Palm Canyon A/B
2:30pm Workshop	Aging with Grace	Tapestry Room
4:00pm Workshop	Walking Through Fear	Tapestry Room
4:00pm Workshop	Relationships in Recovery	Plaza C/D
4:00pm Workshop	Finances in Recovery	Palm Canyon A/B
6:00pm	Banquet Dinner	Horizon Ballroom
7:00pm	Main Speaker Meeting- Greg H., Los Angeles, CA	Horizon Ballroom
8:30pm	Drag Bingo- hosted by Ebony and Ivory	Horizon Ballroom

SUNDAY SEPTEMBER 17TH, 2023

8:00am Wellness	Sound Bath	Tapestry Room
8:00am-10:00am	Breakfast Buffet	Horizon Ballroom
9:00am-11am	Raffle Open	Hotel Lobby
10:00am	Gratitude Panel	Horizon Ballroom
11:00am	Raffle- hosted by Lotta Slots	Horizon Ballroom

Scan the QR Code for Online Schedule





FOURTH DIMENSION FELLOWSHIP

WORKSHOPS AND WELLNESS

Aging With Grace: Aging is a fact of life! There's no avoiding the biological, social, and emotional aspects of this process – all while being present because of sobriety! Share fears, solutions, and experiences of getting older in this dynamic workshop.

Breathworks & Meditation: What does your meditation practice look like? This workshop is an opportunity to explore and discover a variety of different ways to meditate – to connect into the present moment to calm the mind and body. Silent meditation, guided meditation, active meditation, breathwork, & mantras will be discussed.

Dating in Recovery: This is an opportunity and forum to discuss the challenges, experiences, and ideals of dating in recovery – Sharing fears, the apps, monogamy, polyamorous relationships, etc. Anything and all can be discussed in this workshop.

Finances in Recovery: The basics of sound financial management – Solving common problems we encounter in recovery is featured in this workshop.

Identifying My Higher Power: What is a higher power? In this workshop, we're taking a hands-on approach towards identifying our higher power!

Making Amends to Myself: Take a look at what making amends to yourself is like through the lens of the NA Step-Working Guide. What damage have you caused to yourself and have you made amends to yourself for it? How are you showing up for yourself today? What does a living amends to yourself look like?

Old-Timer & Newcomer Mixer: Come fellowship together! Those who may be newer in recovery will partner up with those who have longer term recovery to share experiences, strength, and hope together.

Recovery Meeting: Join other early risers for an all-fellowship 12 Step Meeting. Greet the day with gratitude!

Relationships in Recovery: Communication...Boundaries...What are Those? Whether you're single, in a newer relationship, or a well established relationship – We will dive into what a healthy relationship & ideal looks like for you!

Set Your Intentions: Newcomer or old timer...First time attendee or veteran...Come kick off your experience and set your intentions for this conference and meet others! All are encouraged to join & participate!

**Sound Bath:
Aligning in the
Fourth Dimension** Get "bathed" in a meditative symphony of sounds specifically designed for those of us in recovery. Bring a towel or mat if you prefer to participate reclining or sitting on the floor.

Untangling Meth & Sex: Methamphetamine use is often connected to and fused with sexual arousal and behavior. This workshop looks at factors that can assist the healing of sexual arousal and functioning - Including addressing underlying emotional issues that affect not just sexuality but trust, vulnerability, and intimacy. Specific tips will be provided based on the experiences of hundreds of men in recovery.

Walking Through Fear: This interactive workshop is designed to help participants identify fears and provide constructive ways to navigate them in a safe and affirming environment – Getting vulnerable, turning it over, and relying on the fellowship.