



FOURTH DIMENSION
FELLOWSHIP



WEEKEND SCHEDULE

Saturday September 19th, 2026

7:00am Wellness	Trudging Buddies Fun Run	Hilton Lobby
8:00am	Coffee and Donuts	Plaza Foyer
9:00am	Registration, Raffle open	Hilton Lobby
9:00am Wellness	Water Aerobics	Hilton Pool
9:00am Workshop	Big Book Study- Step 2 Open Mindedness	Palm A/B
9:00am Workshop	12 Step: Resentments	Plaza A/B
9:00am Workshop	Emotional Wellness: Idiot Compassion & Toxic Positivity	Palm C/D
10:30am Workshop	12 Step: Spiritual Opposites	Palm A/B
10:30am Workshop	Emotional Wellness: Rules vs Boundaries	Plaza A/B
11:30am	Lunch	Plaza Ballroom
1:00pm	ERAS Pool Party	Hilton Pool
1:30pm Workshop	12 Step: Apology vs Amends vs Forgiveness	Plaza A/B
1:30pm Workshop	Emotional Wellness: Trust on the Spectrum	Plaza C/D
3:00pm Workshop	12 Step: Maintenance	Plaza A/B
3:00pm Workshop	Emotional Wellness: Toolbox/ Applying the Tools	Plaza C/D
3:00pm Wellness	Flower Power	Horizon Foyer
4:15pm Workshop	Trudging Buddies: Community and Fellowship	Palm A/B
4:15pm Workshop	Wheel of Fortune	Tapestry
6:00pm	FDF Banquet	Horizon Ballroom
7:00pm	Main Speaker Meeting- Wole P., Washington DC (CLOSED)	Horizon Ballroom
9:00pm	Totally 80's Bingo	Horizon Ballroom
	Hosted by Banana Nicole Smith	
10:30pm	Board Games	Plaza A/B
10:30pm	Mafia	Tapestry



Sunday September 20th, 2026

8:00am	Breakfast Buffet	Horizon Ballroom
9:00am	Raffle Tickets on Sale	Horizon Ballroom
9:00am Wellness	Big Book Study- Step 3 Willingness	Palm A/B
10:00am	Gratitude Panel	Horizon Ballroom
11:00am	Raffle	Horizon Ballroom

