

PRESENT:

Jessa, Caren and Dawn

NEWSLETTER

- October Edition - "Falling Into Grace"

WORKSHOP

It was discussed and agreed upon by the Committee to hold off on doing a Workshop on the Traditions, instead to do one based on Feeling our Feelings

Name of Workshop

"Feeling Our Way To Healing - The Heart Within Your Emotional Recovery"

Theme of Workshop

Feel Your Way To Love; The Art Of Healing Embracing The Tools

Date of Workshop

Sunday November 12, 2023 from 2:00 pm - 4:30 pm EST

IDEAS

- process questions through 'Art' expression
- we will make suggestions but participants will pick the question to work on
 - what does anger look like artistically?
 - what does fear look like artistically?
 - what tools you use in your recovery, how would you artistically express them?

COMMITTEE TO BRING OTHER QUESTIONS TO NEXT MEETING

- interactive artistically through:
 - music
 - coloring
 - drawing
 - writing
 - dancing
 - singing
 - paper mache
 - collage
 - play an instrument
- Pictionary
 - have participants draw their question and have others try to guess what feeling they are trying to express

Have everyone bring art supplies

Jessa to share for 30 minutes on specifically how to deal with our feelings

Will be recorded

By Donation - split 50/50 between Israel and GSA

Dawn - Host

Caren - Timer

JESSA TO SEND QUOTES TO DAWN FROM ABA BOOK AS TO HOW

FEELING OUR WAY TO LOVE IS RELATED TO ABA

Dawn to create flyer:

- explain workshop
- use joyful living meme's
- what's in your spiritual tool kit
- use meme's with different feelings
- make sure it's written on flyer that you don't have to be an artists to participate
- it's going to be a 'sense-sational' workshop

TRANSLATIONS

Polish translation is needing \$173.00 cnd

Israel translation is needing around \$2,850.00 cnd

- we will split the "Feeling Our Way To Healing" Workshop donations 50/50 between the GSA and Israel translation

Next meeting Oct 18th we will discuss how we can further help with both translations

Caren to attend the Board Meeting on October 15, 2023 at 12:00 pm EST

Jessa to write report for the Board Meeting