

WORKSHOP #1 (Stuart Hoke reporting):

While the first workshop at our conference billed itself as *Meditating Today*, leaders Jim Minschew and Paul Rasmus chose "to do their own thing." As they distanced themselves from the assigned topic, the audience chuckled with recognition that "rebellion dogs our every step" as recovering folk. So instead of meditation, Jim and Paul made their presentation on elements of quality sobriety/recovery--asserting that emotional and spiritual maturity in the 12-step fellowship requires more than abstinence. To flesh out their assertion, they highlighted the efficacy of thorough-going 10th step work on a daily basis, morning and evening prayer, journaling, interiority, and on-going association with members of the fellowship. Paul concluded the workshop with the summation: "Once we put the plug in the jug, then we must deal with the emotional and spiritual elements of the disease."