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# LIVE FOR TODAY,,, SAN DIEGO 2020

*Do you like to share about your recovery and your journey in life?*

*... what inspires you, your challenges and successes, what makes you start your day?*

*Contribute to the  
SAN DIEGO 2020 INTERNATIONAL CONFERENCE KEEPSAKE BOOK*

## WRITING HEALS YOU AND KEEPS YOU SANE!

*The Conference Committee is looking for people to contribute some insight into their recovery so that others may learn from your experience, journey, serenity, insights, adventures, etc.*



*Grab a pencil, pen, and paper or computer and tell us what inspires you, your challenges and successes, what makes you start your day, a little something that you feel may make someday.*



*Choose to share about a path that you've taken and the challenges along the way.*



*Acknowledge someone that helped you find that piece of the puzzle that you were missing or how you helped others.*



*What keeps you anchored in the program or living one day at a time?  
Is it a meeting, your sponsor, the fellowship, your Higher Power?*



*What turns your frown upside down? ☺*

*Serenity Prayer, 12 steps, conference attendance, poems, fellowship, your Higher Power.*



*Where are you today in your recovery, special moments during your journey?*



*Do you have a favorite inspirational quote, an special moment, something or someone that inspires you to grow?*

*Write something about your recovery and assist others with their recovery.*

*You choose: a one-liner or a full page.*

*Send your submissions for consideration and questions to:*

[SDFCKeepsake@gmail.com](mailto:SDFCKeepsake@gmail.com)

**Deadline for online Submissions is September 30, 2020**

*Submissions do not guarantee input in keepsake book. Please keep submission topics relating to your recovery.*

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2020 Fall International Conference

October 15-18, 2020

Crowne Plaza Hotel, 2270 Hotel Circle North, SD, CA 92108

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