

SATURDAY, FEBRUARY 16

- 6:00–8:30 PM AA Ballroom: Banquet, Chair: Heather L
Speaker: Karl M, California
- 6:00–6:45 PM Al-Anon McNab A & B: Honesty
Chair: Halifax AFG
- 7:00–7:45 PM Al-Anon McNab A & B: Keep it simple, but take that step
Chair :Cornerstone Steps and Traditions AFG
- 8:00–8:45 PM Al-Anon McNab A & B: Ways of supporting each other in
your group
Chair: New Hope AFG
- 9:00 PM–1:00 AM All Ballroom: Dance

SUNDAY, FEBRUARY 17

- 9:00–10:00 AM All Ballroom: Entertainment–Spiritual Music
- 10:00–11:00 AM Al-Anon Spiritual Speaker: Sandy G
- 11:30 AM–12:30 PM AA Spiritual Speaker: Carla N, Minnesota
Chair: Shawn M
- 12:45–1:00 PM All Sobriety Countdown

MID-WINTER ROUNDUP | 2019 Committee

If you require assistance over the weekend, please see any of these members:

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|-----------------------------------|----------------------------------|
| Chairperson - Shawn M | Treasurer - Andrew S |
| Co-Chair - Bruce B | Co-Treasurer - Allison M |
| Secretary - Bill P | Program Chair - Heather L |
| Registration Chair - Alan M | Program Co-Chair - Lisa N |
| Registration Co-Chair - Tanya E | Program Co-Chair - Darlene S |
| Registration Co-Chair - Rick G | Program Volunteer - Mary W |
| Entertainment Chair - Sebastian A | Hospitality Chair - Natalie C |
| Entertainment Co-Chair - Peter J | Hospitality Co-Chair - Michael A |
| Al-Anon District 7 - Cathy S | Hospitality Co-Chair - Steve L |
| Al-Anon District 11 - Joann B | |

40TH ANNUAL | MID-WINTER ROUNDUP 2019



Recovery through Action

“Rarely have we seen a person fail who has thoroughly followed our path.”
(Alcoholics Anonymous, p58)

February 15–17, 2019
DoubleTree by Hilton (formerly Holiday Inn)
101 Wyse Road, Dartmouth, Nova Scotia

All attendees must visibly wear their registration badges at all times while on the Roundup premises.

All meetings are open to all participants.

FRIDAY, FEBRUARY 15

6:00–7:00 PM	AA	Ballroom: Step 0 Why can't I stop? Chair: Mary W Panel: Karl M (California), Carla N (Minnesota)
6:00–7:00 PM	AI-Anon	McNab A & B: Step 1 Chair: District 7/District 11
7:30–9:15 PM	All	Ballroom: Welcome meeting, Chair: Bruce B AI-Anon speaker: Dana L AA speaker: Matt H
9:30–10:30 PM	AI-Anon	McNab A & B: Recovery through service Chair: Acceptance AFG/Halifax AFG
9:30–10:30 PM	AA	Hawthorne: Video screening, Bill's Story
9:30 PM	All	HarbourSide Terrace: Kitchen party

SATURDAY, FEBRUARY 16

8:00–8:50 AM	AA	Hawthorne: Meditation (W) Facilitator: Bill P
8:45–9:30 AM	AI-Anon	Alderney: Action is attraction. There's no growth in the comfort zone Chair: Our New Beginnings AFG
9:00–10:10AM	AA	Hawthorne: Steps 1, 2 & 3 Powerlessness, Hope, Surrender Panel: Marie M, Sebastian A, Karl M, Candace Q
	AA	Sullivan: Hints & tips for early sobriety Panel: Lesley H, Ian B, Emily M, Margaret S
	AA (YP)	McNab A & B: Socializing sober Panel: Amanda N, Alastair P, Aliesja M, Ashley C
9:45–10:30 AM	AI-Anon	Alderney: Just for today Chair: 3 Gs AFG
10:20–11:30 AM	AA	Hawthorne: Steps 4&5 Get it on paper & Say it out loud (W) Presenters: Pamela F, Mark F
	AA	Sullivan: The God word Panel: Kim G, Mike H, Barb H, Richard Mcl, Aimée C
	AA (YP)	McNab A & B: Balancing a career and sobriety Panel: Allison M, Lisa M, Josh M
10:45–11:30 AM	AI-Anon	Alderney: Why and how I apply the 12 steps in recovery Chair: St. Margaret's Bay AFG

AA (YP) = AA Young People meeting

SATURDAY, FEBRUARY 16

11:30 AM–1:00 PM	All	Lunch (Banquet ticket sales cut-off is 1:00PM)
1:00–2:20 PM	AA	Hawthorne: Steps 6&7 Humility 8&9 Clean house Panel: Carla N, Cathy M, Lisa L, John S
	AA	Sullivan: The hand of AA Chair: Phil B Panel: Leah C, Heather C, Michael A, Tom P, Darren S
	AA (YP)	McNab A & B: Being gay in AA: Issues, differences, similarities Chair: Mark M
1:00–1:45 PM	AI-Anon	Alderney: Parents supporting their children in Alateen Chair: 3P's Alateen group
2:00–2:45 PM	AI-Anon	Alderney: Progress not perfection Chair: Port Wallace AFG
2:30–3:20 PM	AA	Hawthorne: Steps 10&11 Get to know your HP Panel: Brent M, Chrissie B, Shayne S
	AA	Sullivan: It works if you work it! Panel: Rhonda M, Alicia O, Frank R
	AA (YP)	McNab A & B: Spiritual experience: Sometimes quickly, sometimes slowly Panel: Karl M, Emily T, Judy H
3:00–3:45 PM	AI-Anon	Alderney: 3 A's: awareness, acceptance and action Chair: Acceptance AFG/Serenity AFG
3:30–4:30 PM	AA	Hawthorne: Step 12 Pass it on! Panel: Carla N, Jo M-S, Dave M
	AA	Sullivan: Long-timers meeting (D) Chair: Joe G
	AA (YP)	McNab A & B: I'm too young, aren't I? Panel: Teddy A, Cindy P, Alex C
4:00–4:45 PM	AI-Anon	Alderney: Recovery in action Chair: Steps to Serenity AFG

Meetings are Panel except : W—Workshop and D—Discussion