

SATURDAY, FEBRUARY 24

- 6:00–8:30 PM AA Ballroom, Chair: Mary W
Banquet and Speaker: Scott H from Kamloops, BC
- 6:00–6:45 PM Al-Anon McNab Rooms A & B, Chair: Attending members
Topic: How do I implement Tradition 1
- 7:00–7:45 PM Al-Anon McNab Rooms A & B, Chair: Attending members
Topic: Living fully
- 8:00–8:45 PM Al-Anon McNab Rooms A & B, Chair: Attending members
Topic: How to accomplish change
- 9:00 PM–1:00 AM All Ballroom, Dance

SUNDAY, FEBRUARY 25

- 9:00–10:00 AM All Ballroom, Chair: Murdo M
Entertainment–Spiritual Music
- 10:00–11:00 AM Al-Anon Spiritual Speaker: David T
- 11:30 AM–12:30 PM AA Spiritual Speaker: Jessica K from Calgary, AB
- 12:45–1:00 PM All Sobriety Countdown

MID-WINTER ROUNDUP | 2018 Committee

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

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|----------------------------------|-----------------------------------|
| Chairperson - Murdo M | Treasurer - Bruce B |
| Co-Chair - Trudy D | Co-Treasurer - Andrew S |
| Secretary - Bill P | Program Chair - Mary W |
| Registration Chair - Alan M | Program Co-Chair - Heather L |
| Registration Co-Chair - Pat M | Program Co-Chair - Barry L |
| Registration Co-Chair - Rick G | Program Volunteer - Kim G |
| Registration Volunteer - Dan S | Hospitality Chair - Natalie C |
| Entertainment Chair - Eric P | Hospitality Co-Chair - Michael A |
| Entertainment Co-Chair - Peter J | Hospitality Co-Chair - Andrea F |
| Al-Anon District 7 - Nancy S | Hospitality Volunteer - Darlene G |
| Al-Anon District 11 - Valerie W | Hospitality Volunteer - Denise A |

39TH ANNUAL | MID-WINTER ROUNDUP 2018



There is a solution

“We, of Alcoholics Anonymous, know thousands of men and women who were once just as hopeless as Bill. Nearly all have recovered. They have solved the drink problem.” (*Alcoholics Anonymous*, p. 17)

February 23–25, 2018

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 23

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| 6:00–7:00 PM | AA | Ballroom, Chairs: Scott H (Kamloops), Jessica K (Calgary) Topic: Steps 1 & 2 (P) |
| 6:00–7:00 PM | AI-Anon | McNab Rooms A & B, Chair: Halifax Group Topic: Hope |
| 7:30–9:15 PM | All | Ballroom, Welcome meeting, Chair: Trudy D AI-Anon speaker: Tina B AA speaker: Ed G from Shelburne, NS |
| 9:30–10:30 PM | AI-Anon | McNab Rooms A & B, Chair: Attending members Topic: Step 1 |
| 9:30–10:30 PM | AA | Hawthorne Room Video screening, Bill's Story |
| 9:30 PM–1:00 AM | All | Alderney Room, Kitchen party |

SATURDAY, FEBRUARY 24

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| 8:00–8:50 AM | AA | Hawthorne Room, Chair: Bill P Meditation |
| 8:45–9:30 AM | AI-Anon | Alderney Room, Chair: Hope & Peace Group Topic: Slogans |
| 9:00–9:50 AM | AA | Hawthorne Room, Chairs: Mike H, Chris J Topic: Step 3 (D) |
| | AA | Sullivan Room, Chairs: Paul B, Carolyn D, Jim V Topic: Faith without works is dead—Coming back from a relapse (P) |
| | AA (YP) | McNab Rooms A & B, Chair: Matt M Topic: Wake up! Are you a real alcoholic? (D) |
| 9:45–10:30 AM | AI-Anon | Alderney Room, Chairs: Our New Beginnings AFG + Eastern Passage AFG Topic: Courage to change—Using our spiritual tool kit |
| 10:00–11:30 AM | AA | Hawthorne Room, Chairs: Trevor J, Cathy H Topic: Steps 4 & 5 (W) |
| | AA | Sullivan Room, Chair: Scott H (Kamloops) Topic: Carrying the message beyond the home group (W) |
| | AA (YP) | McNab Rooms A & B, Chairs: Colin C, Megan C Topic: Sober relationships (D) |

SATURDAY, FEBRUARY 24

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| 10:45–11:30 AM | AI-Anon | Alderney Room, Chair: St. Margaret's Bay Serenity Group Topic: The 3 awesome A's: Awareness, Acceptance, Action |
| 11:30 AM–1:00 PM | All | Lunch (Banquet ticket sales cut-off is 1:00 PM) |
| 1:00–2:20 PM | AA | Hawthorne Room, Chairs: Judy H, Shane S, Brent M, Suzanne L Topic: Steps 6, 7, 8 & 9 (P) |
| | AA | Sullivan Room, Chair: Mark R Topic: What keeps us together and working? (W) |
| | AA (YP) | McNab Rooms A & B, Chair: Jessica K (Calgary) Topic: Do you want a psychic change? (W) |
| 1:00–1:45 PM | AI-Anon | Alderney Room, Chair: 3Ps Alateen Group Topic: Overview of the program and Alateen speakers |
| 2:00–2:45 PM | AI-Anon | Alderney Room, Chair: Attending members Topic: Prayer and meditation |
| 2:30–3:20 PM | AA | Hawthorne Room, Chairs: Pat R, Lori B Topic: Steps 10 & 11 (D) |
| | AA | Sullivan Room, Chair: Jody L Topic: Missed the solution? Did you get it yet? (P) |
| | AA (YP) | McNab Rooms A & B, Chair: Derek L Topic: New to AA? Don't get lost! (Q&A) |
| 3:00–3:45 PM | AI-Anon | Alderney Room, Chairs: Steps to Serenity + 3Gs Topic: The wisdom to know the difference |
| 3:30–4:30 PM | AA | Hawthorne Room, Chair: Jessica K (Calgary) Topic: Step 12 (W) |
| | AA | Sullivan Room, Chairs: Dennis K, John H Topic: What I did in my first year (D) |
| | AA (YP) | McNab Rooms A & B, Chair: Scott H (Kamloops) Topic: A spiritual experience is not a "pink cloud" (D) |
| 4:00–4:45 PM | AI-Anon | Alderney Room, Chairs: Serenity and Acceptance Groups Topic: Gratitude |