



45TH ANNUAL
**MID-WINTER
ROUNDUP**

**THIS FOURTH DIMENSION: SOBRIETY
THROUGH LOVE AND TOLERANCE**

DELTA HOTELS BY MARRIOTT DARTMOUTH
240 BROWNLOW AVENUE, DARTMOUTH, NS



FEBRUARY 28TH – MARCH 2ND, 2025
REGISTRATION OPENS FRIDAY AT 4:00 PM



Alcoholics Anonymous

FRIDAY, FEBRUARY 28TH

6:00pm – 7:00pm

Park Centre Ballroom (AA + AI-Anon)

Early Bird Meeting

The Only Requirement: 3rd Tradition Before the 4th Dimension

Chair: Anne B **Panel:** Stephanie K-R (Portland, Maine),
Nathaniel B (Acceptance Group)

7:30pm – 9:15pm

Park Centre Ballroom (AA + AI-Anon)

Welcome Meeting: This Fourth Dimension

Chair: Chris V **AI-Anon Speaker:** Bernie S (Port Wallis AFG)

AA Speaker: Keith D (Back to Basics)

9:30pm – 12:00am

Park Centre Ballroom (AA + AI-Anon): AA Trivia Night

SATURDAY, MARCH 1ST

8:00am – 8:45am

Park Centre “A” (AA + AI-Anon)

Morning Meditation

Chair: Robin M (Keep It Simple)

9:00am – 10:00am

Park Centre “A” (AA)

Love of Service: Service of Love

Chair: Amy A **Panel:** Marie M (Acceptance Group),
Heather L (Back to Basics), Dwayne M (Sunday Night Serenity)

Park Centre “B” (AA)

Sustaining Long-Term Recovery: Tips and Strategies

Chair: Matt F **Panel:**

John W (Kingston 12 Step - Kingston, NS),
Mark Z (Cambridge Fellowship Group - Cambridge, NS),
Colleen S (Full Catastrophe Sobriety - Toronto, ON)

Burnside Room (AI-Anon)

How Boundaries Help Us Live Happier Lives

Chair: Port Wallis AFG

10:30am – 11:30am

Park Centre “A” (AA)

Step One: Embracing Powerlessness and Surrendering with Love

Chair: Tasha T **Panel:** Bruce B (Men’s Literature Meeting),
Darren S (Men’s Literature Meeting), Aryam M (Back to Basics)

Park Centre “B” (AA)

The Impact of Compassion and Empathy on Recovery

Chair: Amy M **Panel:** Judy H (Happy Destiny),
Rhiannon R (Lion’s Den), Nancy S (Sunrise)

Burnside Room (AI-Anon)

Surrender Chair: Serenity Halifax Group

SATURDAY, MARCH 1ST (CONTINUED)

11:30pm – 1:00pm

Lunch

1:00pm – 1:45pm

Park Centre “A” (AA)

The Family Afterward:

Practicing These Principles in All Our Affairs

Chair: Ashley C

Panel: Jessica K (Shubenacadie Group - Maitland, NS),
Kyle L (Broad Highway - Truro, NS), Bill D (Free Spirit - Truro, NS)

Park Centre “B” (AA)

This Sacred Basement: Care of the Welcoming Group

Chair: Stephanie K-R **Panel:** Brent D (Gaston Road),
John B (Gaston Road), Pat C (Gaston Road)

Burnside Room (AI-Anon)

Healing With Our Alcoholic Relationships

Chair: The 3 G's Group

2:00pm – 2:45pm

Park Centre “A” (AA)

Step Six:

Becoming Ready for Change with Self-Love

Chair: Becca H

Panel: Alex C (Atlantic Group),
Sara G (Atlantic Group), Ashley E (Downtown Dartmouth)

Park Centre “B” (AA)

The Role of Sponsorship in Personal Growth and Sobriety

Chair: Aliesja M

Panel: Adam H (Downtown Dartmouth),
Victor L (Downtown Dartmouth), Samaira G (Second Chance)

Burnside Room (AI-Anon)

Compassion

Chair: Hope and Peace Group

3:00pm – 3:45pm

Park Centre “A” (AA)

Step Five: Sharing Our Inventory and Building Connection

Chair: Lindsay D **Panel:** Isaac W (Lion's Den),
Kathleen S (Lion's Den), Reign D (Lion's Den)

Park Centre “B” (AA)

Balancing Self-Care and Service to Others in Recovery

Chair: Brittany C **Panel:** Zoe M (Circle of Sisters),
Jay C (Back to Basics), John C (At Large)

Burnside Room (AI-Anon)

What Pulls You Away From AI-Anon and What Keeps You Coming

Chair: Steps to Serenity Group

SATURDAY, MARCH 1ST (CONTINUED)

4:00pm – 4:45pm

Park Centre “A” (AA)

It Works: Long-Timers Reflect on Sobriety

Chair: Joe G

Panel: Mary M (Circle of Sisters),
Foster L (Cole Harbour), Pete L (At Large)

Park Centre “B” (AA)

Tradition Four: Group Autonomy and the Meeting as We Know It

Chair: Chris V **Panel:** Chubby K (Agnostic Alcoholics Group),
Glenda M (Back to Basics), John H (Cole Harbour)

Burnside Room (AI-Anon)

Letting Go With Love and Tolerance

Chair: St. Margaret's Bay Group

5:00pm – 9:00pm

Burnside Room (AI-Anon): Available for Fellowship

6:00pm – 7:30pm

Commodore Room: Banquet Buffet

7:30pm – 8:30pm

Park Centre Ballroom (AA + AI-Anon)

Banquet Speaker: Stephanie K-R (Portland, Maine)

Chair: Chris V

9:00pm – 12:00am

Commodore Room: Dance

SUNDAY, MARCH 2ND

9:00am – 10:00am

Park Centre Ballroom (AA + AI-Anon)

Spiritual Hour

Meditation, Spiritual Dance, Live Music

10:15am – 11:15am

Park Centre Ballroom (AA + AI-Anon)

AI-Anon Spiritual Speaker: Linda C (3 G's AFG)

Chair: Nancy S

11:30am – 12:30pm

Park Centre Ballroom (AA + AI-Anon)

AA Spiritual Speaker: Wayne O (Atlantic Group)

Chair: Michael H

12:30pm – 1:00pm

Book Draw and Sobriety Countdown



Alcoholics Anonymous