



46TH ANNUAL
**MID-WINTER
ROUNDUP**

**PRINCIPLES BEFORE PERSONALITIES:
THE SPIRITUAL PATH TO FREEDOM**

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



FEBRUARY 27TH – MARCH 1ST, 2026
REGISTRATION OPENS FRIDAY AT 4:00 PM



Alcoholics Anonymous

FRIDAY, FEBRUARY 27TH

6:00pm – 7:00pm

PARK CENTRE BALLROOM (AA + AL-ANON)

Early Bird Meeting

First Things First: Principles Before Personalities

Chair: Henry W (Back to Basics) **Panel:** Judy H (Happy Destiny), Joel N (Four Seasons), Samaira G (Second Chance)

7:30pm – 9:15pm

PARK CENTRE BALLROOM (AA + AL-ANON)

Welcome Meeting: Living the Principles Out Loud

Chair: Sara G (Atlantic) **AA Speaker:** Lisa L (Highland Park)
Al-Anon Speaker: Joanne Z (Our New Beginnings AFG)

9:30pm – 12:00am

PARK CENTRE BALLROOM (AA + AL-ANON): AA Trivia Night

SATURDAY, FEBRUARY 28TH

8:00am – 8:45am

PARK CENTRE “A” (AA + AL-ANON)

Morning Meditation

Chair: Robin M (Keep it Simple)

9:00am – 10:00am

PARK CENTRE “A” (AA)

Action, Not Opinion: Principles Lived in Service

Chair: Bernie S (Sunrise Group) **Panel:** Mary W (Back to Basics), Heather L (Back to Basics), Kathy S (Back to Basics)

PARK CENTRE “B” (AA)

Spiritual Awakenings: Moments That Define Us

Chair: Justin R (Welcome Group) **Panel:** Aryam M (Back to Basics), Brendan M (Back to Basics), Joan M (Keep it Simple)

BURNSIDE ROOM (AL-ANON)

Choosing to Be Happy Over Being Right

Chair: St. Margaret's Bay Serenity AFG

10:30am – 11:30am

PARK CENTRE “A” (AA)

Step One as a Daily Practice

Chair: Bernie P (Rise & Shine Callicoon, New York)
Panel: Alex W (The Hill, Toronto), Colin C (Men's Literature Meeting), Henry W (Back to Basics)

PARK CENTRE “B” (AA)

Connected in Spirit: Online Fellowship

Chair: Claire T (Downtown Dartmouth)
Panel: Mark Z (Cambridge Fellowship Group), Kathleen S (Lion's Den), Matt B (Back to Basics)

BURNSIDE ROOM (AL-ANON)

Detachment with Love **Chair:** Our New Beginnings AFG

SATURDAY, FEBRUARY 28TH (CONTINUED)

11:30pm – 1:00pm

LUNCH

1:00pm – 1:45pm

PARK CENTRE “A” (AA)

A Newcomer Comes of Age: 1 Year In

Chair: Tara C (Downtown Dartmouth)

Panel: Kim S (Circle of Sisters), Scott R (Conscious Contact), Robyn G (A New Pair of Glasses)

PARK CENTRE “B” (AA)

Growing Spiritually Through Work With Others

Chair: Laura C (Broad Highway, Brookfield)

Panel: Tom R (Shubenacadie Recovery Group), Peter T (Broad Highway, Brookfield), Ashley C (Broad Highway, Brookfield)

BURNSIDE ROOM (AL-ANON)

Boundaries, Not Walls Chair: 3 G's AFG

2:00pm – 2:45pm

PARK CENTRE “A” (AA)

Conscious Contact: Applying Prayer & Meditation in Our Lives

Chair: Adam H (Downtown Dartmouth)

Panel: Bill P (Conscious Contact), Ian S (Acceptance), Nathaniel B (Conscious Contact)

PARK CENTRE “B” (AA)

Lost and Found: Returning to the Rooms with Grace

Chair: Robert T (The Living Now Group of AA, NYC)

Panel: Colleen S (Full Catastrophe Sobriety, Toronto, ON), Matt F (Lion's Den), Cori C (Highland Park)

BURNSIDE ROOM (AL-ANON)

Letting Principles Guide My Reactions

Chair: Hope and Peace AFG

3:00pm – 3:45pm

PARK CENTRE “A” (AA)

12 Steps in 12 Minutes: It Works If You Work It

Chair: Tasha T (Lion's Den) **Panel:** Garrett W (Lion's Den), Oli O (Lion's Den), Rhiannon R (Lion's Den)

PARK CENTRE “B” (AA)

Going to "Any Lengths" for Recovery: Why We Start Here

Chair: Julie L (Any Lengths Big Book Study Group)

Panel: Bridget R (Any Lengths Big Book Study Group), Dennis Y (Any Lengths Big Book Study Group), Mike L (Any Lengths Big Book Study Group)

BURNSIDE ROOM (AL-ANON)

Trust Chair: Port Wallis AFG

SATURDAY, FEBRUARY 28TH (CONTINUED)

4:00pm – 4:45pm

PARK CENTRE “A” (AA)

The All My Relations Group: Standing Together

Chair: Bert M (West End Step)

Panel: Christopher T (All My Relations),
Dexter H (All My Relations), Kim M (All My Relations)

PARK CENTRE “B” (AA)

Long-timers: The Principles in Daily Practice

Chair: Joe G (Sunrise Group) **Panel:** Foster L (Cole Harbour),
Brenda C (AA Girls, Stellarton), Joanne D (Four Seasons)

BURNSIDE ROOM (AL-ANON)

Boundaries in Al-Anon: Setting and Keeping Them

Chair: Serenity AFG

5:00pm – 9:00pm

BURNSIDE ROOM (AL-ANON): Available for Fellowship

6:00pm – 7:30pm

COMMODORE ROOM: Banquet Buffet

7:30pm – 8:30pm

PARK CENTRE BALLROOM (AA + AL-ANON)

Banquet Speaker: Robert T (The Living Now Group of AA, NYC)

Chair: Tasha T (Lion’s Den)

9:00pm – 12:00am

COMMODORE ROOM: Dance

SUNDAY, MARCH 1ST

9:00am – 10:00am

PARK CENTRE BALLROOM (AA + AL-ANON)

Spiritual Hour

Activities: Meditation, Spiritual Dance, Live Music

10:15am – 11:15am

PARK CENTRE BALLROOM (AA + AL-ANON)

Al-Anon Spiritual Speaker: Mickie Z (Eastern Passage AFG)

Chair: Jane K (St. Margaret’s Bay Serenity AFG)

11:30am – 12:30pm

PARK CENTRE BALLROOM (AA + AL-ANON)

AA Spiritual Speaker: Bernie P (Rise & Shine Callicoon, NY)

Chair: Bernie S (Sunrise Group)

12:30pm – 1:00pm

PARK CENTRE BALLROOM (AA + AL-ANON)

Book Draw and Sobriety Countdown



Alcoholics Anonymous