

# Courage Round Up

“Freedom From/Freedom To”

## Friday August 11, 2017

- 6:00pm - Registration
- 6:00pm - 7:30pm Gathering of the Community
- 7:30pm - 7:45pm Welcome - Dale C. (Chair of Round Up)
- 7:45pm - 8:45pm SPEAKER MEETING - Fred
- 8:45pm - 9:30pm Fellowship

## Saturday August 12, 2017

- 9:00am - 09:45am Gathering of the Community, Fellowship, Coffee
- 09:45am - 10:00am Greetings and Announcements
- 10:00am - 11:00am Meeting for those who identify as male  
Meeting for those who identify as female  
Trans people may choose where they feel most comfortable

11:00am - 11:15am Break

### 11:15am - 12:15am WORKSHOP SESSION #1

- ! Choice 1: Freedom from the bondage of alcohol
- ! Choice 2: Freedom from Fear

12:15pm - 1:30pm Luncheon (Cost included in Registration)

### 1:30pm - 2:30pm WORKSHOP SESSION #2

- ! Choice 1: Freedom to be me
- ! Choice 2: Freedom to grow spiritually

2:45pm - 3:15pm Break

3:15pm - 4:15pm AA Meeting  
NA Meeting  
AL-ANON Meeting

4:15pm - 5:30pm Free Time

5:45pm - 7:00pm Dinner @ Julien's, 5595 Fenwick St. (Cost extra)

7:45pm - 8:15pm Gathering of Community (Sobriety Countdown, Raffles, Prizes)

8:15pm - 9:15pm SPEAKER MEETING - TBA

9:15pm - 10:00pm Fellowship

## Sunday August 13, 2017

10:30am - 12:00am Brunch @ Smitty's Restaurant (cost extra)

1:00pm - 1:30pm Gathering of the Community, Coffee

1:30pm - 3:00pm Spiritual Meeting and closing - (Chair- Mike A.)

3:00pm - 4:00pm Clean up

## THE PROMISES

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. (Big Book - pg. 83-84)

Favours: NS Addiction Services, RBC on Spring Garden, Assante Wealth Mgt.

## The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

*Live and Let Live Group, Halifax meets every Monday at 8:00pm in the basement of St. Matthew's Church, Barrington Street. Use the south basement entrance on the side next to Government House.*

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*For GAY, LESBIAN, BISEXUAL, TRANSGENDER, QUEER AND QUESTIONING PERSONS in AA and Al-Anon*

## “Freedom From/Freedom To”

*“Life is about the journey not the destination”*

## 29<sup>th</sup>. Annual Courage Round Up August 11 / 13, 2017

Unitarian Universalist Church  
5500 Inglis Street  
Halifax, NS

Our Web Site: [www.courageroundup.ca](http://www.courageroundup.ca)  
Or Google: *Courage Round Up, Halifax*

### Courage Committee

Chair: Dale C.  
Committee: Alan P., John S., Mike A.  
Registration: Norman M.  
Hospitality: Greg, and David