

Courage Round Up

“Navigating the Life’s Journey”

Friday August 5, 2016

- 5:00pm - Registration
- 5:00pm - 7:30pm Gathering of the Community
- 7:30pm - 7:45pm Welcome – Dale C. (Chair of Round Up)
- 7:45pm - 8:45pm SPEAKER MEETING – Kelly D.
- 8:45pm - 9:30pm Fellowship

Saturday August 6, 2016

- 9:00am - 10:00am Gathering of the Community, Fellowship, Coffee
- 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: Planning the action
– not the result
- ! Choice 2: Living in the
Moment
- !

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

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

- ! Choice 1: Meditation
- ! Choice 2: Acceptance is A
Asset

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. (\$14.50 +HST pay @ restaurant)

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 7, 2016

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: Capital Health Addiction Prevention & Treatment Services
Royal Bank of Canada

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.
Contact : John S. <courage449@yahoo.com>, Phone: 425-8383

Free to Be Me Group, Charlottetown meets Tuesdays at 6:30pm.
Trinity United Church (2nd. Floor) 220 Richmond Street.



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

“Navigating Life’s Journey”

“Life is about the journey not the destination”

28th. Annual Courage Round Up August 5 / 7, 2016

Unitarian Universalist Church
5500 Inglis Street
Halifax, NS

Our Web Site: www.courageroundup.ca
Or Google: *Courage Round Up, Halifax*

Courage Committee

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