

Good Things to Know

Al-Anon Meetings - Location to be announced on insert in registration packet.

AA Meetings - In the main room downstairs

Travel Mugs - Available for sale -\$7.00

Cups - 2016 Roundup coffee cups - \$3.00

Meals - Dinner Saturday night is pre-paid. We may have a few available the day of event but not guaranteed. Check with Registration desk. Breakfast & Lunch on your own. See registration desk for list of local restaurants.

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past or 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 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.

Schedule of Events

Friday

Registration table opens at noon

1:00 - 4:00 p.m. Open meetings hourly

- 5:30 p.m. Welcome/Introductions
6:00 p.m. AA Speaker Andrea A.
7:30 p.m. Recovery Comedian Bob Perrell (Upstairs)

Saturday

Registration table open 8 a.m.- 5 p.m.

8:00 -10:00 a.m. Open meetings hourly

- 10:00 a.m. Old Timer's Panel
11:00 a.m. Lunch break/open meetings
1:00 p.m. "Back to Basics"
Workshop/Presentation
2:00-4:00 p.m. Open meetings / Social hour
4:00 p.m. Speaker Panel / Ask it basket
5:00 p.m. Dinner - (Buffet will be upstairs in the restaurant)
6:30 p.m. Mystery Entertainment
(will follow dinner upstairs)
7:00 p.m. Countdown / Raffle / 50/50
7:30p.m. Al-Anon Speaker - Judy A.
8:30 p.m. AA Speaker - Chad P.
9:30 p.m. Closing
10:00 PM Dance



Welcome!

The Okanogan Valley Winter Roundup Committee welcomes you to our 19th Annual Roundup. Our speakers and session leaders are delighted to share their experience, strength, and hope. We are pleased that you have come to join us. The essence of any gathering of alcoholics, however, is to be found when we sit down and share our lives with each other. We are very happy that you are here and we hope this Roundup event brightens the light of your sobriety. If there is anything we can do to make your experience more meaningful, please contact one of our committee members and tell us how we can serve you better.

It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the Sunlight of the spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. Big Book, pg. 67

It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. Big Book, pg. 12

Patience, tolerance, understanding and love are the watchwords. Show... these things in yourself and they will be reflected back to you... show a willingness to remedy your own defects, there will be little need to criticize each other.

When Resentful thoughts come, try to pause and count your blessings. Big book, pg. 119

With each passing day of our lives, may every one of us sense more deeply the inner meaning of A.A.'s simple prayer:
God grant us the serenity to accept the things we cannot change, Courage to change the things we can, And wisdom to know the difference. Big Book, pg. 125

Speakers

Friday

6:00 p.m. AA Speaker
Andrea A. Larkspur, Colorado

7:30 p.m. Recovery Comedian
Bob Perkell Huntington Beach, California

Saturday

7:30 p.m. Al - Anon Speaker
Judy A. Vernon, BC

8:30 p.m. AA Speaker
Chad P. Austin, Texas

AA Meetings/AL-ANON Meetings

Friday

1:30 - 2:30 p.m.

3:30 - 4:30 p.m.

Saturday

8:00 - 9:00 a.m.

9:00 - 10:00 a.m.

2:00 - 3:00 p.m.

And acceptance is the answer to all my problems today. When I am disturbed it is because I find some person, place or thing- some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place or thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

"We are sure god wants us to be happy, joyous and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us" Big Book, pg. 133

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance- that principle is contempt prior to investigation." Herbert Spenser Big Book, pg. 568

Roundup Committee Contacts

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