

PROGRAM
22nd Annual Courage Roundup, August 6, 7, 9, 2010
AA, Sobriety in Community

Friday August 6, 2010

5:00pm - Registration (doors open at 3:00pm)
5:00pm - 7:30pm Gathering of the Community
7:30pm - 7:45pm Welcome - Alan P, Chair of Round Up
7:45pm - 8:45pm SPEAKER MEETING - TBA
Al Anon
8:45pm - 9:30pm Fellowship

Saturday August 8, 2009

9:00am - 10:30am Gathering of the Community, Fellowship, Coffee
10:30am - 11:30am AA Meeting - Men
AA Meeting - Women

12:05pm - 1:30pm Luncheon (Cost included in Registration)

1:30pm - 2:30pm WORKSHOP 1
1) We Can't Do it Alone
2) Joy of Living

2:45pm - 3:15pm Nutrition Break
3:15pm - 4:15pm WORKSHOP 2
1) Courage to Change
2) Red Flags

4:15pm - 5:30pm Free Time

5:45pm - 7:00pm Dinner at Julien's, 5595 Fenwick St.,
(\$12.00+HST pay at restaurant)

7:45pm - 8:15pm Gathering of Community (Sobriety Countdown, Raffles, Prizes)
8:15pm - 9:15pm SPEAKER MEETING - Mike S., Maine
9:15pm - 10:00pm Fellowship

Sunday August 9, 2009

1:30pm - 2:00pm Gathering of the Community, Coffee
2:00pm - 3:00pm Closing meeting: SPIRITUALITY
3:00pm - 3:15pm Closing and Evaluation
3:15pm - 4:00pm Clean up
5:30pm - Dinner at Smitty's, Martello Rd., (for those who wish)

Courage Committee

Chair - Alan P.
Program - Michelle R. Mike A., Alan P. John S.
Registration - John S.
Food Services - Greg S.

Contact: Phone (902) 425-8383, e-mail: courage449@yahoo.com
Website: www.halifaxgayaaroundup.org

Live and Let Live Group meets every Monday at 8:00pm in the basement of St. Matthew's Church, Barrington Street. Use the north basement entrance on the side next to the Bell Aliant Building. Contact John, courage449@yahoo.com or at 425-8383