

2021 AA Virtual Round Up

Hosted by

General Service Districts 18 & 19

Saturday, April 17, 2021

3PM to 7PM

Zoom Room opens at 2:30 for Fellowship



Zoom Meeting ID: 873 6674 0704

Passcode: 314665

Today's Theme: Sobriety In Transitional Times

ROUND UP SCHEDULE:

- 2:30 - 3:00** Room opens for Fellowship
3:00 - 3:10 Welcome, Opening Remarks and Orientation - Rob S, Chair
3:10 - 4:00 Workshops - Session 1
4:10 - 5:00 Workshops - Session 2
5:10 - 6:30 AA Jeopardy!
6:30 - Close Speaker Meeting - Rob S, Chair
Speaker: Billy N, Alpharetta Unity Group, Alpharetta, GA
Past Delegate / Past Class B Trustee

Workshops - Session 1:

An Anonymous Program...Even Online? Presenter: Fred B Moderator: Barbara R Room 1

"If I were asked which of our blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the 'Concept of Anonymity.'" (Bill Wilson) With social media, email, and now virtual online meetings, how can we protect our own anonymity and also respect that of other members of our fellowship? AA guidelines will be shared as well as participants' own tips and examples.

I've Done the Steps – Am I Cured? Presenters: Susan J, Julia G and Ilona B Room 2

"A new life has been given us or, if you prefer, "a design for living" that really works." - Alcoholics Anonymous, p. 28. The Twelve Steps can provide a design for living, a set of instructions on how to live our lives as sober alcoholics. This workshop will focus on how we not only do the steps, but use the steps in the lifetime process of our recovery.

Facing Fear and Finding Faith Presenter: Kara L Moderator: Hannah I Room 3

"Fears are the termites that ceaselessly devour the foundations of whatever sort of life we try to build." (12&12) Yet, being armed with this knowledge doesn't prevent our heads from going there! This workshop will focus on letting go, learning from the past, and replacing fear with faith one day at a time.

Yoga as a Recovery Practice Presenter: Kathy M Moderator: Bonnie Room 4

This workshop presents yogic techniques and philosophies, as well as a concentration on the 2nd and 10th steps, as powerful tools in recovery. Participants will hear a brief background of the presenter's experience of adding specific practices into her daily routine that ended a vicious cycle of relapse. Wear loose clothes for movement and practice.

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Workshops - Session 2:

I Am Responsible

Presenters: Laurie N and Jess L Moderator: Pam B Room 1

"When anyone, anywhere, reaches out for help, I want the hand of AA to be there. And for that: I am responsible." Am I seeking to be helpful to the new member, the struggling member, our groups and AA as a whole? Am I applying the Steps and Traditions toward greater connectedness and service? Speaker and discussion.

Spiritual Fitness

Presenter: Rob S

Room 2

Finding spiritual paths in recovery and practicing spiritual principles to build a spiritual "toolbox." We are reminded that *"[t]he alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither they nor any other human being can provide such a defense. Their defense must come from a 'Higher Power'".* Guidance from the Big Book will be explored. Discovering the gifts that a spiritual way of life can provide.

Connecting in the Virtual Age

Presenter: John V Moderator: Barbara R Room 3

Chapter 7 of the Big Book "Working with Others" starts with *"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."* As some people cope with isolation and despair during the pandemic, it can be especially hard for those who struggle with alcoholism. This Workshop will focus on how to gain and maintain overall connectedness through virtual meetings, inclusivity and sponsorship.

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This Round Up is sponsored by General Service Districts 18 & 19. If you are interested in learning more about A.A. service at the General Service level, please come to one of our monthly meetings - the 2nd Monday of every month at 7:00pm via Zoom - Meeting ID: 503 682 627 Passcode: 811237. All are welcome! SERVICE POSITIONS AVAILABLE! Learn more by visiting our website: www.aaemass1819.org.