

CONFERENCE PROGRAM

JULY 1-3, 2011



LIVING SOBER

1976 • SAN FRANCISCO • 2011

"...and we will know peace."

Western Roundup Living Sober would not be possible without the tireless efforts of all our trusted servants.

Thank You For Your Service!

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WELCOME

GENERAL INFORMATION

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AA Welcome

Welcome to Western Roundup Living Sober! My name is Fay, I am an alcoholic and a drug addict and it is my very great honor and pleasure to serve as your Chair for Living Sober 2011. This will be our 36th conference and I wish to extend my heartfelt gratitude and appreciation to the Steering Committee, the Advisory Board, the Co-Chairs and their committee members and to all of the volunteers who worked hundreds of hours to bring you a conference overflowing with experience, strength and hope.

Over the years, the Living Sober conference has undergone many changes and this year is no exception. We changed our location to this lovely venue (hope you are enjoying it), examined our scholarship policy and then took on the difficult task of implementing changes to it. We streamlined our offering of workshops, and made other sundry changes too numerous to mention here. All of this was done with the intention of keeping the Conference accessible, exciting and most importantly, viable, so that it may continue on for years to come.

This year our theme is...and we will know peace, from the Promises – We will comprehend the word serenity and we will know peace. It is my sincere hope that this weekend as we go to workshops, see the musical, attend the countdown meeting, reminisce with old friends and meet new ones, that we will leave each experience rejuvenated, refreshed, recommitted to our sober life...and we will know peace.

In gratitude and love, Fay R.

Al-Anon Welcome

Welcome to Living Sober 2010!

My name is Brendan B. and I'm a grateful member of the Al-Anon/Alateen Family Groups. As a queer, codependent, control-freak, martyr, "Al-Anonic" I am blown away by the service and recovery I have been exposed to with this awesomesauce group of people, and I'm pretty humbled and honored to be your Al-Anon Chair for Living Sober 2011.

Living with alcoholism exposed many of us to unhealthy relationships that included abuse, codependence, shame and invalidation from our loved ones. We have an outstanding collection of Al-Anon workshops this year where members can share their experience in overcoming resentment and martyrdom, finding happiness in ourselves, establishing healthy boundaries and developing emotional intimacy and fulfilling sexual relationships.

I'm excited to welcome members from AA to discover our program. Countless friends have shared with me that AA gave us our lives back and now Al-Anon can help us learn how to live them. By working the steps of the Al-Anon/Alateen Family Groups members find greater love and acceptance for each other after hitting our emotional bottoms. With courage we move forward from survival towards recovery.

Yours in love and service, Brendan B. Al-Anon Chair, Living Sober 2011

God, grant me the Serenity to accept the things I cannot change; the Courage to change the things I can; and the Wisdom to know the difference.

— The Serenity Prayer

General Information

- Please register for the conference. We are self-supporting through our own contributions. Everyone must register for the conference.
- Please wear your badge at all times to aid our security efforts and to let others get acquainted with you.
- Volunteers are always needed and welcome. Please contact the Information Desk on the Theatre Level to learn how you can help!
- Please silence all cell phones and other electronic devices during workshop and conference sessions.
- Smoking is not permitted anywhere in the Parc 55. Please smoke outside, at least 50 feet away from building entrances.
- Please do not bring any outside food or drink into the conference level of the hotel.

The AA Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

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.

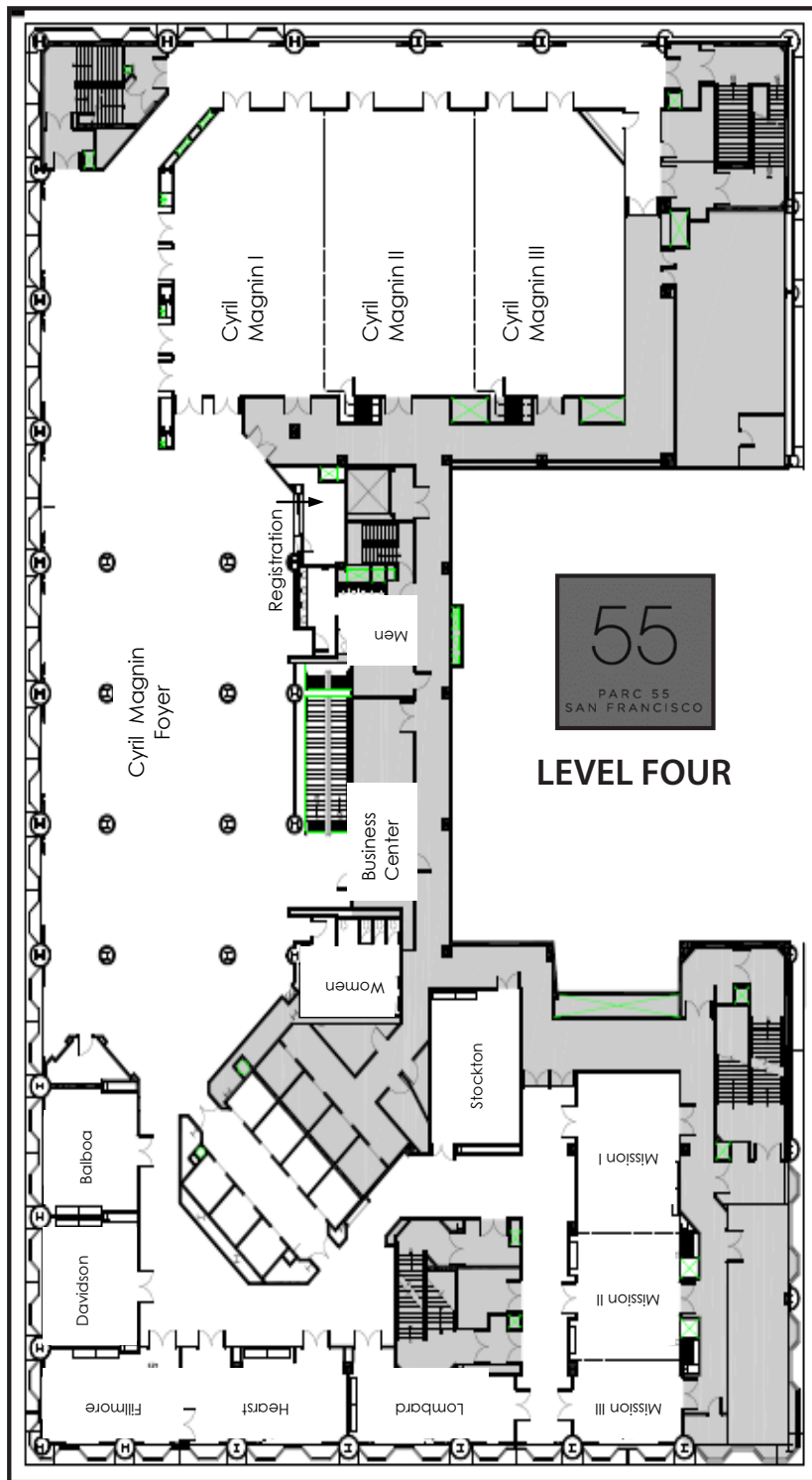
We will suddenly realize that God is doing for us what we could not do for ourselves.

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.

Alcoholics Anonymous p83-84



See Daily Schedules for Workshops Sessions

FRIDAY, JULY 1ST.

12 Noon	Onsite Registration Opens	Cyril Magnin Foyer
1:30 pm	Workshops Begin	
4:30 pm	Al-Anon Opening Meeting <i>Steve M., San Francisco, CA</i>	Cyril Magnin III
6:00 pm	Dinner Break	
7:00 pm	Opening Speaker Meeting <i>Alejandro D., A.A., San Leandro, CA</i> <i>Bill J., A.A., NY, NY</i>	Cyril Magnin Ballroom
9:30 pm	Living Sober 2011 Musical	Embarcadero (Level 3)

SATURDAY, JULY 2ND

9:00 am	Onsite Registration Opens	Cyril Magnin Foyer
9:30 am	Workshops Begin	
11:00 am	People of Color Countdown - Men and Women	Cyril Magnin III
11:00 am	All Genders Meeting	Hearst
12:30 pm	Men's A.A. Meeting: Tom, Dick and Harry	Cyril Magnin III
12:30 pm	Women's A.A. Meeting <i>Judith K., Ros B., Dilan R.</i>	Cyril Magnin I
2:00 pm	Living Sober 2011 Musical Matinee	Embarcadero (Level 3)
3:30 pm	Advisory Board Meeting	Mission II
5:00 pm	Dinner Break	
6:30 pm	Countdown / Speaker Meeting <i>Sam Mc., Al-Anon, San Francisco, CA</i> <i>Julie C., A.A, Oakland CA</i>	Cyril Magnin Ballroom
9:00 pm	Raffle! (Begins after meeting)	Cyril Magnin Ballroom
9:30 pm	Dance!	Cyril Magnin Ballroom

SUNDAY, JULY 3RD

9:00 am	Onsite Registration Opens	Cyril Magnin Foyer
9:00 am	Yoga (90 Minutes)	Embarcadero (Level 3)
9:30 am	Workshops Begin	
9:30 am	Self Support vs. Lack of Funds	Cyril Magnin III
11:00 am	Al-Anon Closing Meeting <i>Lady Raina Terror, San Francisco</i>	Cyril Magnin Ballroom
12:30 pm	Closing Speaker Meeting <i>Sherri S., A.A., Ft Lauderdale, FL</i> <i>Don N., A.A., Los Angeles, CA</i>	Cyril Magnin Ballroom

FRIDAY WORKSHOPS

1:30-2:30 PM

WORKSHOP	ROOM
A.A.	
Trust God: Steps 1-3 ✓	Davidson
Living Sober Turns 36: ...and we will know peace	Balboa
Warriors and Clan Mothers: Native American Spirituality	Lombard
Co-Hosted	
Queen of the Highway: Where the Rubber Hits the Road	Fillmore
Al-Anon	
Non-Traditional Higher Power: Choosing Other Personal, Loving, Gentle Concepts	Hearst
Recovery Spinsters: Love Living Single	Stockton

3:00-4:00 PM

WORKSHOP	ROOM
A.A.	
Newcomers: Hungry Angry Lonely Tired ✓	Stockton
Addressing Depression in Recovery	Balboa
Overcoming Fear: Face Everything And Recover	Cyril Magnin I
Rule #62: "Don't take yourself too damn seriously"	Lombard
Co-Hosted	
Anger: Expressing Your Feelings Appropriately ✓	Hearst
Alternative Relationships for Lesbians	Davidson
Al-Anon	
Control Freaks Anonymous	Mission I
Coming Down From The Cross: Letting Go Of Martyrdom	Fillmore

4:30-5:30 PM

WORKSHOP	ROOM
A.A.	
Positively Sober ✓	Balboa
How do you Relate? Addicts in AA ✓	Fillmore
Emotional Sobriety: The Next Frontier	Davidson
Issues of Gender in Recovery	Stockton
Step 4: Searching and Fearless	Lombard
Sober Leather Sex: Whips Chains and Boundaries	Hearst

SATURDAY WORKSHOPS

9:30-10:30 AM

WORKSHOP	ROOM
A.A.	
Spirituality in Recovery: A Power Greater Than ... ✓	Cyril Magnin III
Working Through Resentment: The Number One Offender	Hearst
Clean House: Steps 4-9	Mission I
Dealing with Anxiety: Taken to Bed with a Case of the Nerves	Fillmore
Co-Hosted	
Medications in Recovery: Seek Expert Advice ✓	Balboa
Meditation in Recovery - Guided Meditation	Stockton
Al-Anon	
Romancing the Stoned: Looking for Healthy Romantic Relationships	Davidson
Sponsorship Speed Dating: For Members Looking And Members Willing To Sponsor In Al-Anon	Lombard

11:00 AM – 12:00 PM

WORKSHOP	ROOM
A.A.	
Self Will vs. God's Will ✓	Balboa
People of Color Countdown	Cyril Magnin III
All Genders Meeting	Hearst
Positively Dating	Cyril Magnin I
Teens and Twentysomethings in AA	Lombard
Co-Hosted	
Relationships in Recovery: "Wait a Year?" ✓	Davidson
Intimacy after Abuse: Courage to Move Forward (Women)	Fillmore
Al-Anon	
We Will Laugh More	Stockton

12:30-1:30 PM

WORKSHOP	ROOM
A.A.	
One Day at a Time... ✓	Stockton
Men's A.A. Meeting: Tom, Dick and Harry	Cyril Magnin III
Women's A.A. Meeting	Cyril Magnin I

12:30-1:30 PM CONTINUED ON PAGE 9

SATURDAY WORKSHOPS	
12:30-1:30 PM - CONTINUED	
WORKSHOP	ROOM
A.A.	
Hep C in Recovery	Hearst
Life in the Fast Lane: Recovery from Speed in AA ✓	Davidson
Co-Hosted	
Alcoholics in Al-Anon: From Survival to Recovery	Fillmore
Al-Anon	
Transgender in Al-Anon: Opening Our Hearts Transforming Our Losses	Lombard
Living In Gratitude	Balboa
2:00 - 3:00 PM	
WORKSHOP	ROOM
A.A.	
The Slogans: Live Easy But Think First ✓	Hearst
Help Others (Steps 10-12)	Lombard
Cruising and Sober? Recovery and Sex Websites	Cyril Magnin III
Resting on Your Laurels - Avoiding Complacency in Long-term Sobriety	Stockton
The Promises: We Work For Them	Balboa
Co-Hosted	
Adult Children of Alcoholics: Don't Repeat the Movie	Davidson
Intimacy after Abuse: Courage to Move Forward (Men)	Cyril Magnin I
Al-Anon	
Afraid Of My Feelings: Using Sex To Avoid Intimacy	Mission I
Stinking Thinking And Resentment: Where Would You Hide The Body?	Fillmore
3:30 - 4:30 PM	
WORKSHOP	ROOM
A.A.	
Acceptance is the Answer ✓	Fillmore
Building Self-Esteem: Service and Esteemable Acts ✓	Lombard
Casual Sex in Sobriety	Cyril Magnin III
AA History, Legends and Myths	Mission I
Advisory Board Meeting	Mission II

3:30-4:30 PM CONTINUED ON PAGE 10

✓ Suggested for Newcomers/Beginners

SATURDAY WORKSHOPS CONTINUED

3:30-4:30 PM - CONTINUED	
WORKSHOP	ROOM
Co-Hosted	
Fear of Financial Insecurity: Will Leave Us? ✓	Davidson
Buddhist Practices: Incorporating the 8-Fold Path into the 12 Steps	Hearst
Al-Anon	
Sex and the Codependent Relationship: Was it Good for Me	Stockton
Detachment with Manners: From "F*ck No" to "That's Not Going to Work for Me"	Balboa
SUNDAY WORKSHOPS	
9:30-10:30 AM	
WORKSHOP	ROOM
A.A.	
Rigorous Honesty: Beyond the cash register ✓	Stockton
The 12 Traditions: Applying them in your own program	Lombard
Aging in Recovery - Enjoying the Journey	Hearst
Self-Support Workshop	Cyril Magnin III
Co-Hosted	
Pagans, Faeries and other Free Spirits	Fillmore
Parenting in Recovery: Knowing When to Say No	Mission I
Al-Anon	
9th Step: Making An Amends to Ourselves	Balboa
Overcoming Depression: Living Happy Joyous And Free	Davidson
11:00 AM - 12:00 PM	
WORKSHOP	ROOM
A.A.	
Acceptance is the Answer ✓	Fillmore
HOW: Honesty, Open-mindedness, Willingness ✓	Davidson
Living Sober Conference: Gratitude Meeting	Fillmore
Bisexual and Fluid Sexuality in Recovery	Mission I
Sex, Dating and Relationships (Men)	Hearst
Progress not Perfection: It's a Statement, not an Excuse	Lombard
Co-Hosted	
Sex, Dating and Relationships (Women)	Balboa

✓ Suggested for Newcomers/Beginners

Suggested Workshop Format (A.A.)

(Do not read portions in italics)

Welcome to the _____ workshop of Living Sober 2011. My name is _____ and I am an alcoholic. *(Have your co-chair introduce themselves)*

Before we begin, please join me in a moment of silence followed by the Serenity Prayer. God...

This is an open-discussion workshop. My co-chair and I will qualify and share for less than five minutes each, and then the floor will be open for other shares, discussion, questions and answers. Although this is not a typical meeting format, we ask that you be respectful of other people's views and opinions, as outlined in Living Sober's Policy of Mutual Respect. Also, we ask that you please limit your discussion to the workshop topic, and please keep your shares to three minutes or less.

(Please qualify and share on the topic for less than five minutes. Your co-chair will do the same. After you are done sharing please direct the workshop discussion among the attendees. This may be as formal or as informal as you like, or as the size or group conscience of the workshop dictates. Close on-time with the prayer of your choice and encourage attendees to introduce themselves to someone they do not know after the meeting.)

Suggested Workshop Format (Al-Anon)

(Do not read portions in italics)

Hi. My name is _____. Welcome to the _____ workshop of Living Sober 2011. Let us open with a moment of silence followed by the Serenity Prayer. God...

These meetings are designed to provide us with a safe place to share our individual experience, strength and hope. Therefore, cross-talk is not permitted. Cross-talk is defined as: interrupting or directly commenting on another person's share.

This is an open-discussion workshop. My co-chair and I will qualify and share for less than ten minutes each, and then the floor will be open. Also, we ask that you please limit your discussion to the workshop topic, and please keep your shares to three minutes or less.

(Workshop leaders share their experience, strength and hope for about ten minutes on the topic and then open the floor for group participation. Close on-time with the Serenity or Unity Prayer.)

God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.

— Third Step Prayer

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 Him.
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 Him 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 with God, as we understood Him, praying only for knowledge of His 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.

The Twelve Steps of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

RAFFLE!

Drawing on Saturday Night

immediately following the Speaker Meeting.

Fabulous Prizes!*

Great Prizes Including:

- Costa Rica trip
 - iPad
 - Kindle
 - Flatscreen TV
 - Tickets to Beach Blanket Babylon with dinner and luxury hotel
 - SF Bay kayak excursion
- ... and more

**MUST BE PRESENT TO WIN*

A.A./Al-Anon Musical

LET RECOVERY IN



TWO PERFORMANCES

Friday, July 1st. . . . 9:30 pm

Saturday, July 2nd . . . 2:00 pm

- in the Embarcadero Room •

MISC.

MISC.

MISC.

MISC.

inside back cover

Western Roundup Living Sober 2011

Living Sober is a conference of Alcoholics Anonymous hosted by gay, lesbian, bisexual, and transgendered members of Alcoholics Anonymous with Al-Anon participation.

Raffle!

Saturday night immediately following the Speaker Meeting

Great Prizes including:

Costa Rica trip, iPad, Kindle, Flatscreen TV, Tickets to Beach Blanket Babylon with dinner and luxury hotel, SF Bay, kayak excursion ...and more fabulous prizes!

MUST BE PRESENT TO WIN!

Responsibility Statement

I am responsible
when anyone, anywhere, reaches out for help,
I want the hand of A.A.

always to be there And for that:

I am responsible.

Declaration at 30th Anniversary
International Convention

**For more information, please visit
www.livingsober.org**