

“... that **gay** crowd inside”
excerpt from Alcoholics Anonymous (page 160)

CONFERENCE PROGRAM GUIDE
JUNE 30, JULY 1 & 2, 2006

Living Sober/Western Roundup
 would not be possible without the tireless efforts of
 all our volunteers.
Thank You for Your Service!

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AA WELCOME

Hello and welcome to Western Roundup's Living Sober 2006. It has been a great honor to serve as your Chair for this year's conference. An amazing band of sober alcoholics and grateful Al-Anons have been working very hard since last September to bring you the best conference they possibly can. And I believe they have done just that. Be sure to show them your gratitude when you see them.

Like many alcoholics, Bill W. was enticed by the laughter and gay chatter he heard floating from a hotel bar. Instead of joining in, he chose to carry the message of sobriety to another suffering alcoholic. Since that night, many sober men and women have come to find in their own gay crowd in AA what they had fruitlessly sought in the bottle and in the tavern—freedom, friendship and understanding.

This year the General Planning Committee approved our conference theme "...that gay crowd inside..." (Alcoholics Anonymous, page 160) in the hope that you will find those same gifts over these three days of Living Sober. I hope that you will not only find these gifts here, but take them back to your home group so that others may share in what you have found.

In service,

Greg G.

Chair, Living Sober 2006

AL-ANON WELCOME

Welcome to Living Sober 2006! We of the Al-Anon Committee are so happy to have you here. The welcome we show you may not reflect the warmth we feel, so please reach out to any committee member with your comments and needs. If you are a first time conference attendee, hang on for the ride. It is quite an adventure. The intensity of the experience can get a bit overwhelming for anyone, but the potential for growth and fellowship are limitless.

We welcome everyone in recovery to come by our hospitality room. Here we have fun and fellowship, some conversation and relaxation, and you can find a temporary sponsor, grab some literature and/or tapes, and sometimes even have a snack to nibble or a drink to sip. We have a board out front to sign up for service, including leading workshops and covering the Al-Anon desk. Service is a great way to participate and get connected at the conference.

The Al-Anon committee would like to thank the San Francisco fellowship of Alcoholics Anonymous for inviting us to be a part of this conference. The shared workshops and intermingling of programs is amazing and healing for us all. I would personally like to thank all the members of the AA committees, and special thanks to Susie, Sam and Samantha for your help in Al-Anon. Without great volunteers, we'd have no conference. Finally, thanks to Greg for your positive and inclusive leadership.

Work hard, play hard, and above all, KEEP COMING BACK!

Love and hope in recovery,

Jan O.

Chair, Al-Anon Committee , Living Sober 2006

MESSAGE BOARD

This year, we continue with the **Living Sober Message Board** – which will provide you with up-to-date information during the conference.

The **Message Board** can be found near the central doors in the Main Lobby.

AA/AL-ANON MUSICAL

“... that *gay* crowd inside”

Friday, June 30, 9:30 PM

and

Sunday, July 2, 2:30 PM

Main Auditorium

RAFFLE

Get your red-hot raffle tickets in the Lobby and win great prizes! Drawing is held in Larkin Hall on Sunday night at 9:00 PM.

GENERAL INFORMATION



Please register for the conference. We are self-supporting through our own contributions. Although no one will be turned away for lack of funds, please register and donate what you can.

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 in the Main Lobby to learn how you can help!

Please silence all cell phones, pagers and watches during workshop and conference sessions.



Smoking is not permitted anywhere in the Civic Auditorium. Please smoke outside, at least 50 feet away from building entrances.

2006 COMMEMORATIVES



Commemorative items are available for sale and are on display in the Main Lobby. Stop by to browse the selection and take home some memories.

INFORMATION DESK

Stop by the Information Desk in the Main Lobby to inquire about volunteer work, ask about workshops or meetings, or just to say hello!

CONFERENCE SERVICES

If you need additional help at the conference, stop by the Conference Services Desk. We offer:

- Wheelchairs
 - Large Print Programs
 - Phonic Ear FM Listening Devices
 - Professional ASL Interpreters
 - Quiet / Meditation Room – Room 320
-

AL-ANON HOSPITALITY SUITE

Visit the Al-Anon Hospitality Suite throughout the conference. The suite is off the Main Lobby in Room 104.

MEMORIAL WALL

You can create a memorial to honor our sober brothers and sisters who have passed away at the Memorial Boards located in the Main Auditorium.

ARCHIVES GALLERY

View our 16th Annual Archives Exhibit, located in Larkin Hall, celebrating 31 years of Living Sober.

ARTISTS IN RECOVERY

Visit the Artists in Recovery Gallery throughout the conference. Located in Larkin Hall, the gallery is open:

Friday	June 30	NOON	-	5:00 PM
Saturday	July 1	9:00 AM	-	5:00 PM
Sunday	July 2	9:00 AM	-	5:00 PM

ARTISTS' STUDIO

You can create your own work of art in the Artists' Studio. Learn how to create a God Box or Hope Stone; make a painting; draw a picture; learn to crochet or knit your own creation. Create something to honor the Higher Power of your understanding and be creative! The Artists' Studio is located in Larkin Hall and is open during the same hours as the Gallery (see above).

DEF SOBRIETY JAM

Art • Performance Art • Program

Sing a song! Read poetry! Perform a dance!

You have 3 - 5 minutes to simply express yourself!

Microphone available.

Saturday	July 1	2:30 PM	-	3:30 PM	LARKIN HALL
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SCHEDULE OVERVIEW

See Detailed Daily Schedules for Workshop Sessions

FRIDAY JUNE 30, 2006

NOON	Registration Opens	Main Lobby
1:00 PM	Workshops (AA and Al-Anon)	Various Locations
6:00 PM	Al-Anon Opening Meeting	Polk Hall
	SECRETARY	Jan O. Chair, Al-Anon Committee
	SPEAKER	Dale D. Los Angeles, CA
7:30 PM	Opening Meeting	Main Auditorium
	SECRETARIES	Fay R. Co-Chair, Living Sober 2006 Jeff T. Co-Chair, Living Sober 2006
	SPEAKERS	Marion R. Oakland, CA Philo H. San Francisco, CA
9:30 PM	Musical Sober Bingo	Main Auditorium Mezzanine

SCHEDULE OVERVIEW

See Detailed Daily Schedules for Workshop Sessions

SATURDAY JULY 1, 2006

9:00 AM	Registration Opens	Main Lobby
10:00 AM	Workshops (AA and Al-Anon)	Various Locations
10:00 AM	Women's AA Meeting	Polk Hall
	SECRETARY	Ramona D., Program Co-Chair 2006
	SPEAKERS	Pam G. Oakland, CA Dolores T. Oakland, CA Sharon M. Oakland, CA
11:30 AM	Men's AA Meeting	Polk Hall
	SECRETARY	Florante S., Program Co-Chair 2006
	SPEAKERS	Ron D. San Francisco, CA Bill E. Milwaukee, WI Mike M. San Francisco, CA
2:30 PM	Def Sobriety Jam	Larkin Hall
4:00 PM	Al-Anon Chip Meeting	Polk Hall
	SECRETARY	Samantha M.
	SPEAKER	D. K. H. San Francisco, CA
7:00 PM	AA Countdown Meeting	Main Auditorium
	with Al-Anon Participation	
	SECRETARIES	Greg G. Chair, Living Sober 2006 Jan O. Chair, Al-Anon Committee
	SPEAKERS	Theresa F. (Al-Anon) Los Angeles, CA Heather H. (AA) Minneapolis, MN
9:30 PM	Saturday Social	Mezzanine

SCHEDULE OVERVIEW






See Detailed Daily Schedules for Workshop Sessions

SUNDAY JULY 2, 2006

9:00 AM	Registration Opens	Main Lobby
9:00 AM	Special Meeting SPEAKER Ben G., San Francisco, CA	Polk Hall
10:00 AM	Workshops (AA and Al-Anon)	Various Locations
2:30 PM	Musical	Main Auditorium
4:30 PM	Al-Anon Closing Meeting SECRETARY Jim G. SPEAKER Glynn San Francisco, CA	Polk Hall
7:00 PM	Closing Meeting SECRETARIES Susie H. Secretary, Living Sober 2006 John F. Treasurer, Living Sober 2006 SPEAKERS Patricia C. San Francisco, CA Pat M. Jersey City, NJ	Main Auditorium
9:00 PM	Raffle Drawings	Larkin Hall
	Karaoke	Mezzanine
	Dance	Polk Hall

WORKSHOP SCHEDULE


The following pages outline the daily workshop schedules for both AA and AI-Anon. Please consult the Message Board (located near the central doors of the Main Auditorium) for any changes.

WORKSHOP SCHEDULE KEY	
	Suggested for Newcomers/Beginners
	Co-Hosted by AA and AI-Anon
	Men
	Women
	Non-scented Environment No perfumes or colognes allowed in these workshops

FRIDAY

ALCOHOLICS ANONYMOUS

1:00 PM - 2:00 PM

WORKSHOP NAME		ROOM
Avoiding Complacency Year 4-10 or anytime		301
Creative Recovery		302
Depression I'm sober, but I'm not feeling better		304
Don't Quit Before the Miracle Happens		306
Emotional Sobriety		305
Flirting in Sobriety		303
Open AA Meeting		309
Other Addictions in Sobriety		308
Service Keeps you Sober		310
Step 1: We admitted we were powerless over alcohol...		307

1:00 PM - 2:00 PM

WORKSHOP NAME	ROOM
Breaking Up Is Hard To Do Leaving a relationship	312
Double Winners Working both programs	315
Just for Today Living in the moment	316
Powerless and Unmanageable Step One	314
Working Through Resentments	313

from *Daily Reflections*


The principles we have set down are guides to progress.

Alcoholics Anonymous, 4th ed., p. 60

FRIDAY

ALCOHOLICS ANONYMOUS

2:30 PM - 3:30 PM

WORKSHOP NAME		ROOM
Bisexuality in Recovery		308
Boy Meets Boy	♂	303
Girl Meets Girl	♀	306
Long Term Relationships in Sobriety Men	♂	302
Long Term Relationships in Sobriety Women	♀	305
Me, Myself and I Recovering from my own ego		301
One Day at a Time		310
Open AA Meeting		309
People of Color		304
Step 2: A power greater than myself...		307

2:30 PM - 3:30 PM

WORKSHOP NAME	ROOM
Attitude of Gratitude	312
Hope For Today The Al-Anon Promises	315
Keeping the Focus on Myself	314
Insanity or Faith Step Two	317
The Three C's I didn't cause it, I can't control it, I can't cure it	313
To Work I Go, Because I Owe	316

The Key to Health and Happiness

Cling to the thought that in God's hands your dark past is the greatest possession you have. The key to health and happiness for others.

With it, you can avert misery and death for them.

Alcoholics Anonymous, p. 124

FRIDAY

ALCOHOLICS ANONYMOUS

4:00 PM - 5:00 PM

WORKSHOP NAME


ROOM

Attitude with Gratitude 301

Financial Amends & Financial Recovery 302

Going Out after Long-Term Sobriety 304


Keeping in Balance 306
Working in the recovery field

Living with Disabilities or Chronic Pain  312

Open AA Meeting 309

Relationships 308
It's not always about getting what you want


Sex in Early Sobriety  303

Step Three 307
Made a decision... 

The Only Requirement for Membership 305

We are Not a Glum Lot 310
Learning to have fun

4:00 PM - 5:00 PM





WORKSHOP NAME	ROOM
Gender Continuum In Recovery	316
Letting Go Step Three	317
Living with Disabilities or Chronic Pain 	312
Sponsorship Being one, having one, getting one	314
The Courage To Change the Things I Can	315
What I Want How the heck should I know?	313

We look to find a balance between taking care of ourselves and helping others; we can be available to those we want to help without taking on all their burdens. We share our experience, strength and hope, offer love and acceptance and then let go.

Paths to Recovery, pp. 120-121

SATURDAY ALCOHOLICS ANONYMOUS

10:00 AM - 11:00 AM

WORKSHOP NAME		ROOM
Anger in Recovery		301
Building a Foundation The first three steps		302
Casual Sex in Sobriety Men		303
In Search of a Higher Power		304
Oldtimer! Still feeling Like a Newcomer!		305
Open AA Meeting		309
Recovery After Relapse		306
Setting and Achieving Goals		308
Step Four (Part 1) A searching and fearless moral inventory...		307
Women's AA Meeting		POLK HALL

10:00 AM - 11:00 AM

WORKSHOP NAME	ROOM
Adult Children of Aging Parents	315
Boundaries and Limits When Is enough, enough?	313
Expectations Resentments waiting to happen	316
Growing Up With Mental Illness	317
Long Term Recovery	314
The Three P's People-pleasing, perfectionism and powerlessness	312





The Heart of True Sobriety

We find that no one need have difficulty with the spirituality of the program. Willingness, honesty, and open-mindedness are the essentials of recovery. But these are indispensable.



Alcoholics Anonymous, 4th ed., p. 568

SATURDAY ALCOHOLICS ANONYMOUS

11:30 AM - 12:30 PM

WORKSHOP NAME		ROOM
Being Different Yet the Same		302
Casual Sex in Sobriety Women	♀	303
Dual Diagnosis Sobriety & anti-depressants or other medication		312
First Year Sober Pink clouds or storm clouds?		304
Men's AA Meeting	♂	POLK HALL
Menopause in Recovery	 ♀	301
Open AA Meeting		309
Pagans and Faeries and other free spirits in AA		305
Restraint of Pen and Tongue		306
Self-Will versus God's Will		308
Step Four (Part 2) A searching and fearless moral inventory...		307

11:30 AM - 12:30 PM

WORKSHOP NAME	ROOM
Anger Like it or not, here it is...	315
Double Winners Working both programs	316
Dual Diagnosis Sobriety & anti-depressants or other medication	 312
Living in the Solution	314
Menopause In Recovery	 ♀ 301
Taking Inventory, It's Not About Blame Step Four	317
The Four M's Martyrdom, managing, manipulating and mothering	313



Please Register!

In keeping with the Seventh Tradition, which states that we are self-supporting through our own contributions, we ask that conference attendees register for Living Sober 2006.


No one will be turned away for lack of funds.

SATURDAY ALCOHOLICS ANONYMOUS

1:00 PM - 2:00 PM






WORKSHOP NAME	ROOM
Alcoholism A disease of isolation	310
Anxiety	302
HIV+ Tools for sobriety - maintaining intimacy	305
HOW Honesty, Open-Mindedness & Willingness	 304
If It's Not One Thing, It's Your Mother	 303
Living Sober turns 31	LARKIN HALL
Open AA Meeting	309
Step 5 Admitted to God, ourselves & another human being	307
Transgendered in Recovery	306
We Agnostics	301

1:00 PM - 2:00 PM

WORKSHOP NAME	ROOM
Coming Clean Step Five	317
Courage Not to Control or Criticize	314
If It's Not One Thing, It's Your Mother 	303
Just As I Am Self-acceptance	312
Leather Sex In Recovery	315
Obsession Letting people live in our heads rent free...	313

SATURDAY ALCOHOLICS ANONYMOUS

2:30 PM - 3:30 PM

WORKSHOP NAME		ROOM
But for the Grace of God If someone close to you relapses		312
Healthy Communication Saying what we mean		303
I'm Only as Sick as my Secrets		301
Jews in Recovery		308
Native American Spirituality		302
Open AA Meeting		309
Parenting in Recovery		313
Sex, Love & Labels Who Am I supposed to be anyway?		304
Single and Sober It's OK to wake up alone		310
Sober Leather Sex		305
Step 6 Became entirely ready...		307
Young People in AA Is under 30 too young?		306

2:30 PM - 3:30 PM

WORKSHOP NAME

ROOM




But for the Grace of God If someone close to you relapses		312
Dealing with Depression in Recovery		314
Forgiving Others, Freeing Ourselves		315
Healthy Communication Saying what we mean		303
Parenting in Recovery		313
People of Color in Al-Anon		316
Ready to Remove These Obstacles Steps 6 and 7		317

The Circle and Triangle

Above us, at the International Convention at St. Louis in 1955, floated a banner on which was inscribed the then new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for AA's Three Legacies: Recovery, Unity, and Service. *As Bill Sees It*, p. 307

SATURDAY ALCOHOLICS ANONYMOUS

4:00 PM - 5:00PM

WORKSHOP NAME		ROOM
Forgiving Ourselves & Others		301
Life-Threatening Illness Life on life's terms		302
Looking for Love in All the Wrong Places		304
Men of Color in AA	♂	303
Open AA Meeting		309
Practicing These Principles at Work		306
Sex Workers in Recovery		310
Step 8 Became willing to make amends...		307
Those Big Decisions Keep it simple		308
Women of Color in AA	♀	305

4:00 PM - 5:00PM

WORKSHOP NAME

ROOM

Al-Anon Chip Meeting

Polk Hall

The Al-Anon Promises

(An Excerpt)

Our secrets will no longer bind us in shame. As we gain the ability to forgive ourselves, our families, and the world, our choices will expand. With dignity we will stand for ourselves, but not against our fellows. Serenity and peace will have meaning for us, as we allow our lives and the lives of those we love to flow day by day with God's ease, balance, and grace. No longer terrified, we will discover we are free to delight in life's paradox, mystery, and awe. We will laugh more. Fear will be replaced by faith, and gratitude will come naturally as we realize that our Higher Power is doing for us what we cannot do for ourselves.

Survival to Recovery, p. 269


SUNDAY

ALCOHOLICS ANONYMOUS

10:00 AM - 11:00 AM

WORKSHOP NAME


ROOM

From Self-loathing to Self-esteem  301

The Doctor's Opinion 305

Gay Marriage in Recovery 302

Gender Identification in Sobriety 310

Get Over It  303
Turning it Over


One Bed, Two Programs  312

Open AA Meeting 309


Spiritual Awakening 308
With or without God

Step 9 304
Made direct amends...

Suicidal Feelings in Recovery 306

What Other People Think of Me  307
Is none of my business

10:00 AM - 11:00 AM

WORKSHOP NAME		ROOM
Adult Children of Alcoholics		313
Boundaries and Limits When is enough, enough?		315
Meditation A tool for recovery...		314
One Bed, Two Programs		312
Thriving with Change Steps 8 and 9		317
What I Want How the heck should I know?		316

Experience: The Best Teacher

Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times.

Alcoholics Anonymous, p. 87

SUNDAY

ALCOHOLICS ANONYMOUS

11:30 AM - 12:30 PM

WORKSHOP NAME

ROOM

Acceptance is the Answer



305

Alcohol Obsession

306

Death, Dying, and Grief

308

Denial

It's not a river in Egypt



303

Forty Plus

Fabulous, Flirty, Free!

301

Fifty Plus

Sensational, Sexy, Sober!

302

Incest Survivors

Men



317

Incest Survivors

Women



319

Open AA Meeting

309

Sixty Plus

Hip, Happy, Hot!

304

Step 10




Continued to take personal inventory...

307

11:30 AM - 12:30 PM

WORKSHOP NAME

ROOM

Anger Like it or not, here it is...		316
Artists in Recovery		315
Denial It's not a river in Egypt		303
Incest Survivors Men		317
Incest Survivors Women		319
Keeping Up and Moving Forward Step Ten		314
The Three P's People-pleasing, perfectionism and powerlessness		312








Al-Anon helps me to see things as they are. The people in my life aren't the way I sometimes think they should be. With Al-Anon's help I can love them for who they are, instead of who I think they should be.

Courage to Change (One Day at a Time in Al-Anon II), p. 347

SUNDAY

ALCOHOLICS ANONYMOUS

1:00 PM - 2:00 PM

WORKSHOP NAME		ROOM
Courage Walking through fear		301
Hepatitis in Recovery		302
Homophobia		304
Intimacy		313
Open AA Meeting		309
Overcoming Shame		310
People of Color Countdown meeting		303
Step 11 Sought through prayer and meditation...		307
S&M in Recovery Men		305
S&M in Recovery Women		306
Working Through Resentment	 	303

1:00 PM - 2:00 PM

WORKSHOP NAME

ROOM

Conscious Contact and Connection
Step Eleven

317

Healing From Shame and Self-Hatred

315

Intimacy



313

Serenity and Action
Hand in hand...

312

Working through Resentment



303

Y. A. H. O. O.

You Always Have Other Options

314

I don't have to take responsibility for other people's choices. They have their own Higher Power to help them to make their decisions.

Courage to Change (One Day at a Time in Al-Anon II), p. 351

SUNDAY

ALCOHOLICS ANONYMOUS

2:30 PM - 3:30 PM

WORKSHOP NAME

ROOM

Open AA Meeting

309

AA/AL-ANON MUSICAL

“... that *gay* crowd inside”

Sunday, July 2, 2:30 PM
Main Auditorium

H. A. L. T.

This tried and true slogan helps us to stay in touch with our feelings and needs. Sometimes the onset of anxiety or a sudden drop in mood can be traced to our having forgotten to eat so our blood sugar levels are off kilter. Sometimes we may be carrying a resentment, or feeling lonely, or we are just too tired. Taking a little time out from our busy day to ask ourselves if we are feeling too **Hungry, Angry, Lonely, or Tired**, gets us in touch with our feelings. When we know what we are feeling we can make choices and take the appropriate action to get our needs for food, companionship, or rest, met.

The Grapevine, February 1971

2:30 PM - 3:30 PM

WORKSHOP NAME	ROOM
Expectations Resentments waiting to happen...	313
Courage Not to Control or Criticize	312
Detachment Letting go with love...	315
Just As I Am Self-acceptance	314
Recovering from Abuse	316
Widening the Circle Step 12	317




I don't have to take responsibility for other people's choices. They have their own Higher Power to help them to make their decisions.

Courage to Change (One Day at a Time in Al-Anon II), p. 351

SUNDAY

ALCOHOLICS ANONYMOUS

4:00 PM - 5:00 PM

WORKSHOP NAME		ROOM
Freedom Becoming responsible for my life		301
Living the Serenity Prayer		302
Look... but Leap!		304
Mindfulness		305
Open AA Meeting		309
Socializing without Alcohol		306
Sponsorship		310
Step 12 A spiritual awakening...		307

4:00 PM - 5:00 PM

WORKSHOP NAME

ROOM

Al-Anon Closing Meeting

Polk Hall

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 self-ish 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.

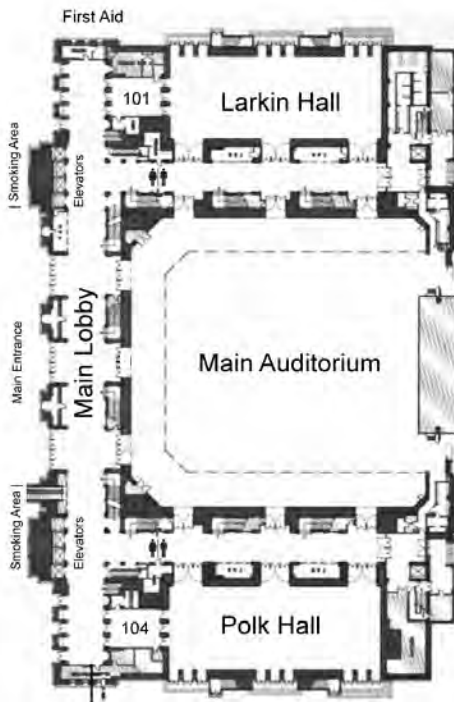
They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous, p. 83-84

GETTING AROUND

THE BILL GRAHAM CIVIC AUDITORIUM

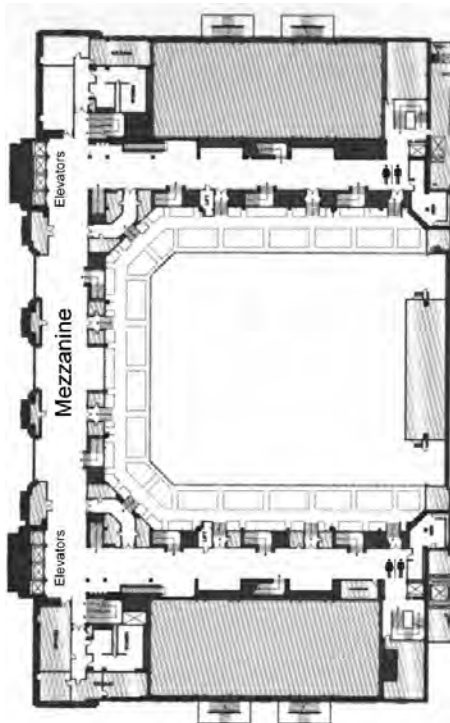
FLOOR 1



GETTING AROUND

THE BILL GRAHAM CIVIC AUDITORIUM

FLOOR 2

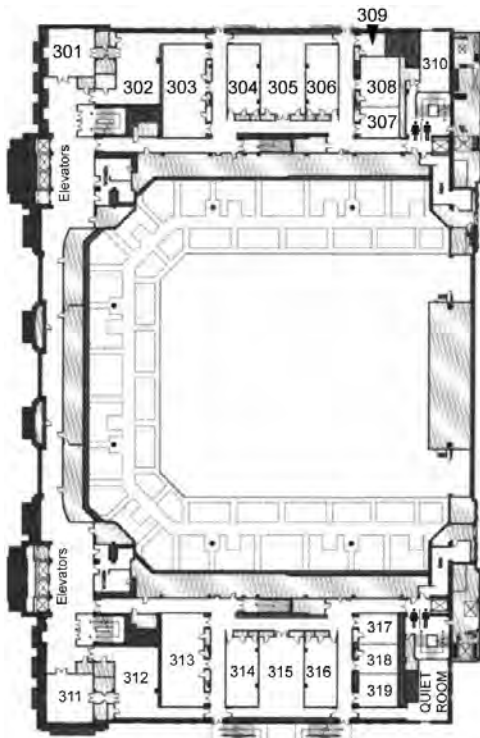


GETTING AROUND

THE BILL GRAHAM CIVIC AUDITORIUM

FLOOR 3

THE FOURTH FLOOR IS CLOSED DURING THE CONFERENCE.



WORKSHOP RESOURCES

LEADING A CONFERENCE WORKSHOP

If you would like to lead a workshop during the conference, please stop by the Program Desk in the Main Lobby (for AA workshops) or by the Al-Anon Hospitality Suite (for Al-Anon workshops). There are usually plenty of workshops from which to choose.

If you are leading a workshop during the conference, please read the following:

1. Thank You for your service! It is only through the efforts of volunteers like yourself that this conference is possible.
2. Please check in at the Program Desk in the lobby on the day of your workshop, so we know you are here.
3. Please arrive at your room at least five minutes early. If you do not have a co-chair, please ask someone in the audience to be your co-chair.
4. You may follow the included Suggested Workshop Format, or you may direct the group as the group conscience dictates. Use your best judgment.
5. Please try to resolve disruptions as soon as possible. Contact the Program Desk or any volunteer with a radio or headset if you need help. Should a neighboring group's noise interfere with yours, simply walk next door and ask them to check their noise.

SUGGESTED WORKSHOP FORMAT (AA)

Welcome to the workshop title workshop of Living Sober 2005. My name is your name and I am an alcoholic. Your co-chair will also introduce her or himself.

Before we start our workshop, please join me in a moment of silence followed by the Serenity Prayer.

Serenity Prayer

This is an open-discussion-style meeting. I and my co-chair will qualify and share for five minutes each, 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. If you need to share about other topics, there are many other workshops during the conference and there is usually an open-style meeting being held. Please consult your schedules for these meetings.

Please qualify and share on the workshop topic for about five minutes. Your co-chair will do the same.

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)

Hi. My name is your name. Let us open the workshop with a moment of silence followed by the Serenity Prayer.

Serenity Prayer

Please make the following announcements:

- Please make the front row of chairs available, if necessary, for the deaf, hard of hearing, and others who may have special needs.
- Be sure all seats are filled before sitting on the floor or standing. Please do not block aisles or exits. The fire marshal may require those persons not seated in chairs to leave the room.
- 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.
- Finally, if you have a comment or suggestion about the conference, there is a suggestion box in the Al-Anon Hospitality Room on the main floor.

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.*

THE SERENITY PRAYER

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.

- Dr. Rheinhold Niebuhr

THIRD STEP 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.

- *The Big Book of Alcoholics Anonymous, page 63*

SEVENTH STEP PRAYER

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

- *The Big Book of Alcoholics Anonymous, page 76*

THE UNITY PRAYER

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours. And as we join hands, we find love and understanding, beyond our wildest dreams.

- c.1990, *I Put My Hand In Yours, Overeaters Anonymous*

THE TWELVE STEPS

1. We admitted that 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 the 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 TRADITIONS (AA)

1. Our common welfare should come first; personal recovery depends upon AA 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 AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An AA 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 AA 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. AA, 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 AA 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.

THE TWELVE TRADITIONS (AL-ANON)

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one 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 relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Al-Anon Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth-Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our 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, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

PUBLIC RELATIONS POLICY

In accordance with our Eleventh Tradition of personal anonymity at the public level, we request that no photographs be taken of any members and that no names of any attendees be published in any written accounts of our conference activities. Thank you for respecting our traditions.

POLICY OF MUTUAL RESPECT

Living Sober is committed to creating and maintaining a community in which gay men, lesbians, bisexuals, and transgendered persons can work together in an atmosphere free from all forms of harassment, exploitation, or intimidation. Living Sober believes that the dignity of the individual and mutual respect are inherent parts of membership.

PERFUMES, COLOGNES AND OTHER SCENTS

In consideration of others, please refrain from or minimize the use of scents while attending the conference. The “quiet” room and workshops marked with this symbol below are completely scent-free.



LIVING SOBER 2006

“... that **gay** crowd inside”

excerpt from Alcoholics Anonymous (page 160)

Elections for **Living Sober 2007** will be held
Sunday, August 27 at 5:00 PM

Trinity Episcopal Church
1668 Bush St. (corner of Bush and Gough)
San Francisco, CA

Living Sober Western Roundup 2006

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

For more information, please visit

<http://www.livingsober.org>

Living Sober / Western Roundup
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