

CONFERENCE POCKET GUIDE

JULY 4–6, 2008



“Desire to belong...”

57th Annual Meeting of the General Service Conference of A.A.

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

THANK YOU FOR YOUR SERVICE!

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Dino S.	Kenny V. SPEAKER
Eric B. INFORMATION	Lisa W.
Vicki L.	

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A.A. Welcome

Welcome to the Western Roundup Living Sober 2008. My name is Florante S., and I am privileged to be Chair for Year 2008. The theme "Desire to belong..." underscores the spirit of Tradition Three as related in the book, "The

Twelve Steps & Twelve Traditions," describing when a man who in identifying as a "sexual deviate" approached A.A. because he knew there was relief from a drinking problem. The life-altering decision to "include all" by group conscience opened A.A. to everyone regardless of issue.

Back in 1976 a group of pioneering alcoholic individuals in the gay recovery community courageously formed a movement that would become a first-of-its-kind conference for gay, lesbian, bisexual, transgendered and questioning folk who they knew would annually converge in a comfortable environment to feel "a part of." Each year a passionate group of men and women gather monthly to carry that movement forward. Their exceptional devotion to the cause is unparalleled.

We extend our wholehearted thanks to the advisory board; the steering committee, the co-chairs; the general planning committee members and volunteers for the extraordinary commitment they have invested into making this year's conference possible. As Chair I heartily welcome and invite all attendees to celebrate the vision of this remarkable planning group and to participate in their work of art, inspired by a Power Greater than Ourselves.

With Love and Service,
Florante S.
Chair, Western Roundup Living Sober 2008

Al-Anon Welcome

Welcome to Living Sober 2008! This being a year of exciting *change!* We hope you'll find at this conference, the help and friendship we have been privileged to enjoy. We all come to Al-Anon because we have been affected by the disease of alcoholism. Anyone who has been affected by someone else's drinking is welcome in Al-Anon. Through the study of the 12 Steps, we learn new ways to handle our own lives. We discover that we are responsible for our own happiness, that we can't control other people.

The new venue has expanded our workshop offerings. If you need to finally finish off your 4th Step; check out our 4th Step journaling workshops; staffed by experienced Al-Anon members. Those of you wanting to give back by doing service, please ask how. Enjoy the workshops, speakers, attend the musical, visit the Art Gallery or make yourself at home in the Hospitality Room. We have looked forward to seeing you all year.

Finally, thanks so much to the great A.A.'s on the Steering Committee and the Planning Committees; to the fun-loving Al-Anon Committee, all the many volunteers, and of course: Ray D., for passing this year's baton to me ... Without your thoughtful service, none of this would have happened. Your efforts are deeply appreciated, and it has been fabulous working with all of you.

With Love and Laughter,
Calary B.
Al-Anon Chair, Western Roundup Living Sober 2008

A.A./AL-ANON MUSICAL

Sober Living!

TWO PERFORMANCES

* Friday, July 4th

@ 9:00 PM

IN THE PLAZA BALLROOM

* Sunday, July 6th

@ 1:30 PM

IN THE PLAZA BALLROOM

RAFFLE

Stop by the Fundraising Desk on Ballroom Level and get your red-hot raffle tickets at the for a chance to win great prizes! **The drawing will be held at the Raffle and Coffee Bar event on the 36th floor on Sunday night at 7:00 PM.**



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 on the **Theatre Level** 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 Grand Hyatt. Please smoke outside, at least 50 feet away from building entrances.

In consideration of others, please refrain from or minimize the use of scents while attending the conference.

Workshops marked with the symbol shown are absolutely scent-free.



INFORMATION DESK

Stop by the Information Desk on the **Theatre Level** to inquire about volunteer work, ask about workshops or meetings, or just to say hello!

PROGRAM / CONFERENCE SERVICES

If you need additional help at the conference, stop by the Conference Services desk, located on the **Theatre Level**. We offer:

- Wheelchairs
- Large Print Programs
- Phonic Ear FM Listening Devices
- Professional ASL Interpreters

AL-ANON HOSPITALITY SUITE

Visit the Al-Anon Hospitality Suite throughout the conference. Located on the **Grand Terrace**.

MEMORIAL WALL

You can create a memorial to honor our sober brothers and sisters who have passed away at the Memorial Boards located on the **Ballroom Level**.

ARCHIVES GALLERY

View our Annual Archives Exhibit, located in **Dolores Hall**, celebrating 33 years of Living Sober.

ARTISTS IN RECOVERY

Visit the Artists in Recovery Gallery, located on the Ballroom Level outside **Dolores Hall**, the gallery is open:

Friday, July 4	9:00 AM – 5:00 PM
Saturday, July 5	9:00 AM – 5:00 PM
Sunday, July 6	9:00 AM – 5:00 PM

ARTISTS' STUDIO

You can create your own work of art in the Artists' Studio. Decorate a God Box, draw a picture, make a collage, or color a butterfly and place it on the Living Sober Tree. Do something creative to honor the Higher Power of your understanding!

The Artists' Studio is located in **Dolores Hall** and is open during the same hours as the Gallery (see above).

PERFORMANCE ART

Sing a song! Read poetry! Perform a dance! You have 3–5 minutes to simply express yourself! Microphone available. **Saturday, July 5th @ 10:30 AM in the Conference Theatre, Theatre Level.**

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 is located on the **Terrace Level**.

See Daily Schedules
for Workshop Sessions

FRIDAY, JULY 4

8:30 AM	Onsite Registration Begins	Theatre Level
10:30 AM	WORKSHOPS BEGIN	
4:30 PM	AL-Anon Opening Meeting James B., San Francisco, CA	Plaza West
5:30 PM	DINNER BREAK	
6:30 PM	A.A. Opening Meeting Dolores T. WRLS 2007 Chair Norma S., Oakland, CA	Plaza Ballroom
9:00 PM	Western Roundup Living Sober 2008 Musical	Plaza Ballroom
11:00 PM	END OF DAY	

SATURDAY, JULY 5

7:00 AM	Meditation In Recovery: Sitting/Walking the 12 Steps	36 th Floor
8:30 AM	Onsite Registration Begins	Theatre Level
9:00 AM	WORKSHOPS BEGIN	
10:30 AM	Performance Art	Conf. Theatre
1:30 PM	Men's/Women's/All Gender's Meetings <i>for speakers, see page 24</i>	Plaza Ballroom
3:00 PM	AL-Anon Chip Meeting Catherine D., Albuquerque, NM	Plaza West
	People of Color Countdown Meeting	Plaza East
5:30 PM	DINNER BREAK	

SATURDAY (CONT.)

6:30 PM	A.A. / Al-Anon Joint Meeting Bill H., Al-Anon, San Diego, CA Gabor H., A.A., Los Angeles, CA	Plaza Ballroom
9:00 PM	Karaoke Social	36 th Floor
9:00 PM	A.A. / Al-Anon Dance	Plaza Ballroom
11:00 PM	END OF DAY	

SUNDAY, JULY 6

7:00 AM	Yoga in Recovery — The 12 Steps	Sausalito
8:30 AM	Onsite Registration Begins	Theatre Level
9:00 AM	WORKSHOPS BEGIN	
1:30 PM	Western Roundup Living Sober 2008 Musical	Plaza Ballroom
3:00 PM	AL-Anon Closing Meeting Maureen M., San Francisco, CA	Plaza Ballroom
4:30 PM	A.A. Closing Meeting Billie B., San Francisco, CA Steve A., San Jose, CA	Plaza Ballroom
6:30 PM	2009 Steering Committee Elections	36 th Floor
7:00 PM	Raffle & Coffee Bar	36 th Floor
8:00 PM	END 2008 WESTERN ROUNDUP LIVING SOBER	

SCHEDULE
OVERVIEW

SCHEDULE
OVERVIEW

The following pages outline the daily workshop schedules for both A.A. and Al-Anon. Please consult the Message Board on the Terrace Level for any changes.

WORKSHOP SCHEDULE KEY



Suggested for Newcomers/Beginners



Co-Hosted by A.A. & Al-Anon



All Gender's Meeting



All Men's Meeting



All Women's Meeting



Non-scented Environment
No perfumes or colognes allowed in these workshops

FRIDAY

A.A.

9:00 AM – 10:00 AM

WORKSHOP NAME

ROOM

Open A.A. Meeting HOSTED BY: Live and Let Live [SD]
Sunday, 8 PM, Cathedral Hill

Belvedere

10:30 AM – 11:30 AM

Oldtimer, Been to a Meeting Lately

Conf. Thtr.

Step 1: Powerlessness & Unmanageability



SF A

Acceptance is the Answer

SF B

Looking for Love in All the Wrong Places

SF C

Working Through Resentment



Farallon

Early Sobriety: Pink Clouds & Thunderstorms



Plaza East

Open A.A. Meeting HOSTED BY: As You Like It [SD]
Tuesday, 5:30 PM, Hayes Valley

Belvedere

Tradition 1: Our Common Welfare

Sausalito

AL-ANON

Coming Out of Isolation: Doing Service

San Miguel

Non LGBT's at Living Sober



Potrero




The Three P's: People-Pleasing, Perfectionism, Procrastination

Butron



FRIDAY

A.A.

12:00 PM – 1:00 PM

WORKSHOP NAME	ROOM
Life Threatening Illness	Conf. Thtr.
Step 2: Came to Believe 	SF A
Emotional Sobriety	SF B
One Bed, Two Programs 	SF C
Living with Disabilities 	Farallon
Open A.A. Meeting <small>HOSTED BY: Fireside Chat Group [SD] Tuesday, 8 PM, Castro</small>	Belvedere
Tradition 2: Group Conscience	Sausalito

AL-ANON

A.A.'s in Al-Anon	San Miguel
People of Color in Al-Anon	Potrero
Detachment: Letting go with Love	Butron
One Bed, Two Programs 	SF C
Living with Disabilities 	Farallon
Al-Anon's 20 Questions	Plaza East

FRIDAY

A.A.

1:30 PM – 2:30 PM

WORKSHOP NAME	ROOM
Anti-Depressants & Other Medications in Sobriety	Conf. Thtr.
Step 3: Surrender & Trust 	SF A
Restraint of Pen & Tongue	SF B
Sex, Love & Labels	SF C
Working in the Recovery Field	Farallon
Open A.A. Meeting <small>HOSTED BY: Castro Discussion [SD] Sunday, 8 PM, Castro</small>	Belvedere
Tradition 3: Desire to Stop Drinking	Sausalito

AL-ANON

When Your Kids Are Your Qualifiers	San Miguel
Advocating in a Medical Setting	Potrero
Learning to Have Fun in Al-Anon	Butron

FRIDAY

A.A.

3:00 PM – 4:00 PM



WORKSHOP NAME	ROOM
Step 4 Hands on: Emotional Inventory	Conf. Thtr.
Forty Plus: Fabulous, Flirty, Free	San Miguel
Fifty Plus: Sensational, Sexy, Sober	Potrero
Couplehood with a Sober Trans Person 	Butron
Step 4: Searching & Fearless Moral Inventory	SF A
Sixty Plus: Hip, Happy, Hot	SF B
Practicing These Principles in the Workplace 	Farallon
Open A.A. Meeting <small>HOSTED BY: No Host / Forum Open</small>	Belvedere
Tradition 4: Group Autonomy	Sausalito
AL-ANON	
Working Step 4: Journaling Workshop	SF C
Couplehood with a Sober Trans Person 	Butron

SCHEDULE

FRIDAY





A.A.









4:30 PM – 5:30 PM





WORKSHOP NAME	ROOM
Depression	Conf. Thtr.
Jews in Recovery	San Miguel
One Day at a Time	Potrero
Taking Responsibility for My Life	Butron
Steps 1–3: Trust God 	SF A
Self-Will versus God's Will	SF B
Welcome Back: Going Out After Longterm Sobriety	SF C
Sober Leather Sex 	Farallon
Open A.A. Meeting <small>HOSTED BY: Living Sober with HIV [SD] Wednesday, 6:00 PM, Castro</small> 	Belvedere
Three Legacies: Recovery, Unity & Service	Sausalito
AL-ANON	
Al-Anon Opening Meeting James B., San Francisco, CA	Plaza East

SCHEDULE

SATURDAY		A.A.
7:00 AM – 8:30 AM		
WORKSHOP NAME	ROOM	
Meditation in Recovery: Sitting/Walking the 12 Steps	36th FL	
9:00 AM – 10:00 AM		
Living Sober Turns 33	Conf. Thtr.	
If It's Not One Thing It's Your Mother 	San Miguel	
I'm Only as Sick as my Secrets	Potrero	
We All Belong: Becoming Sensitive to Transfolks	Butron	
Don't Quit Before the Miracle Happens 	SF A	
Surviving Incest: Women  	SF B	
Menopause in Recovery	SF C	
Setting Boundaries & Limits 	Farallon	
HIV: Tools for Sobriety 	Plaza East	
Open A.A. Meeting (Spanish) <small>HOSTED BY: No Host / Forum Open</small>	Belvedere	
Tradition 5: Primary Purpose	Sausalito	

SATURDAY		AL-ANON
9:00 AM – 10:00 AM		
WORKSHOP NAME	ROOM	
If It's Not One Thing It's Your Mother 	San Miguel	
Steps 1, 2, & 3: It's Not Just a Dance	Plaza West	
Surviving Incest: Women  	SF B	
Setting Boundaries & Limits 	Farallon	
<p>Serenity is not about the end of pain. It's about my ability to flourish peacefully no matter what life brings my way.</p> <p style="text-align: right;"><i>Hope for Today</i>, p. 141</p>		
<p>Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our <i>twelfth suggestion</i>: Carry this message to other alcoholics! You can help when no one else can.</p> <p style="text-align: right;"><i>Alcoholics Anonymous</i>, 4th ed., p. 89</p>		
<p>from <i>Daily Reflections</i></p> <p>The principles we have set down are guides to progress.</p> <p style="text-align: right;"><i>Alcoholics Anonymous</i>, 4th ed., p. 60</p>		

SATURDAY		A.A.
10:30 AM – 11:30 AM		
WORKSHOP NAME		ROOM
Performance Art		Conf. Thtr.
Lonely: Fending off Loneliness		Potrero
Surviving Incest: Men	 	Butron
Step 5: Admitted Our Wrongs		SF A
Long-Term Relationships: It's Not Always About Getting What You Want		SF B
Parenting in Recovery		SF C
Casual Sex in Sobriety: All Genders	 	Farallon
Casual Sex in Sobriety: Men		Plaza East
Casual Sex in Sobriety: Women		Plaza West
Open A.A. Meeting	HOSTED BY: Gay Beginners Living Sober [ST] Friday, 7:00 PM, Cathedral Hill	Belvedere
Tradition 6: Money, Property & Prestige		Sausalito








SATURDAY		AL-ANON
10:30 AM – 11:30 AM		
WORKSHOP NAME		ROOM
When Anger Fades, Forgiveness is Possible		San Miguel
Live & Let Live		Potrero
Surviving Incest: Men	 	Butron
Parenting in Recovery		SF C
<p>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.</p> <p style="text-align: right;">Courage to Change (One Day at a Time in Al-Anon II), p. 347</p>		
<p>The Key to Health and Happiness</p> <p>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.</p> <p>With it, you can avert misery and death for them.</p> <p style="text-align: right;"><i>Alcoholics Anonymous</i>, p. 124</p>		

SATURDAY		A.A.
12:00 PM – 1:00 PM		
WORKSHOP NAME		ROOM
Health Professionals in Recovery		Conf. Thtr.
Surviving Incest: All Genders	 	Butron
Step 6: Entirely Ready		SF A
We Are Not a Glum Lot		SF B
Two Spirits in Recovery		SF C
Intimacy: In to ME u C		Farallon
People of Color: Men	 	Plaza East
People of Color: Women	 	Plaza West
Open A.A. Meeting	HOSTED BY: Fireside Chat Group [BK] Thursday, 8:00 PM, Hayes Valley	Belvedere
Tradition 7: Self-supporting		Sausalito

Rule #62

“Don’t take yourself too damn seriously.”

Twelve Steps and Twelve Traditions, p. 149

SATURDAY		AL-ANON
12:00 PM – 1:00 PM		
WORKSHOP NAME		ROOM
Getting What You Want in Bed as a Woman	 	San Miguel
Getting What You Want in Bed as a Man	 	Potrero
Surviving Incest: All Genders	 	Butron
Intimacy: In to ME u C		Farallon

Acronyms

F.I.N.E. [I’m] Frustrated, Insecure, Neurotic, Emotional

F.E.A.R. Face Everything And Recover

N.U.T.S. Not Using The Steps

E.G.O. Edging God Out

D.E.N.I.A.L. Don’t Even Notice I Am Lying.

H.A.L.T. [Don’t get too] Hungry, Angry, Lonely, Tired.

H.O.P.E. Happy Our Program Exists

H.O.W. Honesty, Open-mindedness, Willingness

S.P.O.N.S.O.R. Sober Person Offering Newcomers Suggestions On Recovery

G.O.D. Good Orderly Direction





B.I.G. B.O.O.K. Believing In God Beats Our Old Knowledge



S.L.I.P. Sobriety Losing Its Priority

A.C.T.I.O.N. Any Change To Improve Our Nature

P.R.O.G.R.A.M. People Relying On God Relaying A Message

S.T.E.P.S. Solutions To Every Problem Sober

SATURDAY		A.A.
1:30 PM – 2:30 PM		
WORKSHOP NAME		ROOM
This is Alcoholics Anonymous: The Pamphlet		Conf. Thtr.
Double Winners		Butron
Step 7: Humbly Asked		SF A
Obsession: People Living in Your Head Rent Free		SF B
Anxiety		SF C
All Gender's A.A. Meeting Tee S., Alameda, CA Viva D., Richmond, CA Brian S., Sunnyvale, CA	 	Farallon
Men's A.A. Meeting James B., San Francisco, CA Sidney S., San Francisco, CA Wade H., San Francisco, CA	 	Plaza East
Women's A.A. Meeting Susie H., Berekley, CA Charina R., Palo Alto, CA Melissa F., Oakland, CA	 	Plaza West
Open A.A. Meeting <small>HOSTED BY:</small> No Host / Forum Open		Belvedere
Tradition 8: Special Workers		Sausalito

SATURDAY		AL-ANON
1:30 PM – 2:30 PM		
WORKSHOP NAME		ROOM
Tools for Working Through Conflict		San Miguel
Sponsorship in Al-Anon		Potrero
Double Winners		Butron
Obsession: People Living in Your Head Rent Free		SF B

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

We, in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given to us or, if you prefer, “a design for living” that really works.

Alcoholics Anonymous, 4th ed., p. 29

Grand Hyatt Map



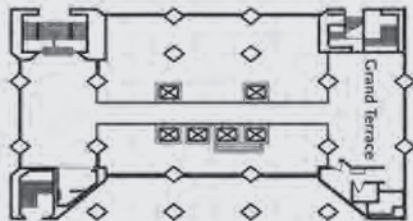
Theatre Level



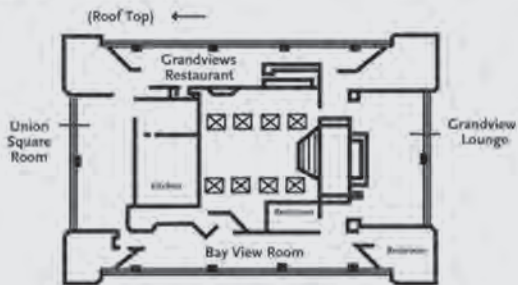
Ballroom Level



Second Floor



Terrace/Mezzanine Level

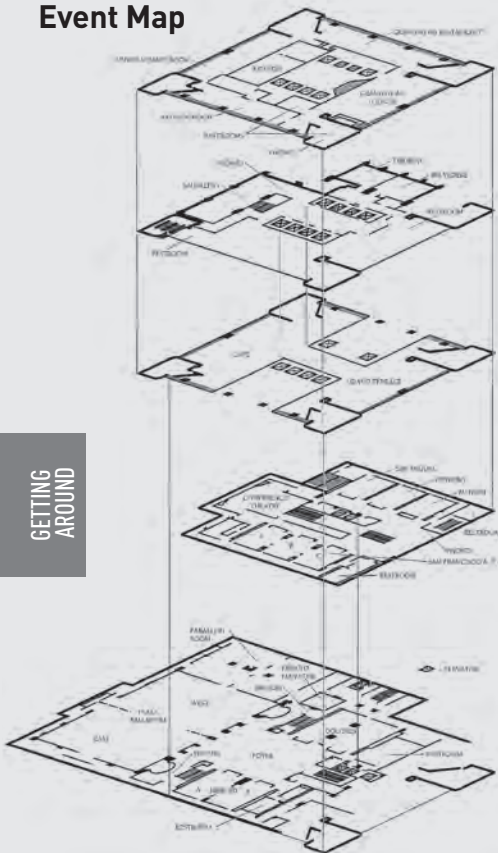


36th Floor

GETTING
AROUND

GETTING
AROUND

Event Map



36th Floor
 Karaoke Social
 Raffle & Coffee Bar
 Steering Committee Elections
 Meditation in Recovery

2nd Floor
 A.A. / Al-Anon Workshops
 Open A.A. Meetings
 Yoga in Recovery

Mezzanine Level
 Al-Anon Hospitality
 Coffee Bar

Theatre Level
 A.A. / Al-Anon Workshops
 A.A. / Al-Anon Literature
 A.A. Central Office / GSR
 A.A. Central Office / IFB
 History of Gays in A.A. Book sell
 Information Committee
 Performance Art
 Program Committee
 Registration Committee
 Speaker Committee

Ballroom Level
 A.A. / Al-Anon Workshops
 All Gender's Meeting
 Archives Committee
 Art Committee
 Commemoratives Committee
 Fundraising Committee
 Men's Meeting
 Musical Operations
 People of Color Countdown
 Women's Meeting

GETTING
 AROUND

SATURDAY

A.A.

3:00 PM – 4:00 PM

WORKSHOP NAME	ROOM
Step 4 Hands on: Sexual Inventory	Conf. Thtr.
Working in Slippery Places	Potrero
Death, Dying & Grief	San Miguel
Living the Serenity Prayer	Butron
Step 8: Became Willing to Make Amends	SF A
Urban Legends & Myths of A.A.	SF B
Young People in A.A.	SF C
People of Color: A.A. Countdown	Plaza East
Open A.A. Meeting <small>HOSTED BY: Goodlands [SR] Sunday, 2:00 PM, Castro</small>	Belvedere
Twelve Concepts of World Service	Sausalito
AL-ANON	
Al-Anon Chip Meeting Catherine D., Albuquerque, NM	Plaza West







SCHEDULE

SATURDAY

A.A.

4:30 PM – 5:30 PM

WORKSHOP NAME	ROOM
Gender & Sex Transitions in Sobriety	Conf. Thtr.
Step 9: Made Direct Amends	SF A
Denial: It's not a River in Egypt  	SF B
Think, Think, Think 	SF C
Healthy Communication: Saying What You Mean 	Farallon
Open A.A. Meeting <small>HOSTED BY: High Sobriety [SD] Monday, 8:00 PM, Cathedral Hill</small>	Belvedere
Sponsors for Oldtimers	Sausalito

AL-ANON

Working Step 4: Journaling Workshop	San Miguel
A.A.'s in Al-Anon: Qualifying Yourself	Potrero
Working Your Program in Relationships	Butron
Denial: It's not a River in Egypt  	SF B
Think, Think, Think 	SF C
Healthy Communication: Saying What You Mean 	Farallon



SUNDAY

A.A.

7:00 AM – 8:30 AM



WORKSHOP NAME	ROOM
Yoga & Recovery: The 12 Steps	Sausalito




9:00 AM – 10:00 AM

Avoiding Complacency in Long-Term Sobriety	Conf. Thtr.
Live & Let Live 	Potrero
Step 4-9: Clean House	SF A
First Things First	SF B
Atheist / Agnostic	SF C
Me, Myself, & I	Farallon
Spirituality in Recovery: A Power Greater Than Myself 	Plaza West
Open A.A. Meeting <small>HOSTED BY: Fell Street [SD] Friday, 8:30 PM, Civic Center</small>	Belvedere
Tradition 9: Service Boards or Committees	Sausalito



AL-ANON

Spirituality in Recovery: Working Step 11	San Miguel
Steps 8 & 9: How Do I Do It?	Butron

SUNDAY		A.A.
10:30 AM – 11:30 AM		
WORKSHOP NAME		ROOM
Western Roundup Living Sober 2008 Gratitude Meeting		Conf. Thtr.
Hungry: Nutritional Healing 		Potrero
Step 10: Daily Personal Inventory		SF A
But for the Grace of God		SF B
Buddhist Practices: Incorporating the 8-Fold Path into the 12 Steps		SF C
Native American Spirituality		Plaza East
Living Sober Post Gender & Sex Transition		Farallon
Open A.A. Meeting <small>HOSTED BY: Early Start [SD] Friday, 6:00 PM, Castro</small>		Belvedere
Tradition 10: Public Controversy		Sausalito
AL-ANON		
Working Through Resentment 		Plaza West
Al-Anon Slogans		San Miguel
Step 10: Cleaning it Up Everyday		Butron

SUNDAY		A.A.
12:00 PM – 1:00 PM		
WORKSHOP NAME		ROOM
Never Quite Right: Building Self-Esteem from Within		Conf. Thtr.
Bisexuals in Recovery 		San Miguel
Angry: Expressing Feelings Appropriately 		Potrero
Step 11: Sought Through Prayer & Meditation		SF A
After the Promises		SF B
Open A.A. Meeting <small>HOSTED BY: Fireside Chat Group [DI] Saturday, 9:00 PM, Castro</small>		Belvedere
Tradition 11: Personal Anonymity		Sausalito
AL-ANON		
When Your Program Hits the Road: Al-Anon in the Car		Farallon
Practicing Al-Anon at Work		Butron
Working Step 4: Journaling Workshop		SF C
Bisexuals in Recovery 		San Miguel

SUNDAY		A.A.
1:30 PM – 2:30 PM		
WORKSHOP NAME	ROOM	
Western Roundup Living Sober 2008 Advisory Board Meeting	Conf. Thtr.	
Tired: Too Busy to Be 	Potrero	
Step 12: Carry the Message & Practice these Principles	SF A	
Easy Does It	SF B	
Pagans, Faeries & Other Free Spirits in Recovery	SF C	
Questions & Answers on Sponsorship	Farallon	
MUSICAL	Plaza Ballroom	
Open A.A. Meeting <small>HOSTED BY: No Host / Forum Open</small>	Belvedere	
Tradition 12: Principles Before Personalities	Sausalito	
AL-ANON		
Al-Anon & Your Pets: Knowing When to Say When	San Miguel	
Four M's: Martyrdom, Managing, Manipulation & Mothering	Butron	

SUNDAY		A.A.
3:00 PM – 4:00 PM		
WORKSHOP NAME	ROOM	
Step 4 Hands-on: Financial Inventory	Conf. Thtr.	
Sponsor: Work Your Own Program	San Miguel	
Quitting Smoking in Recovery	Potrero	
Following Your Bliss: Incorporating Your Whole Self Into Your Sobriety 	Butron	
Steps 10-12: Help Others	SF A	
H.O.W. - Honesty, Openmindedness & Willingness 	SF B	
Attitude of Gratitude	SF C	
Courage: Walking Through Fear	Farallon	
Open A.A. Meeting <small>HOSTED BY: Fell Street [SD] Thursday, 8:30 PM, Civic Center</small>	Belvedere	
Sober Friends: Community & Fellowship in Recovery	Sausalito	
AL-ANON		
Al-Anon Closing Meeting	Plaza Ballroom	

Leading a Conference Workshop

If you would like to lead a workshop during the conference, please stop by the Program Desk on the Theatre Level (for A.A. workshops) or by the Al-Anon Hospitality Area on the Grand Terrace (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 on the Theatre Level 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.

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. Reinhold 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.

- *Alcoholics Anonymous*, page 6

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.

- *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

Suggested Workshop Format [A.A.]

Welcome to the WORKSHOP TITLE workshop of Living Sober 2008. My name is YOUR NAME and I am an alcoholic.

Your co-chair will also introduce themselves.

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 A.A. 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 sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous, p. 83-84

The Al-Anon Promises (An Excerpt)

If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder.

We will love others without losing ourselves, and will learn to accept love in return.

Courage and fellowship will replace fear.

We will be able to risk failure to develop new hidden talents.

We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them.

Our secrets will no longer bind us in shame.

We will laugh more.

Community rather than loneliness will define our lives. We will know that we belong, we are welcome, we have something to contribute — and that this is enough.

The spiritual life is not a theory. *We have to live it.*

Alcoholics Anonymous, 4th ed., p. 83

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.

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

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 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 A.A.'s Three Legacies: Recovery, Unity, and Service.

As Bill Sees It, p. 307

The Twelve Traditions ^[A.A.]

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.

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

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. 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 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.

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

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 A.A. 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 A.A. 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 A.A. members.
12. Anonymity is the spiritual foundation of

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

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.

IN MEMORIAM

In honor of A.A. and Al-Anon members who have been of service to Western Roundup/Living Sober and have died this past year:

Ken B.

MISC.

2008 COMMEMORATIVES

WRLS 2008 Schwag!!!



Commemorative items are on display and available for sale on the **Ballroom Level in front of Merced Hall.**

Stop by to browse the selection and take home some memories.



ELECTIONS FOR THE 2009 WESTERN ROUNDUP LIVING SOBER STEERING COMMITTEE WILL BE HELD ON **SUNDAY, JULY 6TH AT 6:30 PM ON THE 36TH FLOOR.**

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 2008.

No one will be turned away for lack of funds.

Western Roundup Living Sober 2008

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

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

Living Sober / Western Roundup
P O Box 420974
San Francisco, CA 94142
(415) 978-2478

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