

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions? (Twelve and Twelve, Pg. 88)

Smoking & Vaping in permitted areas only. The Roundup Committee is not responsible for the loss, damage, or theft of any personal items.

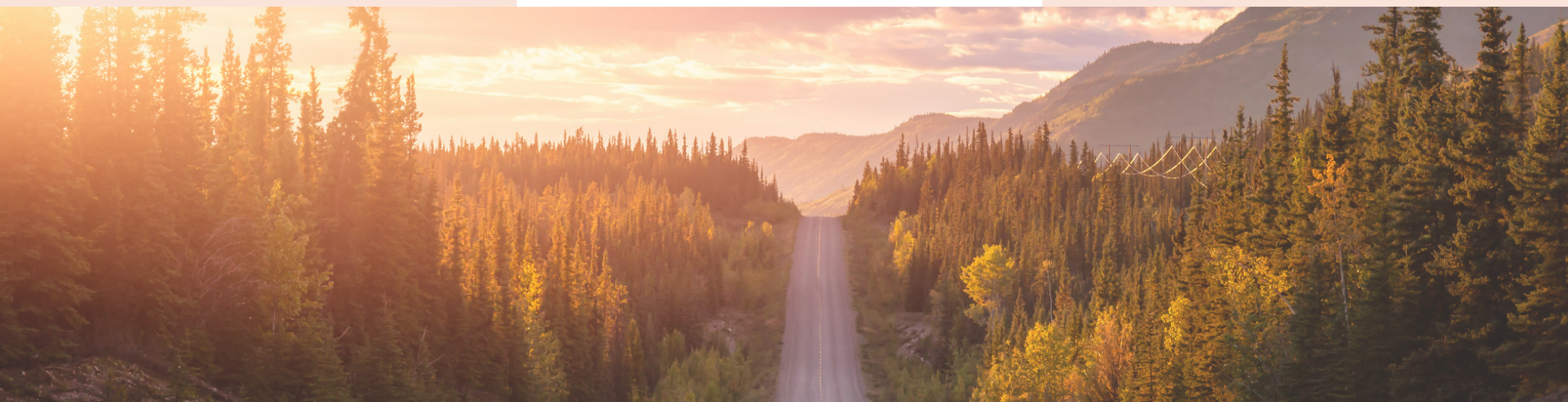
54th Annual Salmon Arm Roundup

Step 10

Spiritual Maintenance

March 22, 23 2024

Speakers:
Lawrence M. (Calgary),
Austin M. (Calgary),
Cassidy P. (Kelowna),
Brenda W. (Al Anon)



Step 10

We continued to take personal inventory and when we were wrong promptly admitted it.

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

(Big Book, Pg. 84)

Friday Schedule

3:00pm Set Up
5:00pm Registration Opens
6:00pm Welcome (Wendy)
6:15 – 7:30 Young Person's Panel
6:45 – 7:45 Al-Anon meeting (Chapel)
8:00 – 9:00 AA Speaker – Cassidy P. - Kelowna
9:00 – 11:00 Karaoke & Games
9:00 – 10:00 Night Owl meeting (Chapel)



**A special thank you to the
Committee Members, Volunteers
and Speakers!**

Saturday Schedule

8:00am Registration opens
8:00–10:00
Breakfast & Fellowship
9:00-10:00 Joint meeting with AA & Al-Anon (Chapel)
10:15-11:30 Long Timer's Panel
10:15-11:15 Al-Anon meeting (Chapel)
11:30-12:30 Lunch Break (Concession Available)
12:30-1:45 Spiritual Maintenance Workshop
2:00-3:00 AA Call-up meeting (Chapel)
2:00-3:00 Al-Anon Speaker - Brenda W. - Washington
3:15-4:15 Al-Anon meeting (Chapel)
3:15-4:15 AA Speaker Austin M. - Calgary

Gym doors close at 4:30 for Banquet Set up

5:00 Doors open for Banquet
5:30 Supper Blessing
5:30-6:30 Banquet
6:30-7:15 Countdown & Raffle
7:30-8:30 AA Speaker – Lawrence M. - Calgary
8:30-11:00 DJ & Dance
9:00-10:00 Night Owl meeting (Chapel)