

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life.

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



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# 55th Annual Salmon Arm Roundup

## *Step 11*

## *Conscious Contact*

March 21, 22 2025

AA Speakers: Glen N. (Victoria),  
Lisa S. (Victoria),  
Kirk C. (Victoria)  
Al Anon Speaker: Bill D. (Powell  
River)



## Step 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.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for awhile.

The Big Book of Alcoholics  
Anonymous  
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## Friday Schedule

3:00pm Set Up  
5:00pm Registration Opens  
6:00pm Welcome (Cameron)  
6:15 – 7:30 Young Person's Panel  
6:45 – 7:45 Al-Anon meeting (Chapel)  
8:00 – 9:00 AA Speaker – Kirk C. - Victoria  
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 Step 11 Workshop (Phyllis)  
2:00-2:30 World Convention Presentation (Chapel)  
2:00-3:00 Al-Anon Speaker - Bill D. - Powell River  
3:15-4:15 Al-Anon meeting (Chapel)  
3:15-4:15 AA Speaker Lisa S. - Victoria  
  
\*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 – Glen N. - Victoria  
8:30-10:00 DJ & Dance  
9:00-10:00 Night Owl meeting (Chapel)