



43rd Annual District 5 Al-Anon/Alateen Winter Round Up (On Zoom)

**Deepening Our Recovery Through Al-Anon and Alateen:
Moving Forward with Unity, Courage, and Perseverance**

Saturday, January 30, 2021

8:00 AM – 3:00 PM EST

Zoom Registration (either before or on day of event):

ID: 882 3481 9000

Link: <https://us02web.zoom.us/meeting/register/tZwvdO2grzIqGtS0R6B2ai3wLcGYQjKz4z1O>

COST: Registration is free. Love gifts are gratefully accepted via:

Venmo: @Donation-District

Check: make payable to District 5 AFG

and mail to:

District 5 Al-Anon

Attn: Winter Roundup

2810 Providence Rd

Suite A4

Charlotte, NC 28211

Pre-register now!!!



43rd Annual District 5 Winter Round Up - Schedule of Events



Time	Topic	Zoom ID	Zoom Link
8:00 – 8:45	Event Day Registration	882 3481 9000	https://us02web.zoom.us/join/88234819000
8:45 – 9:00	Welcome	TBD	TBD
9:00 – 9:50	Acceptance/ Powerlessness/ Step 1	“	“
9:00 – 9:50	Separating Facts from Feelings	“	“
9:00 – 9:50	Grieving our Losses	“	“
9:00 – 9:50	The Price of Resentment	“	“
9:00 – 9:50	Trusting My Higher Power – Steps 2 & 3	“	“
9:00 – 9:50	Fear of Change	“	“
9:00 – 9:50	Alateen Meeting	Closed	Closed
10:00 – 10:50	Honesty with Self	TBD	TBD
10:00 – 10:50	Courage/ Perseverance	“	“
10:00 – 10:50	Detachment	“	“
10:00 – 10:50	Forgiveness	“	“
10:00 – 10:50	Freedom from Obsession	“	“
10:00 – 10:50	Personal Responsibility/ Interdependence – Concepts 1 & 2	“	“
10:00 – 10:50	Alateen Meeting	Closed	Closed
11:00 – 11:50	Alateen Speakers	TBD	TBD
noon – 12:50	Lunch	“	“
1:00 – 1:50	Compassion for Self and Others	“	“
1:00 – 1:50	Live and Let Live	“	“
1:00 – 1:50	Gratitude (Surviving in the Present)	“	“
1:00 – 1:50	Moving Forward/ Not Stuck in The Past	“	“
1:00 – 1:50	Self-Care/ Easy Does It	“	“
1:00 – 1:50	Spiritual Progress Not Perfection	“	“
1:00 – 1:50	Alateen Meeting	Closed	Closed
2:00 – 2:50	AI-Anon Speaker	TBD	TBD
2:50 – 3:00	Closing	“	“

Dial by location: +1 646 558 8656 (New York), +1 301 715 8592 (Washington D.C), +1 312 626 6799 (Chicago), +1 669 900 9128 (San Jose), +1 253 215 8782 (Tacoma), +1 346 248 7799 (Houston).