

South Bay Roundup – Program Schedule  
Labor Day Weekend September 4-6, 2020 -  
[www.southbayroundup.org](http://www.southbayroundup.org)

## MAIN SPEAKER MEETINGS

(All times are Pacific Daylight Time)

### Friday, September 4

7:00 PM Opening Ceremonies

7:30 PM AA Opening Speaker Meeting

**Steve L., Redondo Beach**

### Saturday, September 5

9:00 AM AA Biker Speaker Meeting

**Randy A., & Josh H., Simi Valley**

Noon Al-Anon Speaker Meeting

**Danny B., Torrance**

3:00 PM AA Musicians Speaker Meeting

**WC Snuffy D., Calabasas**

7:30 PM AA Saturday Night Speaker Meeting

**Billy C., Pasadena**

### Sunday, September 6

9:30 AM Family Speaker Meeting

**Alec L., Irvine (AA), Carolyn L., Rancho PV**

**+ Al-Anon Young at Heart Speaker Rob. M., LA**

11:30 AM Closing Ceremonies

Noon - AA Closing Speaker Meeting

**Deborah C., Laguna Beach**

## In Between the Main Speakers join us for “Breakout meetings” in the Roundup Zoom Rooms:

(All Times are Pacific Daylight Time – All meetings are subject to change – go to the website for the latest schedule)

### Friday, September 4, 2020

#### 9:15-10:15 pm

- 1) Evening Meditation – Laura M.
- 2) AA Workshop – The 4<sup>th</sup> Step Illustrated with Dave & Chris from Melbourne Australia
- 3) Al-Anon Topic Meeting – “Living in the Present” – Marie R.
- 4) Coffee House & Open Mic

### Saturday, September 5, 2020

#### 7:45-8:45 am

- 1) Morning Meditation – Andy S.
- 2) Fitness Meeting – Dancefit w/Charlene P.
- 3) Al-Anon Topic Meeting “Courage to Change” – Vicki V.
- 4) AA Topic Meeting – “AA Around the World” – Donna McC.

#### 10:45-11:45 am

- 1) Step 11 – Herb K.
- 2) FEAR Workshop – Part I w/Bill C., Jay S. & Matthew W.
- 3) Al-Anon Parents Panel – Bruce G., Melanie P., Troy G. & Marybeth M.
- 4) AA Women’s Speaker Meeting – Marilyn S. & Georgia B.
- 5) AA Veterans Panel Meeting – Pat S., Michael P., & Eddie D.

#### 1:45 – 2:45 pm

- 1) Herb K – Step 12
- 2) FEAR Workshop – Part II w/Bill C., Jay S. & Matthew W.
- 3) Al-Anon Long Timers Panel – Sandy L., Jean K., Chris C. & Cathy S.
- 4) Emotional Sobriety Workshop – Part 1 w/Allen B.
- 5) AA Panel Meeting – Getting Sober in Quarantine – Dave L., Kaivon S. & Derek F.

### Saturday, September 5, 2020 (continued)

#### 5:00-6:30 pm

- 1) Interview with a Drunk - John B. & Sara D.
- 2) AA Young People’s Panel – Sex, Spirituality & Growing Up – Josh S., Matt A. & Molly A.
- 3) Al-Anon Sponsorship Panel – Mindy C., Sondra D., Robin G., & Lil S. (5-6pm)
- 4) Emotional Sobriety Workshop - Part II w/Allan B.
- 5) AA LGBTQ+ Meeting – Joyce M. (5-6pm)

#### 6:15-7:15 pm

- 1) Al-Anon Topic Meeting – “Let Go & Let God” - Rebecca C.
- 2) AA Topic Meeting – “The Family Afterwards” - Jeff & Roxanne P.

#### 9:15 – 10:15 pm

- 1) Evening Meditation – Carter S.
- 2) AA Topic Meeting – “A Program of Action” – Mark H.
- 3) Al-Anon Topic Meeting – “Acceptance & Gratitude” – Bonnie L.
- 4) Music & Musings w/Teresa T. (followed by a replay of the South Bay Roundup 20<sup>th</sup> Anniversary Banquet Show)

### Sunday, September 6, 2020

#### 8:15-9:15 am

- 1) Morning Meditation – Franny S.
- 2) AA Panel – “A Variety of Spiritual Experiences” – Karen B., Kim O. & Mary McK.
- 3) Al-Anon Topic Meeting – “What I see is What I Get” – Jessica S.
- 4) AA Birthday Meeting – Wayne’O

