



45th Annual District 5 Al-Anon/Alateen Winter Roundup **Recovery through Unity, Abundance, and Understanding** **Saturday, March 4, 2023 8:00 AM - 4:00 PM**

St Matthews Catholic Church
815 Ballantyne Commons Parkway
Charlotte, NC
<https://stmatthewcatholic.org/>

- COST:** Registration is \$10.00 at the door (Alateens attend for free). **Checks or exact change in bills only, please. Venmo and Zelle also accepted.**
- FOOD:** Coffee, tea and water is provided by District 5. If you'd like, please bring some snacks to share with other participants. You may also bring a bag lunch for yourself and enjoy conversation with other members in the banquet room. A refrigerator is available if needed. If you prefer, there are many restaurants nearby.
- DONATIONS NEEDED:** We ask Al-Anon groups to donate a basket for the Silent Auction. Individual Al-Anon members may donate hand-made items such as artwork, baked goods and services for the silent auction. Please bring your group's basket with you the morning of 3/4/23. Contact Linda K. at lcknox1@yahoo.com if you plan on donating a basket. She will send you a form to fill out describing the basket's contents and value.
- RAFFLE:** District 5 will select a basket and other items for the raffle. All remaining baskets will be placed with the Silent Auction.
- LITERATURE:** The District Literature Distribution Office will have an extensive inventory of wonderful Al-Anon books, pamphlets, and tools available for purchase. Cash, checks, Zelle and Venmo are accepted for literature purchases.

WINTER ROUND UP Frequently Asked Questions

1. *What's a Winter Round Up?*

The Winter Round Up is a day to celebrate the gifts of recovery with Al-Anon members from around the area. The day includes workshops on selected recovery-related topics, speakers, good fun and fellowship.

2. *What happens during the Winter Round Up?*

The day starts with registration, a welcome from the committee lead, and a series of workshops (smaller breakout sessions to share experience, strength, and hope), and several speakers sharing their personal stories of recovery. As an in-person attendee, you can choose to attend one workshop in each time slot. Zoom participants will have a single workshop offered. (See Question 6 below for more details on Zoom participation). Alateens have dedicated meeting space and times for their activities.

3. *Why should I attend the Winter Round Up?*

This event is an exceptional way to meet others in the fellowship, hear stories of healing and recovery, and support the on-going effort of our District to "carry the message" to everyone affected by someone's drinking.

4. *What if I can't stay for the entire time?*

In Al-Anon, we "take what we like and leave the rest." Come for as much of the day as you can and leave when you must.

5. *What health and safety protocols will be in place for in-person attendees?*

We will be following the health and safety protocols of our host, St Matthews Catholic Church. At this time, masks and social distancing are optional, but circumstances may change. You can check the church website for up-to-date information.

6. *Will there be a Winter Round Up on Zoom?*

Yes, there will be a Winter Round Up held on Zoom at the same time as the in-person Round Up at St. Matthews. Attendees from both venues will come together to hear the Welcome and various speakers during the day. However, in-person and Zoom workshops will be held separately. The workshop sessions will not be hybrid. Unfortunately, Zoom attendees will not be able to bid on baskets or participate in the raffle. Look for a flyer with Zoom information and other details under "Events" at www.charlottealanon.org.

7. *What should I bring to the In-Person Winter Round Up?*

A notebook is often a good idea to jot down ideas you hear and "ah ha" moments you experience. You may also want to note names and numbers of people you meet. We do ask that you **do not** take photographs without permission, and **refrain from posting** about the Winter Round Up on social media sites. You should also plan to bring a light jacket if you are easily chilled, or wear layers if you are often too warm. Remember cash or a check for the Silent Auction, raffle tickets and literature. You may bring snacks for yourself or to share with others, and can bring lunch if you do not want to leave the facility during the day. Finally, bring a warm smile and a willing heart.

Time	Topic	Room
8:00 – 8:45 a.m.	Registration & Fellowship	Banquet Room
8:45 – 9:00 a.m.	Welcome	Banquet Room
9:00 – 9:50 a.m.	Forgiveness	Banquet Room
9:00 – 9:50 a.m.	Gratitude	125-132
9:00 – 9:50 a.m.	Steps 1, 2, and 3	239-241
9:00 – 9:50 a.m.	Gratitude	203
9:00 – 9:50 a.m.	Meditation	209
9:00 – 9:50 a.m.	Alateen Meeting (closed)	208
10:00 – 10:50 a.m.	Detachment	Banquet Room
10:00 – 10:50 a.m.	Abundance	125-132
10:00 – 10:50 a.m.	Gratitude	239-241
10:00 – 10:50 a.m.	Compassion	203
10:00 – 10:50 a.m.	Forum Writing	209
10:00 – 10:50 a.m.	Alateen Meeting (open to all AI-Anon members)	208
11:00 – 11:30 a.m.	Alateen Speakers	Banquet Room
11:30 – 12:45 p.m.	Lunch	
12:45 – 1:00 p.m.	Silent Auction Closes	Banquet Room
1:00 – 1:50 p.m.	Understanding Ourselves	Banquet Room
1:00 – 1:50 p.m.	Meditation	125-132
1:00 – 1:50 p.m.	Controlling Our Emotion Nature	239-241
1:00 – 1:50 p.m.	Meditation	203
1:00 – 1:50 p.m.	Forum Writing	209
1:00 – 1:50 p.m.	Alateen Meeting (closed)	208
2:00 – 2:25 p.m.	Announce Silent Auction and Raffle Winners	Banquet Room
2:30 – 3:30 p.m.	AI-Anon Speaker	Banquet Room
3:30 – 4:00 p.m.	Everyone Please Help Clean-up!!	All Rooms