

Come soar with us at SOAAR!



Agenda

Here are the events at the **Secular Ontario AA Roundup (SOAAR)** on September 7 at the First Unitarian Church, 170 Dundurn Street South in Hamilton:

1. Speaker: **Joe C** – Intro to SOAAR and Secular AA 9:30 – 10:00
2. Personal Intros – Those present introduce themselves, name their home group and the thing (asset) that helped them most in recovery 10:00 – 10:45
3. PANEL: **Spirituality in Recovery** – Dr Tarman and Dr Sichler 10:45 – 11:30
4. Break 11:30 – 11:45
5. PANEL: **Step 4 – Personal Inventories** – Jowita B and Thomas B 11:45 – 12:30
- LUNCH 12:30 – 1:30
6. PANEL: **Service in AA** – Jim W, Richard B, Anna P, Dale S 1:30 – 2:30
7. PANEL: **Mindfulness and Meditation**- Dr Sichler and Heather C 2:30 – 3:15
8. Break 3:15 – 3:30
9. PANEL: **Secular 12 Steps** – Roger C and John S 3:30 – 4:15
10. AA Groups in Ontario 4:15 – 4:45
11. Speaker: **Dr Vera Tarman** 4:45 – 5:15
12. Thank you for attending 5:15 – 5:30

See you on September 7! Please pass this along to your friends and AA groups. For more Information – and to register for the Roundup – visit the **SOAAR** website: <https://www.soaar.ca>.

