

THIRTY-EIGHTH ANNUAL  
FLOWER CITY FELLOWSHIP CONVENTION

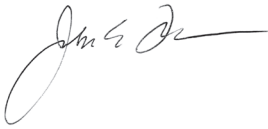
# 12 STEPS TO FREEDOM

ROCHESTER  
RIVERSIDE  
HOTEL

MARCH 1-3 2019

# Welcome!

**Welcome to the 38th annual Flower City Fellowship Convention! Many folks worked hard to make this weekend happen and I know that this weekend will be full of friends, spirituality, and fun! Our hope is that you find fellowship and inspiration as together we climb the Twelve Steps to Freedom!**

A handwritten signature in black ink, appearing to read "John F.", with a long horizontal flourish extending to the right.

John F.  
2019 Convention  
Chairperson

A handwritten signature in black ink, appearing to read "Mary F.", with a large, stylized number "7" at the end.

Mary F.  
2020 Convention  
Chairperson

# AA Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

## Convention Policies

**Name lanyards** are required for admittance to Speakers, Panels, and Events. No exceptions. Individuals without name lanyards will be restricted to the common areas of the first and second floors.

If you are attending the **Saturday Night Banquet**, PLEASE sit at the table assigned to you on your Banquet ticket.

**Children** under the age of 12 must be accompanied by a parent or guardian at all times. No exceptions.

**Mugs, coins, and 50/50 Raffle Tickets** are on sale near the Registration area.

**Ushers Service** to the parking garage will be available on Friday and Saturday nights from 10:00 p.m. – 2:00 a.m. on the half hour. Meet at the Registration Desk.

# Friday

4:00 p.m. **AA Early Bird Speaker** Grand Ballroom  
Moderator: Zack L. INTP

**Speaker: Morgan H., Geneseo, NY**

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6:00 – **AA Buffalo Panel** Grand Ballroom  
7:00 p.m. **The Victory Of Surrender** INTP

*"We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built."* 12 & 12 pg. 21

Moderator: Alex L.

Panelists: James C., Liz W., Shawn C.

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7:30 p.m. **Opening Ceremonies and Speaker** Grand Ballroom  
Moderator: 2019 Chair Elect Mary F. INTP

**Speaker: Tara R., Stuart, FL**

**Entertainment: Band**

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9:30 p.m. **Ice Cream Social** Riverview Ballroom  
*Ice Cream Sundae \$5.00*

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10:00 – **Friday Night Entertainment** Riverview Ballroom  
11:15 p.m. **Wear your favorite 60s outfit to the Friday Entertainment Committee's Freedom Coffee House ... best costumes win prizes!! Have coffee with Fab Celebs and 'Mr. Cool Man Rick,' and 'dig' Live Open Mic acts including famous songs, poetry, dancers and comedy sketches from the 60s. ' ...A very groovy time, man. ~Catch the freedom vibe!**

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10:00 p.m. – **AA Talk-A-Thon** Lilac Room  
1:00 a.m. (AA meetings begin and end on the hour)

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10:00 p.m. **After Hours AI-Anon Meeting** Silver Room

\*INTP ~ Interpreted for the deaf and hard of hearing

# Saturday

7:30 a.m.	<b>Morning Meditation</b>	Silver Room
9:00 – 10:00 a.m.	<b>AA Toronto Panel</b> <b>Freedom from... Freedom to...</b> <i>"We are going to know a New Freedom"</i> Daily reflections pg. 38 <b>We are going to know a New Freedom...</b> <i>"We are going to know a New Freedom"</i> BB pg. 83 Moderator: Brad H. Panelists: Don D., John N., Ari H.	Grand Ballroom D (Douglas) INTP
9:00 – 10:00 a.m.	<b>AI-Anon Panel</b> <b>Freedom Together</b> <i>"I need never do anything alone." Hope for Today (B-27), pg. 181</i> Moderator: Kathleen H. Panelists: Peggy A. , Chuck A., Becky E., and Scott H.	Silver Room
10:30 – 11:30 a.m.	<b>Ask it Basket</b> <b>(Please be sure to submit your questions)</b> Moderator: Lori H. Panelists: Convention Speakers	Grand Ballroom D (Douglas) INTP
10:30 – 11:30 a.m.	<b>AA Panel</b> <b>Passing Through to Freedom</b> <i>"Most good ideas are simple and this concept was the Keystone of the new and triumphant arch through which we passed to Freedom"</i> BB pg. 62 Moderator: Ralph M. Panelists: Stephen P., Pat B., Rick A.	Genesee Suite F&G (Fitzhugh & Gleason) INTP
12:00 – 1:00 p.m.	<b>AA Longtimers Panel</b> <i>"Yet it is our great hope that all those who have yet found no answer May begin to find one and the pages of this book and will presently join us on a high road to a New Freedom "</i> Forward to the 2nd edition of the Big Book Moderator: Cindy M. Panelists: Sandy B., Ceil H., Cindy S., Mike S.	Grand Ballroom D (Douglas) INTP

\*INTP ~ Interpreted for the deaf and hard of hearing

# Saturday

12:00 – 1:00 p.m.	<b>AA Panel</b> <b>Freedom from Bondage</b> "Young when she joined this AA believes her serious drinking was the result of even deeper defects. She here tells how she was set free" BB Pg. 544 Moderator: Jenny H. Panelists: Ethan G., John J., Kayleigh A.	Genesee Suite F&G (Fitzhugh & Gleason) INTP
1:30 – 2:30 p.m.	<b>AI-Anon Speaker</b> Moderator: Kathleen H.  <b>Beverly B. from Texas</b>	Grand Ballroom D (Douglas) INTP
1:30 – 2:30 p.m.	<b>AA Panel</b> <b>Sponsorship</b> <i>"This is an experience you must not miss"</i> BB Pg. 89 Moderator: Gary M. Panelists: Ed N., Ari A., Shawn C.	Genesee Suite F&G (Fitzhugh & Gleason) INTP
3:00 – 4:00 p.m.	<b>AA Speaker</b> Moderator: Terri B.  <b>Speaker: Ben N., Camden, NJ</b>	Grand Ballroom D (Douglas) INTP
4:30 – 5:30 p.m.	<b>AA Rochester Panel</b> <b>Fellowship</b> <i>"Still you may say. " but I will not have the benefit of contact with you who write this book. We cannot be sure. God will determine that so you must remember that your real Reliance is always upon Him He will show you how to create the fellowship you crave."</i> BB Pg. 164 Moderator: Risa M. Panelists: Phil E., Janet C., Erica H.	Genesee Suite F&G (Fitzhugh & Gleason) INTP

\*INTP ~ Interpreted for the deaf and hard of hearing

# Saturday

6:30 p.m.    **Banquet and AA Speaker**    Grand Ballroom  
Moderator: John F., 2019 Convention Chairperson    INTP  
Speaker: Mildred F., Torono, ON

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10:00 p.m.    **Ice Cream Social**    Mezzanine  
*Ice Cream Sundae \$5.00*

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10:00 p.m. – **AA Talk-A-Thon**    Lilac Room  
1:00 a.m.    (AA meetings begin and end on the hour)

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10:00 p.m.    **After Hours Al-Anon Meeting**    Silver Room

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10:30 p.m. – **Karaoke**    Riverview Ballroom  
1:30 a.m.

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10:30 p.m. – **Whirlin' Disc DJs & Photo Booth**    Grand Ballroom  
1:30 a.m.

# Sunday

7:30 a.m. **Morning Meditation** Silver Room

9:00 – **AA Syracuse Panel** Grand Ballroom  
10:00 a.m. **The 7<sup>th</sup> Step** INTP

*"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."* BB pg. 13

Moderator: Andy S.

Panelists: Ed N., Mike K., Cindy F.

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10:30 – **AA Spirituality Panel** Grand Ballroom  
11:30 a.m. **A Daily Tune Up** INTP

*"How do I maintain my spiritual condition? For me it's quite simple: on a daily basis I ask my Higher Power to grant me the gift of sobriety for that day! I have talked to many alcoholics who have gone back to drinking and I always ask them: "Did you pray for sobriety the day you took your first drink?" Not one of them said yes. As I practice Step Ten and try to keep my house in order on a daily basis, I have the knowledge that if I ask for a daily reprieve, it will be granted."* Daily Reflections pg. 299

*"Every day is a day when we must carry the vision of God's will into all of our activities."* B.B. Pg. 85

Moderator: Steve W.

Panelists: Alex L., Andy S., Brad S.

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Noon **Closing Ceremonies and Speaker** Grand Ballroom  
Moderators: John F., 2019 Convention Chairperson INTP  
Mary., 2020 Convention Chairperson

**Speaker: Clif G., Oklahoma City, OK**

**Entertainment: Band**



# Past Chairpersons

1981 Bob C.	2001 Diane M.
1982 Mary M.	2002 Jean C.
1983 David K.	2003 Bob G.
1984 Nancy S.	2004 Kay D.
1985 Al P.	2005 Marty M.
1986 Carol S.	2006 Eileen P.
1987 Bob Mc.	2007 Gary M.
1988 Pauline G.	2008 Sharon M.
1989 Paul P.	2009 Bob W.
1990 Mary S.	2010 Kim C.
1991 Jim M.	2011 Craig C.
1992 Betty C.	2012 Laurie B.
1993 John C.	2013 Rich S.
1994 Joann C.	2014 Nikki H.
1995 Dick H.	2015 Brent H.
1996 Donna S.	2016 Tracey D.
1997 Jim C.	2017 Jim B.
1999 Monica S-E.	2018 Terri B.
2000 Tom E.	

# The Twelve Steps

- 1** We admitted we were powerless over alcohol—that our lives had become unmanageable.
- 2** Came to believe that a Power greater than ourselves could restore us to sanity.
- 3** Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- 4** Made a searching and fearless moral inventory of ourselves.
- 5** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6** Were entirely ready to have God remove all these defects of character.
- 7** Humbly asked Him to remove our shortcomings.
- 8** Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10** Continued to take personal inventory and when we were wrong promptly admitted it.
- 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.
- 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

# The Twelve Traditions

**1** Our common welfare should come first; personal recovery depends upon A.A. unity.

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**2** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

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**3** The only requirement for A.A. membership is a desire to stop drinking.

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**4** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

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**5** Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

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**6** An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

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**7** Every A.A. group ought to be fully self-supporting, declining outside contributions.

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**8** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

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**9** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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**10** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

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**11** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

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**12** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

# 2019 Convention Committee

Convention Chairperson .....	John F.
Convention Chair-Elect .....	Mary F.
Secretary .....	Karl H.
Treasurer .....	Tom B. / Tracy D.
Alanon .....	Kathleen H.
After Hours .....	Chris T.
Art & Design .....	Elyse H. / Brant C.
Coffee Cop .....	Stevie R. / Chris S.
Decorations .....	Mary Ellen G. / Maureen S.
Deaf/Hard of Hearing .....	Sally R / John D.
Entertainment/Bands .....	Mike F. / Brian H.
Entertainment/Events .....	Angela M. / MaryAnne Z.
Entertainment/Open & Close Chair .....	Beth S.
Escorts .....	Amelia A. / Alex H.
Fundraising/Coffee Raffle .....	John C. / Gary M.
Fundraising/Special Events Chair.....	Arielle C. /Rich C.
Greeters .....	Chris W. / Jeremie M.
Hospitality .....	Rachel S. / Chad W.
Hotel .....	Morgan E. / Ralph M.
Panels .....	Lori H. / Steve W.
Publicity .....	Sharon M. / Sherrill B.
Registration .....	Kay D. / Michelle M.
Sales-50/50 .....	Donna W. / Frank W.
Speakers .....	Zack L. / Melissa L.
Ushers .....	Justin H. / Tay H.

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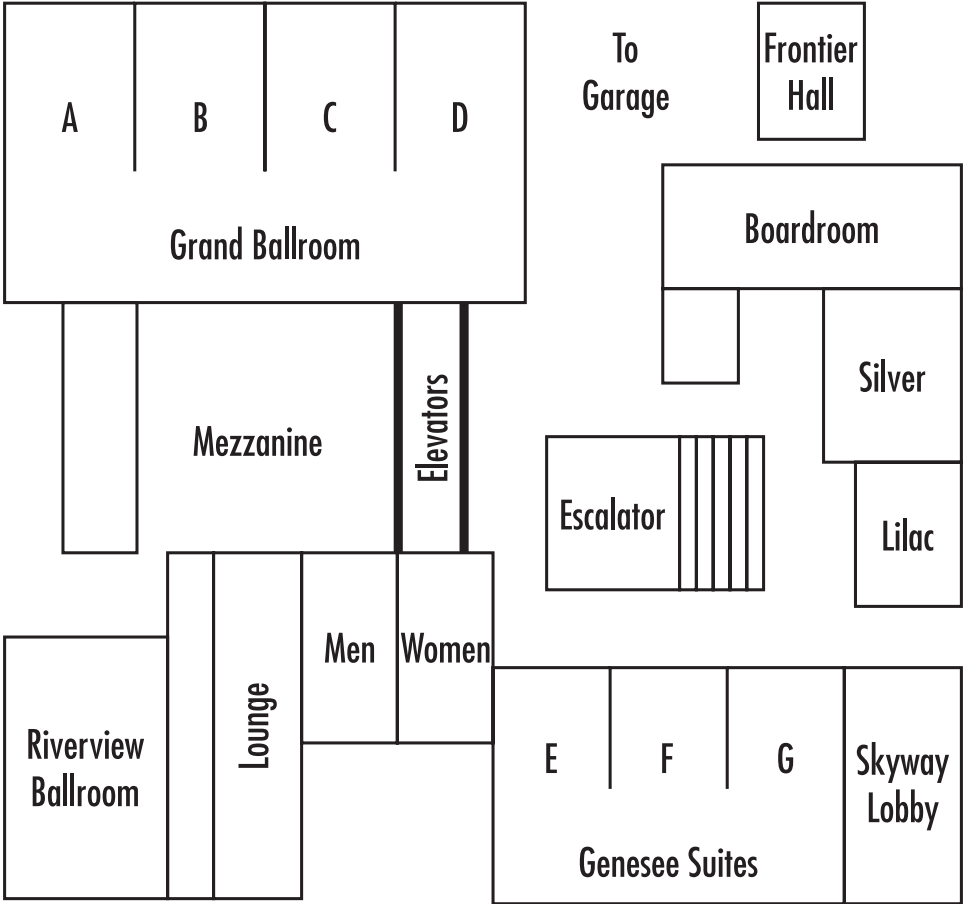
## Chapter 7

Beth DA., Chris R., Eric M., Steve T., Keisha N., Celine L., Michael T.  
Special Guest Nate C.

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The 2019 Flower City Fellowship Convention Committee would like to recognize the many committee members and volunteers that have put countless hours of work into the planning of our 38<sup>th</sup> annual convention. We would like to extend to all of you our sincere appreciation and many thanks.

# Mezzanine Rooms



To Convention Center →