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T H E R E I S A S O L U T I O N



May 15 - 19, 2024

Westin Fort Lauderdale Beach Resort

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3:30 - 5:00 PM	Workshop Session One & Recovery Marathon		8
8:00 - 9:00 PM	"Welcome to FRU" Beach Ball Meeting	Oceanside II	8
9:00 - 11:00 PM	Movie Night: "Sordid Lives"	Oceanside II	8

<b>Thursday, May 16th</b>		<b>Location</b>	<b>Page #</b>
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8:00 - 9:00 AM	Yoga Fusion with Jennifer	Sky Terrace	
8:30 AM - 8:00 PM	Registration, Boosters & Hospitality	Bonnet	
9:00 AM - 5:00 PM	Workshop & Recovery Marathon Sessions		9 - 10
8:00 PM	Speaker Meeting featuring Keith F. from San Francisco, CA	Las Olas Ballroom	10
10:00 PM	Drag Bingo host by Fonda Koxx	Las Olas Foyer	10

<b>Friday, May 17th</b>		<b>Location</b>	<b>Page #</b>
6:30 - 7:30 AM	Sunrise Meeting	Beach	
8:30 AM - 8:00 PM	Registration, Boosters & Hospitality	Bonnet	
9:00 AM - 5:00 PM	Workshop & Recovery Marathon Sessions		11 - 12
5:00 - 6:00 PM	Ladies Night Happy Hour Social	Bonnet	
6:30 - 8:00 PM	Fellowship Italian Dinner Buffet (ticket required)	Las Olas Foyer	13
8:00 PM	Speaker Meeting featuring Lucky M. from New York City	Las Olas Ballroom	13
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<b>8:30 AM - 8:00 PM</b>	<b>Registration, Boosters &amp; Hospitality</b>	<b>Sundeck</b>	
<b>9:00 AM - 5:00 PM</b>	<b>Workshop &amp; Recovery Marathon Sessions</b>	<b>Bonnet</b>	<b>14 - 15</b>
<b>5:00 - 6:00 PM</b>	<b>Trans and Nonbinary Happy Hour Social</b>	<b>Bonnet</b>	
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<b>9:30 PM</b>	<b>RAFFLE DRAWING (prizes listed on page 18)</b>	<b>Las Olas Ballroom</b>	<b>16</b>
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<b>Sunday, May 19th</b>		<b>Location</b>	<b>Page #</b>
<b>6:30 - 7:30 AM</b>	<b>Sunrise Meeting</b>	<b>Beach</b>	
<b>8:00 - 9:00 AM</b>	<b>“Yoga Infusion” with Jennifer</b>	<b>Sky Terrace</b>	
<b>10:00 AM</b>	<b>Farewell Brunch (ticket required)</b>	<b>Las Olas Ballroom</b>	<b>17</b>
<b>10:30 AM</b>	<b>Speaker Meeting featuring Maria S. from Long Island</b>	<b>Las Olas Ballroom</b>	<b>17</b>
<b>6:00 PM</b>	<b>Official FRU Round Down</b>	<b>Lambda South Clubhouse</b>	<b>17</b>

<b>Sunday, June 23rd</b>		<b>Location</b>	<b>Page #</b>
<b>1:30 - 3:30 PM</b>	<b>FRU Thank Us Party and FRU 2025 Elections</b>	<b>Lambda South Clubhouse</b>	<b>17</b>

# WELCOME TO FLORIDA ROUND-UP!



## Welcome from Our Co-Chairs!

This year, the Florida Roundup Family is excited to welcome you back to Fort Lauderdale Beach at the Westin, May 15-19, for FRU 2024 – THERE IS A SOLUTION. “The tremendous fact for every one of us is that we have discovered a common solution. We have a way out which we can absolutely agree, and upon which we can join in brotherly and harmonious action.”

This year we continue the tradition of offering exciting and engaging recovery workshops, inspirational keynote speakers, fellowship, the second Miss Florida World Pageant, sandy sun-soaked beaches, sober activities, and the local attractions for those who want to explore just down the road in Wilton Manors. We read your 2023 FRU post-conference evaluations, and we are pleased to reintroduce the dance on Friday night with DJ Boomer Banks, offer a movie night, Sordid Lives, on Wednesday night, and unveil a new and more welcoming gathering area to socialize and fellowship in between workshops throughout the conference. Your opinion does matter!

A great resource for FRU information is our private, anonymous, Florida Roundup Inc. Facebook group. Please find anyone on the Board of Directors, (Kevin O., Paul C., George L., Michael R., Andy D., Tim T.) on Facebook or in person, and we will gladly add you to the private group. You can also send an email to [floridaroundup@floridaroundup.org](mailto:floridaroundup@floridaroundup.org), and we will guide you to our Facebook page or answer any questions you may have! We encourage you to share your conference pictures during the event on this platform. Also, please use your 2024 Program to guide you when planning your days at this year’s conference. This is another great resource.

We look forward to building upon the previous 38 Florida Roundups and making this one as special as those in the past. We look forward to sharing and creating new memories with you as we live in the SOLUTION and navigate this sobriety journey together!

Your Grateful 2024 Co-Chairs,

Kevin O. & Paul C.

# WELCOME TO FLORIDA ROUND-UP!



T H E R E I S A S O L U T I O N

**At the Florida Roundup, our 12-step recovery community gathers to share our experience, strength, and hope.**

**We welcome members of all 12-step programs to our events.**

**At our speaker meetings, our group conscience has guided us to use the literature of Alcoholics Anonymous, the fellowship that birthed the 12-step movement.**

**We thank you for your attendance and look forward to a great 2024 Florida Roundup.**

## **Board of Directors**

Co-Chairs: Kevin O. & Paul C.

Assistant Co-Chair: George L.

Treasurer: Tim T.

Assistant Treasurer: Andy D.

Corresponding Secretary: Michael R.

## **Committees**

Activities: Renato B.

Boosters: Andrew S, Charles L, Eddie P, Elan H, & Matthew A.

Entertainment: Bill G, Bobby A, & Cory T.

Fundraising: Bill G, Bobby A, Freddy C, & Michael (Kiki) E.

Hospitality: David T, Joel R, Sue A, & Tyrone G.

Host: Reggie L. & Trammel W.

Program: Brad W, Cathy A, Michael R, & Paul B.

Raffle: Breau R, Chuck B, Eddie C, Kevin T, Ricky R, & Rob S.

Recovery Marathon: Allen K. & Bill K.

Registration: John C, Justin, Kevin S, Myro R, & Stephen S.

Traditions: Josh K.

## **Appointed Positions**

Legal Counsel: Mitch M.

Warehouse Manager: Bobby A.

Volunteer Coordinator: Al D.

Graphic Design: Alex H.

Diversity Ambassador: Vanessa M.

Hotel Facilitators: Shane M. & David S.

# WORKSHOPS AT-A-GLANCE

Please note: workshops offered more than once are indicated in **bold** for your convenience!

Date	Time	Oceanside I	Oceanside II	Rio Vista I	Rio Vista II	Las Olas Ballroom
Wednesday	3:30 - 5 PM			<b>My First Round Up</b>		
	8 - 9 AM	"Yoga Infusion" with Jennifer - Sky Terrace				
Thursday	9 - 10:30 AM		Heart Desires	Steps 1, 2 and 3	Connecting Through Art: You Matter Your Story Matters	
	11 - 12:30 PM		Mirror Work: Seeing Yourself As Your HP Sees You!	<b>Service in Recovery</b>	Loose Garment	
	1:30 - 3 PM	Your Sex Biography: Rewriting Shame and Trauma	<b>Life After Meth: Reclaiming Sex and Intimacy</b>	Searching and Fearless: Steps 4 & 5	Sponsorship: The Gift That Keeps On Giving	
	3:30 - 5 PM	<b>Circle of Love</b>	<b>Drop the Rock</b>	<b>My First Round Up</b>	Living A Balanced Life	
Friday	9 - 10:30 AM	Bienvenidos a la recuperación. (Welcome to recovery)	<b>Life After Meth: Reclaiming Sex and Intimacy</b>	<b>Show Me the Money! Financial Recovery in Recovery</b>	Depictions of Recovery in Entertainment	Yoga Anonymous
	11 - 12:30 PM		Triple Women's Speaker Panel	Gender Diversity Panel		Triple Men's Speaker Panel
	1:30 - 3 PM	<u>BUILDING</u> a Life in Sobriety	Intimacy or Isolation: Relationships In Sobriety	Steps 8 & 9: House cleaning for a new life!	Single in Sobriety	Madonna: The Queen of Pop's Impact on Queens in Recovery
	3:30 - 5 PM	<b>Relapse Prevention</b>	<b>Drop the Rock</b>	Financial Sobriety	GREY AREAS IN AA	
Saturday	9 - 10:30 AM	Letting Go and Becoming: an interactive guided journaling and meditation workshop	<b>Show Me the Money! Financial Recovery in Recovery</b>	QUEERSTORY: Change- makers, Contributions, and Controversy of LGBTQIA+ Members and Groups in 12 Step Recovery	Do Uncomfortable Work: The Creative Artist in Recovery	Partner Yoga Infusion
	11 - 12:30 PM	<b>Relapse Prevention</b>	Diversity, Equity & Inclusion (DEI) in Early AA	Transformations and Identities: from outsiders to insides ... and back again	Creativity in Sobriety	The Ripple Effect: A Deeper Dive into "Drop the Rock"
	1:30 - 3 PM	From Chaos to Creation: 12 Steps to Recover Your Muse	Old Timers Panel	Steps 10, 11 and 12	Now About Sex: He/Him	Breathwork
	3:30 - 5 PM	Eating Disorders & Switching Addictions	<b>Circle of Love</b>	<b>Service in Recovery</b>	Step 12B: Practicing These Principles in All Our Affairs	
Sunday	8 - 9 AM	"Yoga Infusion" with Jennifer - Sky Terrace				

## Workshop Tracks

We recognize that choosing a workshop each session is not going to be easy! They are all incredible! FRU is profoundly grateful to all speakers for all their hard work! In an effort to help you choose, the Program Committee has organized the workshop by track (listed in the description), as follows:

- A Creative Look Within
- Entertainment and History for \$1,000, Alex!
- FRU 101— an overview of the roundup
- Health of Body, Mind and Soul
- Panels of Experience Strength and Hope
- Recovery Management
- Steps to a Healthy Life
- The "I-Word" = Intimacy and Relating to Others

# RECOVERY MARATHON MEETINGS AT-A-GLANCE

## Wednesday May 15<sup>th</sup> Location

4:30 – 5:30 PM	AA Open Discussion	Oceanside I
11:00 PM – 12:00 AM	CMA Speaker Meeting	Oceanside I

## Thursday May 16<sup>th</sup> Location

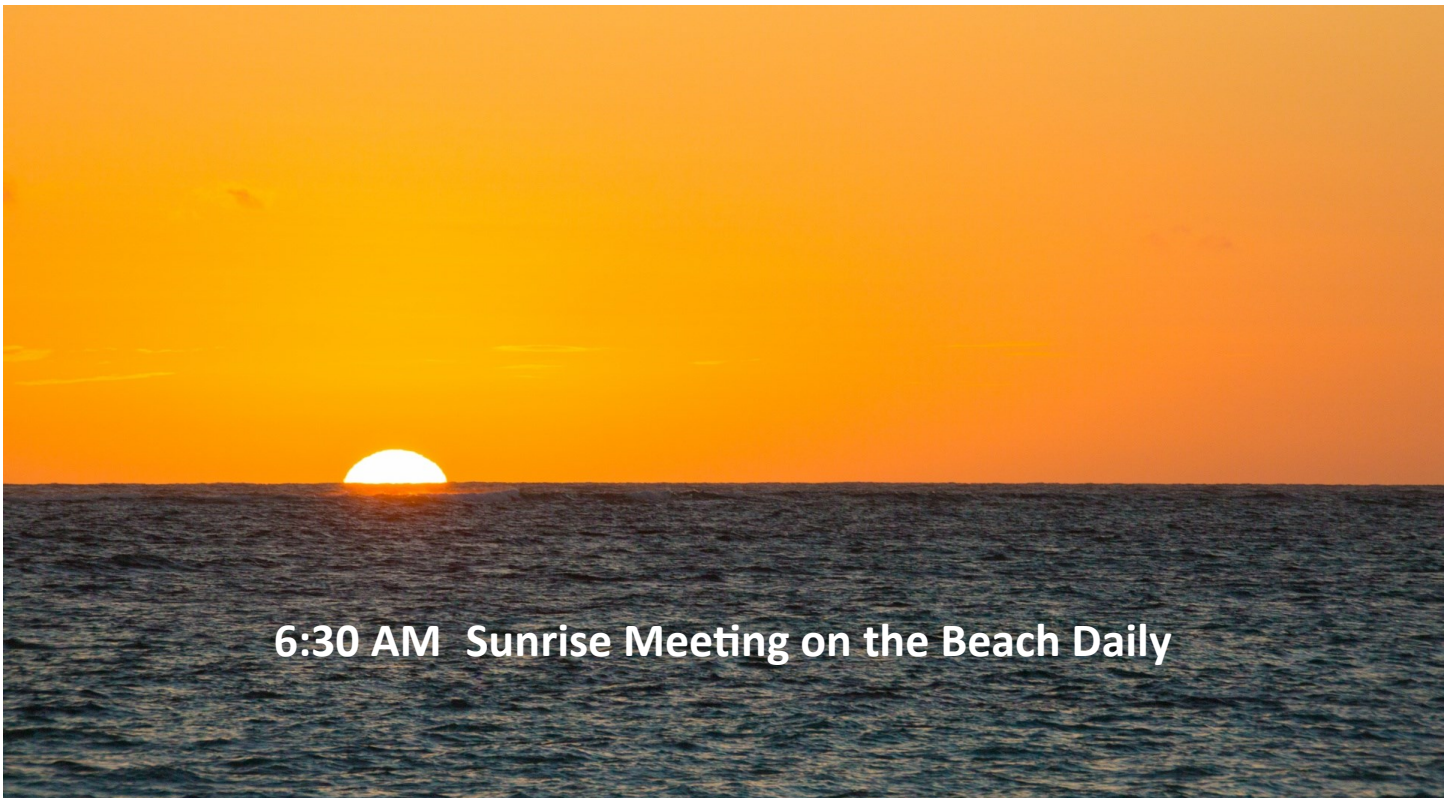
8:00 – 9:00 AM	AA Open Discussion	Oceanside I
12:30 – 1:30 PM	Alanon Open Discussion	Oceanside I
4:30 – 5:30 PM	AA Open Discussion	Himmarshee
11:00 PM – 12:00 AM	CMA Speaker Meeting	Himmarshee

## Friday May 17<sup>th</sup> Location

8:00 – 9:00 AM	AA Open Discussion	Himmarshee
12:30 – 1:30 PM	Alanon Open Discussion	Himmarshee
4:30 – 5:30 PM	AA Open Discussion	Himmarshee
11:00 PM – 12:00 AM	CMA Speaker Meeting	Himmarshee

## Saturday May 18<sup>th</sup> Location

8:00 – 9:00 AM	AA Open Discussion	Himmarshee
12:30 – 1:30 PM	Alanon Open Discussion	Himmarshee
4:30 – 5:30 PM	AA Open Discussion	Himmarshee
11:00 PM – 12:00 AM	CMA Speaker Meeting	Himmarshee



**6:30 AM Sunrise Meeting on the Beach Daily**



# Wednesday — Let the Fun BEGIN!

## 3:30 - 5:00 PM Workshop Session #1

### My First Florida Roundup

Rio Vista I

Track: FRU 101

A panel from the Chairs of the Florida Roundup. Come learn the ins and outs of the Florida Roundup, and get tips on things like where to eat, how to set your agenda, and how to get pool time.

## 4:30 - 5:30 PM Recovery Marathon: AA Open Discussion

Oceanside I



8:00 PM

## Welcome to Florida Round Up Beach Ball Meeting

Oceanside II

## 9:00 PM “Sordid Lives” Movie Night

Oceanside II

FRU pays tribute to our very own (former keynote speaker) Leslie Jordan as we gather to watch this 2000 blockbuster hit. Leslie passed suddenly on October 24, 2022 — but will live near and dear in FRU hearts forever!



## 11:00 PM Recovery Marathon: CMA Speaker

Oceanside I



# Thursday — Workshops

**8:00 - 9:00 AM**

## **Recovery Marathon: AA Open Discussion**

Oceanside I

### **Yoga Infusion**

Sky Terrace

*Ooze into your morning ... ground into your body with sultry movement and music, connect to the rhythm of your breath, and stretch into the fullness of your skin as we awaken the senses and celebrate the joy of being alive.*

**9:00 - 10:30 AM**

## **Workshop Session #2**

### **Connecting Through Art: You Matter Your Story Matters**

Rio Vista II

Track: A Creative Look Within

*A workshop on connecting through art and storytelling. You'll hear a speaker's story and go through a guided art activity. By creating and talking to each other at the same time, you'll explore self-expression, personal growth, and the importance of human connection. You'll then share your project and experience in the workshop as a group.*

### **Heart Desires**

Oceanside II

Track: Health of Body, Mind and Soul

*A guided meditation workshop on the Sah Method, which combines rhythmic breath and vocal release to resolve personal chaos. You'll go through a somatic, active meditation that uses sensation and the body as entry-points for healing, release, and relief.*

### **Steps 1, 2, and 3**

Rio Vista I

Track: Steps to A Healthy Life

*An open discussion on the first 3 steps. You'll share as a group on powerlessness, choosing a higher power that works, and turning over control, with the goal of gaining some of the freedom that comes with working these steps.*

## **11:00 AM -12:30 PM Workshop Session #3**

### **Loose Garment**

Rio Vista II

Track: Recovery Management

*A workshop on removing the coulda, woulda, shouldas and embracing sobriety as a positive force. Come to process fears and challenges and share as a group, and go through a writing activity. Strangers will pair up to share details and check in with each other after the Roundup is over.*

### **Mirror Work: Seeing Yourself As Your HP Sees You!**

Oceanside II

Track: A Creative Look Within

*A workshop on mirrorwork, a magical tool to help you heal from the negative stories you tell yourself. You'll begin the process by contemplating the phrase, "I am," and you'll get tools to begin to transform negative beliefs into positive affirmations.*

### **Service in Recovery**

Rio Vista I

Track: Recovery Management

*A workshop on the importance of service. You'll share ideas as a group about experiences good and bad with doing service in recovery.*

**12:30 - 1:30 PM**

## **Recovery Marathon: Alanon Open Discussion**

Oceanside I

**1:30 - 3:00 PM**

## **Workshop Session #4**

### **Life After Meth: Reclaiming Sex and Intimacy**

Oceanside II

Track: The "I-word"= Intimacy and Relating to Others

*A workshop on addressing the sexual harms of chemsex, particularly sex on meth. You'll hear from a sex therapist on overcoming the dysfunction in sexual arousal and interpersonal aspects arising from meth addiction, and you'll learn skills to help bring fun and connection into sober sex.*

### **Searching and Fearless: Steps 4 & 5**

Rio Vista I

Track: Steps to A Healthy Life

*A workshop on the myths, pitfalls, and promises of the 4th step. You'll hear from a speaker, write out your current resentments, and share with a mentor or sponsor, with the goal of gaining insights from the gifts of written inventory. Presenters request attendees bring journals (or something to write within) and a pen.*

### **Sponsorship: The Gift That Keeps On Giving**

Rio Vista II

Track: Recovery Management

*A workshop on sponsorship best practices, rooted in AA literature and tradition.*

### **Your Sex Biography: Rewriting Shame and Trauma**

Oceanside I

Track: Recovery Management

*A workshop on shame, sexuality, and addiction. You'll break out into groups and respond to prompts on topics, sharing about how to embrace your sexuality in recovery.*

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# Thursday – Workshops & Evening Fun

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**3:30 - 5:00 PM**

## Workshop Session #5

### Circle of Love

Oceanside I

Track: A Creative Look Within

A guided affirmation workshop. Learn about the importance of self-care and affirmation, then form two "circles of love" to give and receive affirmations as a group. At the end, you'll hear an empowering reading and listen to a closing song.

### Drop the Rock

Oceanside II

Track: Steps to A Healthy Life

A workshop on steps 6 and 7, inspired by the classic book about removing character defects.

### Living A Balanced Life

Rio Vista II

Track: Recovery Management

A workshop on defining and living a balanced life. You'll hear from a speaker on navigating career, service, dating, self-care, travel, and fun. You'll also share with the group on what an average day in your life is like, and receive suggestions of actions you can commit to in order to overcome fears and challenges and create your own balanced life.

### My First Florida Roundup

Rio Vista I

Track: FRU 101

A panel from the Chairs of the Florida Roundup. Come learn the ins and outs of the Florida Roundup, and get tips on things like where to eat, how to set your agenda, and how to get pool time.

**4:30 - 5:30 PM**

## Recovery Marathon: AA Open Discussion

Oceanside I

## 8:00 PM Speaker Meeting Featuring Keith F. (San Francisco)

Last Olas Ballroom



Keith F. is a recovering addict and alcoholic from San Francisco, CA. His sobriety date is August 9, 1982. Keith began his recovery in Houston, TX, at LGBT AA meetings. He was recovering from IV crystal meth use when he came in, but the people of AA welcomed him with open arms and AA became his home for the next 25 years. Keith moved to San Francisco in 1989 and was a founding member of the Trusted Servants, a clean and sober leather club. In 2008, while on a work trip to Washington, D.C., Keith accidentally walked into a meeting of Crystal Meth Anonymous. When he returned to San Francisco, he attended CMA meetings almost exclusively. He's been involved with CMA at the local and national level, currently serving as a member of the Board of Trustees. When people ask Keith why he mostly goes to CMA meetings, he says that it's to show the newcomer that an IV crystal meth user can get long-term recovery. He used his work on the Board of Trustees to further the message of recovery and reach the still-suffering addict who does not know there is a solution. Keith has been a social worker in the field of dual diagnosis for over 40 years, and he recently started a private practice.

**9:30 PM**

## DRAG BINGO hosted by Ms. Fonda Koxx and the newly crowned Mx Covergirls Ragine Ray!

Last Olas Foyer

Bingo cards are \$20 per book! Cash and Prizes!

Throw on a wig or look and let the fun begin!



## 11:00 PM - 12:00 AM Recovery Marathon: CMA Speaker

Oceanside I

## Friday – Workshops

8:00 - 9:00 AM

**Recovery Marathon: AA Open Discussion**

Oceanside I

9:00 - 10:30 AM

**Workshop Session #6:**

### **Yoga Anonymous**

Las Olas Ballroom

Track: Health of Body, Mind and Soul

*Take your program to the mat in this grounding and empowering all-level flow. This workshop will help you connect where the 12 Steps of recovery intersect the ancient principles of yoga - and leave you with a new freedom and a new happiness.*

### **Bienvenidos a la recuperación. Welcome to recovery.**

Oceanside I

Track: Recovery Management

*A 12-step Spanish-language workshop with educational segments and group discussion on topics related to sobriety. The goal is to create a supportive community where individuals can explore their personal paths to recovery. You'll listen to a presentation on the topic, participate in interactive exercises to help you apply concepts to real life, and participate in a sharing circle to reflect as a group.*

### **Depictions of Recovery in Entertainment**

Rio Vista II

Track: Entertainment and History for \$1,000 Alex

*A media workshop on how recovery can be shown in entertainment, whether realistically or irresponsibly. You'll view scenes from movies and TV about recovery and discuss your responses to them as a group.*

### **Life After Meth: Reclaiming Sex and Intimacy**

Oceanside II

Track: The "I-word" = Intimacy and Relating to Others

*A workshop on addressing the sexual harms of chemsex, particularly sex on meth. You'll hear from a sex therapist on overcoming the dysfunction in sexual arousal and interpersonal aspects arising from meth addiction, and you'll learn skills to help bring fun and connection into sober sex.*

### **Show Me the Money! Financial Recovery in Recovery**

Rio Vista I

Track: Recovery Management

*A workshop on personal finance. You'll hear a presentation on improving financial literacy, including how to improve credit, increase savings, pay down bills, and avoid fraud.*

11:00 - 12:30 PM

**Workshop Session #7:  
Panels of Experience, Strength and Hope**

### **Gender Diversity Panel**

Rio Vista I

*A panel of gender-diverse people. You'll hear their experience, strength, and hope, with the goal of increasing cultural competence and awareness of gender.*

### **Triple Men's Speaker Panel**

Las Olas

*A speaker meeting. You'll hear from three men in different stages of their recovery: 1-5 years, 10-20 years, and more than 20 years.*

### **Triple Women's Speaker Panel**

Oceanside II

*A speaker meeting. You'll hear from three women in different stages of their recovery: 1-5 years, 10-20 years, and more than 20 years.*

12:30 - 1:30 PM

**Recovery Marathon: Alanon Open Discussion**

Himmarshee

(Continued on page 12)

# Friday — Workshops

(Continued from page 11)

## 1:30 - 3:00 PM Workshop Session #8

**BUILDING A Life In Sobriety** Oceanside I Track: Recovery Management  
*A group discussion on finding your passion, with the goal of designing a life in sobriety that you don't want to escape. You'll hear an introduction to the topic, discuss your thoughts in small groups, and come back together to reflect.*

**Intimacy or Isolation: Relationships in Sobriety** Oceanside II Track: The "I-word" = Intimacy and Relating to Others  
*A panel on relationships. You'll hear from speakers who are either single or in a relationship, break into small groups to discuss your sex/relationship ideal, then identify an obstacle that's preventing you from finding it.*

**Madonna: The Queen of Pop's Impact on Queens in Recovery** Las Olas Ballroom Track: Entertainment and History for \$1,000 Alex  
*A workshop on Madonna and recovery. Songs are selected from her 40-year catalog based on lyrical significance to recovery. Participants pick songs at random, listen, and share how they relate. Dancing along is encouraged!*

**Single in Sobriety** Rio Vista II Track: The "I-word" = Intimacy and Relating to Others  
*A workshop on building a sober support system and having fun in recovery. You'll hear from a speaker on making sober friends, creating group memories, and the basics of fellowship. Then you'll share as a group about fears, challenges, and suggestions to overcome them.*

**Steps 8 & 9: House cleaning for a new life!** Rio Vista I Track: Steps to A Healthy Life  
*A workshop focused on Steps 8 and 9. You will hear about the willingness to complete the housekeeping requirement in Step 8; and the proper form to make successful amends in Step 9.*

## 3:30 - 5:00 PM Workshop Session #9

**Drop the Rock** Oceanside II Track: Steps to A Healthy Life  
*A workshop on steps 6 and 7, inspired by the classic book about removing character defects.*

**Financial Sobriety** Rio Vista I Track: Recovery Management  
*A workshop on sober financial thinking. Join to view a presentation on living a financially fiscal life, and then share as a group.*

**GREY AREAS IN AA** Rio Vista II Track: Recovery Management  
*An open discussion meeting on "other" substances, from psychedelics to poppers to your "other" substance of choice.*

**Relapse Prevention** Oceanside I Track: Recovery Management  
*A panel on preventing relapse. You'll hear from two panelists about their experiences getting and staying sober after relapsing, followed by a group discussion.*

**4:30 - 5:30 PM Recovery Marathon: AA Open Discussion** Himmarshee

**5:00 - 6:00 PM Ladies Night Happy Hour Social** Bonnet

# FRIDAY NIGHT LIVE!!!

6:00 PM

## Fellowship Italian Buffet Dinner (ticket required)

Las Olas Foyer

8:00 PM

## Speaker Meeting Featuring Lucky M.— New York City

Las Olas Ballroom

Lucky M. (she/her) is non-binary trans femme and lives in Brooklyn, NY. She has 9 years of sobriety through Alcoholics Anonymous, Crystal Meth Anonymous, Narcotics Anonymous, and Adult Children of Alcoholics. She worked with AA World Services to bring inclusive language to the AA preamble, changing "fellowship of men and women" to "fellowship of people." Her story can be found in the CMA text, "Our Recovery: Voices of the Fellowship," as well as in dozens of articles in *The Grapevine* and *La Vina*. She has served on the CMA's DEI Advisory Committee and throughout the AA service triangle.



10:00

## "If Memory Serves" Michael John Ciszewski, NYC Comedian

TBD

*Sex, sobriety, and profound stupidity: The horrors are indescribable. But you've still got to serve! And if memory serves, this NYC comedian made a fine, fabulous mess of things before getting sober more than five years ago. Help him remember all the things he wishes he could forget, and make new memories on the scorched earth of a gay youth (quite literally) WASTED! Michael John remembers everything from transformative pop culture and hookups with radical leftists to queer villainy and accidental motor vehicle theft. Comedy = Tragedy + A Great Time (right?)*

11:00

## "Dance the Night Away" Boomer Banks, NYC DJ

TBD

*Come dance the night away with DJ Boomer Banks — on loan from Manhattan, Boomer joins us with 19+ years clean and sober and a musical catalog that will leave you hot and sweaty (from dancing). There is no need to leave the Westin this year . . . FRU has brought the party to you!*



## 11:00 PM Recovery Marathon: CMA Speaker

Himmarshee



## Saturday — Workshops

8:00 - 9:00 AM

### Recovery Marathon: AA Open Discussion

Himmarshee

9:00 - 10:30 AM

### Workshop Session #10

#### Do Uncomfortable Work: The Creative Artist in Recovery

Rio Vista II

Track: A Creative Look Within

A workshop on merging the creative process with a sane and spiritual recovery. Join for a presentation on the artist in recovery and share your responses as a group.

#### Letting Go and Becoming: an interactive guided journaling and meditation workshop

Oceanside I

Track: Health of Body, Mind and Soul

A workshop on guided journaling and meditation. Join to connect to something that is no longer serving your life, and become willing to let it go, with the goal of processing, healing, and clearing as a group. Presenters request attendees bring journals (or something to write within) and a pen.

#### QUEERSTORY: Change-makers, Contributions, and Controversy of LGBTQIA+ Members and Groups in 12 Step Recovery

Rio Vista I

Track: Entertainment and History for \$1,000 Alex

A workshop on the contributions of queer figures in 12-step recovery. Join to hear the stories of LGBTQIA+ members and groups to recover their experiences, and help support the creation of a historical archive with content and footage from FRU.

#### Show Me the Money! Financial Recovery in Recovery

Oceanside II

Track: Recovery Management

A workshop on personal finance. You'll hear a presentation on improving financial literacy, including how to improve credit, increase savings, pay down bills, and avoid fraud.

#### Partner Yoga Infusion

Las Olas Ballroom

Track: Health of Body, Mind and Soul

Join this fun and potent concoction of personal grounding, moving breath meditation, partner asanas and deep connection! Come alone or with a partner.

11:00 - 12:30 PM

### Workshop Session #11

#### Creativity in Sobriety

Rio Vista II

Track: Health of Body, Mind and Soul

A speaker-discussion meeting on the fundamentals and benefits of creativity. Come hear the speaker's story about returning to art in sobriety, leading to a renewal of a creative practice and spiritual growth. Then share your own personal experiences with creative expansion as a group.

#### Diversity, Equity & Inclusion (DEI) in Early AA

Oceanside II

Track: Entertainment and History for \$1,000 Alex

A workshop on the evolution of DEI in the history of AA. You'll view a presentation and participate in a Q&A session.

#### Relapse Prevention

Oceanside I

Track: Recovery Management

A panel on preventing relapse. You'll hear from two panelists about their experiences getting and staying sober after relapsing, followed by a group discussion.

#### The Ripple Effect: A Deeper Dive into "Drop The Rock"

Las Olas Ballroom

Track: Steps to A Healthy Life

A workshop on steps 6 and 7. You'll learn how to apply these steps in real life, with the goal of answering the question: "So I worked steps 6 and 7 — now what?" **Attendees MUST have attended the "Drop The Rock" workshop and received a pebble - which will serve as ticket into this Level II experience!**

#### Transformations and Identities - from outsides to insides ... and back again

Rio Vista I

Track: A Creative Look Within

A workshop on the internal and external change process that comes from the 12 steps. You'll learn about the relationship between evolving appearances and matching internal processes, with an exercise to venture outside your comfort zone through play (think hats, wigs, masks, and make-up).

(Continued on page 15)



# Saturday — Workshops

(Continued from page 14)

**12:30 - 1:30 PM**      **Recovery Marathon: Alanon Open Discussion**      Himmarshee

**1:30 - 3:00 PM**      **Workshop Session #12**

**Breathwork**      Las Olas Ballroom      Track: Health of Body, Mind and Soul  
*A guided meditation based on the breath.*

**From Chaos to Creation: 12 Steps to Recover Your Muse**      Oceanside I      Track: Health of Body, Mind and Soul  
*A workshop on exploring creativity, whether in music, art, cooking, fashion, or other areas. A speaker will share on adapting the 12 steps to lead a creative life. You'll go through an exercise to identify a creative project that matches your purpose, and create a plan of accountability to act on it. You'll then share your takeaways and artistic goals as a group.*

**NOW ABOUT SEX: He/Him.**      Rio Vista II      Track: The "I-word" = Intimacy and Relating to Others  
*A panel on navigating sex in sobriety. You'll hear from 5 panelists, including single and coupled speakers, and share as a group about how to connect our sexual behavior to the principles of the 12 steps.*

**Old-Timers Panel Discussion**      Oceanside II      Track: Panels of Experience, Strength and Hope  
*A panel of speakers with more than 25 years of recovery. You'll hear their experience, strength, and hope, followed by a Q&A.*

**Steps 10, 11, and 12**      Rio Vista I      Track: Steps to A Healthy Life  
*A workshop on the last 3 steps. Come hear from presenters on steps 10, 11, and 12, and break out into smaller groups to answer questions in worksheets about incorporating these steps in your daily lives. Then share in an open discussion about what you learned from the activity.*

**3:30 - 5:00 PM**      **Workshop Session #13**

**Circle of Love**      Oceanside II      Track: A Creative Look Within  
*A guided affirmation workshop. Learn about the importance of self-care and affirmation, then form two "circles of love" to give and receive affirmations as a group. At the end, you'll hear an empowering reading and listen to a closing song.*

**Eating Disorders & Switching Addictions**      Oceanside I      Track: Recovery Management  
*A speaker-discussion meeting on hitting rock bottom after getting sober. You'll hear a speaker share about switching addictions and how that prevented recovery, and then share as a group.*

**Service in Recovery**      Rio Vista I      Track: Recovery Management  
*A workshop on the importance of service. You'll share ideas as a group about experiences good and bad with doing service in recovery.*

**Step 12B: Practicing These Principles in All Our Affairs.**      Rio Vista II      Track: Steps to A Healthy Life  
*A workshop on the second half of Step 12, designed for those who have worked through steps 1-11. How many of us get to Step 12, work with others, grow in so many areas of our lives, but still have character defects that prevent further growth? Come gain a deeper understanding about how to overcome roadblocks that stand between you and the ability to practice the principles in all your affairs.*

**4:30 - 5:30 PM**      **Recovery Marathon: AA Open Discussion**      Himmarshee

**5:00 - 6:00 PM**      **Trans & Nonbinary Happy Hour Social**      Bonnet

## Saturday — Evening Fun

6:00 PM

### Gratitude Banquet (ticket required)

8:00 PM

### Speaker Meeting Featuring David H. from London, UK.

Las Olas Ballroom

*David H. is a recovering alcoholic from London, England. His sobriety date is June 21, 2008. He began his recovery journey in Narcotics Anonymous, Cocaine Anonymous, and Alcoholics Anonymous, and he is still an active member of those fellowships. He usually feels at home in any meeting because, in essence, they're all about the same problem — and the same solution. His professional background is in psychotherapy and mental health. Before that, he worked in advertising, finance, and music. Today, he devotes most of his time to fellowship service, much of it focused on carrying the message to alcoholics and addicts in the criminal justice system.*



9:30 PM

### RAFFLE Drawing!!!

Las Olas Ballroom

10:00 PM

### Mx. Florida World 2024

Las Olas Ballroom

*Get ready to slay at Mx. Florida Roundup World!*

*Hosted by the fabulous Heather H. and Fonda Koxx, this event promises fierce competition and fabulous fun.*

*The winner takes home a \$1000 cash prize and secures a \$1500 donation in their name to a South Florida LGBTQ+ Recovery Organization.*

*Everyone is invited; so, grab your glitter, gather your gang, and get ready to werk it for a cause that is as fabulous as you are!*



11:00 PM

### Recovery Marathon: CMA Speaker

Himmarshee

## Sunday — Morning Farewell

8:00 - 9:00 AM

### Yoga Infusion

Track: Health of Body, Mind and Soul

Sky Terrace

*Ooze into your morning ... ground into your body with sultry movement and music, connect to the rhythm of your breath, and stretch into the fullness of your skin as we awaken the senses and celebrate the joy of being alive.*

10:00 - 10:30 AM

### Farewell Brunch (ticket required)

Las Olas Ballroom

10:30 - 12:00 PM

### Speaker Meeting Featuring Maria S. from Long Island, NY

*Maria S. is a recovering alcoholic from Queens, NY and raised on Long Island. Her sober date is July 8, 2008, and she remains eternally grateful for the AA fellowship, in particular, the roundups and the committee members, which have been vital to her sobriety. One of the gifts of her sobriety has been a career in banking that spans over 24 years. She believes that financial literacy equals getting power back, and one of the most impactful moments in her career was when a young lady came to her desk to thank her. The young lady explained that one of Maria's employees had helped her improve her credit with advice and guidance, which allowed her to leave a domestic abuse situation and get her own apartment. Maria's higher power is Madonna, and she would have been able to retire 10 years sooner if she hadn't gone to see her Celebration Tour four times this year.*



6:00 - 8:00 PM

### Official FRU RoundDown

Lambda South Clubhouse

*Looking to continue that Roundup spirit? Wishing that maybe there was just one more event? Food, Fellowship, and an Open AA Meeting. Lambda South is located at 1231-A East Las Olas Blvd, Fort Lauderdale, FL 33301 (entrance in back alley off 13th Street).*

## Sunday, June 23 — Gratitude

1:30 - 3:30 PM

### FRU Thank Us Party and Elections

Lambda South Clubhouse

*Join us for some food and fellowship, followed by our Business Meeting and Elections for FRU 2025 — our 40th FRU Roundup!*

# 2024 RAFFLE PRIZES

## FRU 40<sup>th</sup> ANNIVERSARY 2025 GRAND PRIZE

2 FRU Registrations  
2 Set of All Meals at FRU  
4-night stay at the Westin Ft. Lauderdale Beach Resort  
\$1,500 Value  
Visa \$250 Gift Card for Travel

## SKN ELEMENTS MIAMI MED SPA FANTASY

Glo2Facial  
SknTight (electromagnetic stimulation for facial tightening)  
EON laser fat melting or Emsculpt for abs or butt  
\$1,406.50 Retail Value

## POZITIVELY FABULOUS 2024

Registration (\$375 value) includes single-room accommodation and meals to  
**SoberPoz retreat from July 18<sup>th</sup>-21<sup>s</sup>, 2024**  
at the La Salle Retreat Center in Chicagoland  
Visa \$250 Gift Card for Travel  
*Registration can be transferred to a friend.*

## AN APPLE A DAY

iPAD Mini  
HomePod Mini  
Apple TV  
Tax Filing Courtesy of Glazer Accounting

## SHARE THE SOBER CONFERENCE EXPERIENCE

2 Long Island Roundup Registrations  
2 Quest Roundup Registrations  
2 Southeastern Massachusetts Round Up Registrations  
Visa \$400 Gift Card for Travel and Expenses  
*Registrations can be transferred to a friend.*

## DATE NIGHT

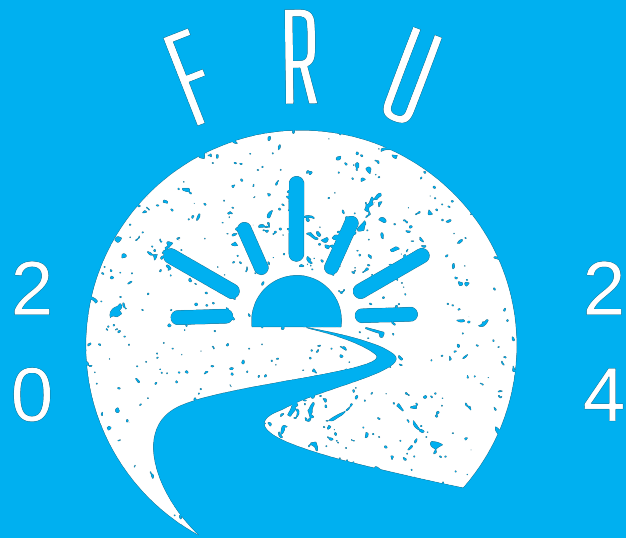
Morton's Steakhouse \$150.00 Gift Card  
Fandango \$50 Gift Card  
Visa \$40 Gift Card for Flowers  
Starbucks Gift Basket

## LET'S GO CAMPING 2024

Registration (\$385 value) includes a semi-private room, all meals from  
Thursday dinner through Sunday breakfast, and a canoe ride to  
**Camp Crystal Clear from November 14<sup>th</sup>-17<sup>th</sup>, 2024**  
at the DaySprings Conference Center, Parish, FL  
Visa \$250 Gift Card for Travel

## Florida Round Up Legacy — 39 Years Strong

Year	Theme	Co-Chairs
1984	Celebrate Recovery	Jim S. / Norma J.
1985	In All Our Affairs	Nye W. / Jim S.
1986	Courage to Change	Jay J. / Judy O.
1987	Alive Again	Judy O. / Jay J.
1988	Miracles in Progress	Karen V. / Jay J.
1989	Under New Management	Marty L. / Karen V.
1990	Living Miracles	Joe H. / Fran G.
1991	Bold New Directions	Fran G. / Joe H.
1992	Together We Can	Bobbie W. / John S.
1993	Back to Basics	Gary S. / Bobbie W.
1994	Sobriety, Serenity & Sunshine	Beth H. / Gary S.
1995	Pride in Recovery	Warren R. / Beth H.
1996	Pathways to Recovery	Jan S. / Warren R.
1997	Joy of the Journey	Tony D. / Jan S.
1998 -1999	Celebrate Our Recovery	Holly W. / Tony D.
2000	Carry the Message	Joe V. / Holly W.
2001	Living the Miracle	Joe McQ. / Lisa D.
2002	A Vision for You.	Lisa D. / Joe McQ.
2003	Into Action	Micheal G. / Mary O.
2004	20 Years, One Day at a Time	Mary O. / Micheal G.
2005	Courage to Be	Bill C. / Charlie D.
2006	The Road of Happy Destiny	Bill C. / Celia H.
2007	Sunlight of the Spirit	Celia H. / Jeffery M.
2008	Sand, Sea & Serenity	Jeffery M. / Hal D.
2009	25 Years of Recovery - Step by Step	Hal D. / Lori D.
2010	Rocketed Into a 4th Dimension	Lori D. / Gordon E.
2011	Beyond Our Wildest Dreams	Gordon E. / Jeanne M.
2012	A New Freedom	Jeanne M. / Sandy A.
2013	Work It / Live It	Sandy A. / Joann H.
2014	Sunny Serenity 30 Years of Hope	Joann H. / Tyrone G.
2015	Awakening Spirit	Tyrone G. / Crae P.
2016	Uncover - Discovery - Recover	Nick E. / Pablo R.
2017	Keys to the Kingdom	Nick E. / Pablo R.
2018	Embrace Change	Pablo R. / Robert L.
2019	Dive into Serenity	Robert L. / Bobby A.
2020	Happy, Joyous & Free	Bobby A. / Billy G.
2021- 2022	Break Free	Billy G. / Joffrey B.
2023	A New Happiness	Joffrey B. / Kevin O.
2024	There is a Solution	Kevin O. / Paul C.



T H E R E   I S   A   S O L U T I O N

