



May 14 - 18, 2025

Westin Fort Lauderdale Beach Resort

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Sunday, May 18th		Location	
6:30 - 7:30 AM	Sunrise Meeting	Beach	18
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10:00 AM	Farewell Breakfast <i>(ticket required)</i>	Las Olas Ballroom	18
10:30 AM	Sunday Speaker Meeting <i>featuring Michael B from LA</i>	Las Olas Ballroom	18
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Sunday, June 22nd		Location	
12:00 - 1:30 PM	FRU Thank Us Party and FRU 2025 Board Elections	Lambda South Clubhouse	18

Workshop Tracks

We recognize that choosing from these incredible workshops is not going to be easy! 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 workshops by track as follows:

- Creative Look Within
- Entertainment and History
- FRU 101— an overview of the roundup
- Healing from the Inside Out
- Health of Body, Mind and Soul
- Panels of Experience Strength and Hope
- Process Addiction Recovery
- Steps to a Healthy Life
- Tools for Recovery Management

Welcome to Florida Roundup!



Co-Chairs Welcome

The FRU Family is thrilled to welcome you back to Fort Lauderdale Beach for a truly special occasion: the 40th Anniversary of the Florida Roundup!

This year's theme, "40 and Fierce," is a powerful tribute to the strength, resilience, and vibrant spirit of our community. We remain dedicated to upholding the traditions that make the Roundup so impactful: inspiring recovery workshops, heartfelt keynote speakers, soul-nourishing sober activities, and the deep fellowship that brings us all together.

We have also planned some unforgettable entertainment, special events and thoughtful add-ons to ensure everyone feels celebrated, connected, and filled with joy.

To stay in the loop, join our private Florida Roundup Inc. Facebook group—a space full of support, updates, and connection. Just reach out to any of our Board members (Paul C., George L., Michael R., Joshua K., Charles L., Andy D., or Mathieu G.) on Facebook, and we will gladly add you. You can also email floridaroundup@floridaroundup.org for help joining the group or to get answers to any questions.

As we experience this incredible milestone, we are filled with gratitude. Your presence, passion, and spirit are what make Florida Roundup the transformative experience it continues to be, year after year.

With Heartfelt Thanks,
Paul C. and George L.
2025 FRU Co-Chairs

Welcome to Florida Roundup!



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 2025 Florida Roundup.

Board Of Directors:

Co-Chairs: Paul C. and George L.

Assistant Co-Chair: Michael R.

Treasurer and Data: Andy D.

Assistant Treasurer: Mathieu G.

Recording Secretary: Charles L.

Corresponding Secretary: Josh K.

BOD Appointed Positions:

Legal: Mitch M.

Hotel Facilitators: James J. and Shane M.

Graphic Design: Andrew S.

Webmaster: Mark P.

Diversity Ambassadors: Vanessa M. and Anthony B.

Committees:

Activities: Ken C.

Boosters: Justin J. and Milos P.

Décor and Design: Renan R. and Victor G.

Entertainment: Freddy C. and JP B.

Fundraising: Anthony C., Eddie P., Mateo A., and Matthew A.

Hospitality: Bill R., David T., Lexi B., and McKayla F.

Host: Barbara L. and Ricky D.

Program: Cathy A., Cory T., Doug L., Kendall C., and Ricky B.

Raffle: Jeffrey J.

Recovery Marathon: Eliza D.

Registration: John C., Kevin M., Sue A., and Thomas T.

Traditions: Danny T.

Recovery Marathon

Wednesday		
4:30 PM	AA Open Discussion	Everglades
11:00 PM	CMA Speaker Meeting	Everglades
Thursday - Saturday		
8:00 AM	AA Open Discussion	Everglades (Thursday) Oceanside I (Friday / Saturday)
12:30 PM	Alanon Open Discussion (Thursday - Friday) SCA Open Discussion (Saturday)	Everglades (Thursday) Oceanside I (Friday / Saturday)
4:30 PM	AA Open Discussion (Wed., Thurs., Saturday) ACA Open Discussion (Friday)	Oceanside I
11:00 PM	CMA Speaker Meeting	Oceanside I

Workshops At A Glance

Wednesday, May 14, 2025

Rio Vista

3:30 - 5 PM		My First Florida Roundup	
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Thursday, May 15, 2025

	Oceanside II	Rio Vista	Himarshee	Atlantic I	Atlantic II	Atlantic III	Atlantic VI
9 - 10:15 AM	AI-Anon Ask-It Basket	My First Florida Roundup	Steps 1-3: Making A Beginning (plus Q & A)	Forgiveness is For Yourself and a Serenity Stroll	Crossing the Line	Grief in Recovery	
10:30 - 12 PM	Recovery in Motion	Sponsorship: Giving Away What We Got	AA Big Book Highlights	Masks and Your Authentic Voice	Sobriety & Cancer	Signs of Sobriety: Carrying the Message to the Deaf via ASL	
1:30 - 3 PM	Heart Desires Breath Work	Y12SR: Yoga for 12-Step Recovery	Steps 4 & 5: Understanding a Fearless and Thorough Inventory and Revealing the Nature of Wrongs	Relapse Prevention	HALT and Self Care and Practicing Contentment	Become Your Own Loving Parent: The ACA Way	Drop The Rock

Friday, May 16, 2025

	Oceanside II	Rio Vista	Las Olas I	Himarshee	Atlantic V	Atlantic VI
9 - 10:15 AM	Madonna	Sexual Compulsives Anonymous: A Program of Recovery	Switching Addictions: Eating Disorders & Compulsive Behaviors	Steps 4 & 5: The Sex Inventory	Circle of Love	Sobriety & Grief
10:30 - 12 PM	Gender Diversity Panel		Triple Womens Speaker Meeting			Triple Mens Speaker Meeting
1:30 - 3 PM	The Ripple Effect: A Deeper Look at Steps 6, 7 & 10	Financial Sobriety	BIPOC Panel: Black, Indigenous & People of Color in Recovery	Vision Board Workshop	Guiding Agenda: 40 and Fierce – Getting to Your Yes!	Sex, Drag, and Rock n' Roll in Recovery

Saturday, May 17th

	Oceanside II	Rio Vista	Las Olas I	Himarshee	Atlantic V	Atlantic VI
9 - 10:15 AM	Dirty Little Secrets: Reclaiming the Power to Stay Sober - No Matter What!	The Creative Artist in Recovery	Grief & Recovery: Coping Through the Steps	Steps 8 & 9: Repairing Relationships / Willingness Into Action	Building After Relapse	Parenting in Recovery: AA Principles Towards Healthy Children
10:30 - 12 PM	Old Timers Panel	BUILDING A Sober Life	CoDA & Alanon: Paths to Healthy Recovery	Steps 10, 11 & 12: Daily Living for A Peaceful Life		
1:30 - 3 PM	Poniendo el 'No' en 'Nosotros': Limites que Cuidan, no que Separan	A Life I Never Knew I Wanted	Live A Life You Love	Step 12B: Practicing Principles in All Our Affairs!		
3:30 - 5 PM	Letting Go and Becoming: an Interactive Journaling and Guided Meditation Workshop	Not A Glum Lot: A Guide to Nightlife in Recovery		I Learned All I Need To Know About Sobriety in the First 90 Days		

Wednesday, May 14th

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

My First Florida Roundup

An opportunity to meet with the Florida Roundup chairs and learn the ins and outs of FRU.

Here you will receive tips on things like where to eat, setting your agenda, and how to get pool time.

Presenters: Paul C. and George L., 2025 FRU Co-Chairs

Track: FRU 101

Room: Rio Vista

Eval Code: 101

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

6:30 PM Kicking Off On the Right Foot — FRU 2025 Intention Setting Meditation Rio Vista

Join us the FRU Board, Committees and Volunteers as we embark on this weekend together in a moment of love and prayer.

8:00 PM Welcome to Florida Round Up Beach Ball Meeting Oceanside II



9:00 PM “Sing It Sistah!” Karaoke Night



Grab the mic, hit the spotlight, and let the good times roll!

Karaoke Night is your chance to sing your heart out, cheer on your friends, and soak up a night of music, laughter, and great company.

No pressure—just fun, tunes, and unforgettable moments!



11:00 PM Recovery Marathon: CMA Speaker Everglades

Thursday, May 15th

	Oceanside II	Rio Vista	Himarshee	Atlantic I	Atlantic II	Atlantic III	Atlantic VI
9 - 10:15 AM	Al-Anon Ask-It Basket	My First Florida Roundup	Steps 1-3: Making A Beginning (plus Q & A)	Forgiveness is For Yourself and a Serenity Stroll	Crossing the Line	Grief in Recovery	 Workshop Evaluations
10:30 - 12 PM	Recovery in Motion	Sponsorship: Giving Away What We Got	AA Big Book Highlights	Masks and Your Authentic Voice	Sobriety & Cancer	Signs of Sobriety: Carrying the Message to the Deaf via ASL	
1:30 - 3 PM	Heart Desires Breath Work	Y12SR: Yoga for 12-Step Recovery	Steps 4 & 5: Understanding a Fearless and Thorough Inventory and Revealing the Nature of Wrongs	Relapse Prevention	HALT and Self Care and Practicing Contentment	Become Your Own Loving Parent: The ACA Way	Drop The Rock

6:30 AM

Sunrise Meeting

Beach

A daily fixture at FRU since the beginning, gather on the beach for a meeting as the sun rises over the Atlantic Ocean. Facilitated by: Wakefield

8:00 - 9:00 AM

Recovery Marathon: AA Open Discussion

Everglades

Yoga Infusion

Himarshee

Partner Yoga Infusion combines a grounding breath practice and a deep connection to self and others through mutual support and listening with your whole body. Partner poses help enhance and deepen postures while building trust and connection on and off the mat. No partner or experience necessary. Facilitated by Jennifer W.

Morning Meditation: Celebrating You with Intention Setting & Meditation

Begin each day by getting grounded, picking an intention, and journeying through a guided meditation. Facilitated by Digby L.

Oceanside I

9:00 - 10:15 AM

Workshop Session #2

Al-Anon Ask-It Basket

Come explore the ins and outs of the Al-Anon program featuring an "Ask-It Basket" format.

Presenters: Dori S. and Kim G.

Track: Process Addiction Recovery

Room: Oceanside II

Eval Code: 201

Crossing the Line

This interactive workshop is designed to encourage self-reflection, empathy, and open dialogue. It will highlight shared and unique experiences, foster understanding and deeper connections among participants.

Presenters: JC and Joseph L.

Track: Creative Look Within

Room: Atlantic II

Eval Code: 202

Forgiveness is For Yourself and a Serenity Stroll

This workshop will illustrate how the AA program and steps are for you - so that you may live life in serenity and doing the good work of your higher power. The "Serenity Stroll" is a life affirming exercise of trust and good will through an amazing affirmation exercise.

Presenters: David Allan S. and Sue L.

Track: Healing from the Inside Out

Room: Atlantic I

Eval Code: 203

Grief in Recovery

This workshop will show ways to support your own recovery while working through grief.

Presenters: Kaushal V. and Danny D.

Track: Healing from the Inside Out

Room: Atlantic III

Eval Code: 204

My First Florida Roundup

An opportunity to meet with the Florida Roundup chairs and learn the ins and outs of FRU. Here you will receive tips on things like where to eat, setting your agenda, and how to get pool time.

Presenters: Paul C. and George L., 2025 FRU Co-Chairs

Track: FRU 101

Room: Rio Vista

Eval Code: 205

Steps 1-3: Making A Beginning (plus Q & A)

This workshop will review Steps 1, 2 and 3 as outlined in "Alcoholics Anonymous" with ample time for questions and group interaction.

Presenter: Michael B.

Track: Steps To A Healthy Life

Room: Himarshee

Eval Code: 206

Thursday, May 15th

10:30 AM -12 PM Workshop Session #3

AA Big Book Highlights

This workshop will discuss some key paragraphs and true meaning of items in the AA Big Book.

Presenters: Jim M. and Glen P.

Track: Entertainment and History

Room: Himarshee

Eval Code: 301

Masks and Your Authentic Voice

A workshop that incorporates the masks we wear in addiction - focusing on character defects. This will be followed by a discussion of using our authentic voice in recovery.

Presenters: Will C. and David K.

Track: Creative Look Within

Room: Atlantic I

Eval Code: 302

Recovery in Motion

Recovery in Motion is a 90-minute expressive arts workshop designed for adults in recovery from addiction and destructive behaviors. Through movement, voice, improvisation, and group reflection, participants are invited to reconnect with their bodies, express emotions, and deepen their recovery journey.

Presenters: Octavio C. and Andrea L.

Track: Tools for a Healthy Recovery

Room: Oceanside II

Eval Code: 303

Signs of Sobriety: Carrying the Message to the Deaf via ASL

This workshop is a fun and interactive experience where participants will learn the basic phrases of our 12-step programs in ASL to bring the message to deaf folks in recovery - and maybe even learn some famous forbidden phrases along the way.

Presenter: Jennifer W.

Track: Tools for a Healthy Recovery

Room: Atlantic III

Eval Code: 304

Sobriety & Cancer

This workshop will highlight the journey through a cancer diagnosis clean and sober. Coping tools will be shared and a safe space for participants to share their fears and experience will be provided.

Presenters: Les L. and Joe T.

Track: Healing from the Inside Out

Room: Atlantic II

Eval Code: 305

Sponsorship: Giving Away What We Got

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

Presenter: Michael R.

Track: Tools for a Healthy Recovery

Room: Rio Vista

Eval Code: 306

12:30 - 1:30 PM

Recovery Marathon: Alanon Open Discussion

Everglades

1:30 - 3:00 PM

Workshop Session #4

Become Your Own Loving Parent: The ACA Way

Come explore the fundamentals of the Adult Children of Alcoholics and Dysfunctional Families program. The session will focus on the Twelve Steps, family of origin trauma work, the Laundry List, and Reparenting Self.

Presenters: Eric R. and Rob S.

Track: Process Addiction Recovery

Room: Atlantic III

Eval Code: 401

Drop the Rock

Steps 6 & 7

Presenter: Cathy A.

Track: Steps To A Healthy Life

Room: Atlantic VI

Eval Code: 402

HALT and Self Care and Practicing Contentment

This workshop will focus on one of the fundamental tools to improve self-care (Hungry, Angry, Lonely, Tired). Participants will discover and practice the recovery tools needed to make connections with others at FRU and for the rest of life.

Presenters: Joann, Dana, and Lizette

Track: Tools for a Healthy Recovery

Room: Atlantic II

Eval Code: 403

Heart Desires Breath Work

This session will feature a guided meditation using a method which combines rhythmic breath and vocal release to resolve personal chaos. Participants will journey through a somatic, breath-work, sound bath, active guided meditation that uses sensation and the body as entry-points for healing, release, and relief.

Presenter: Jay R.

Track: Health of Body, Mind and Soul

Room: Oceanside II

Eval Code: 404

Workshop



Evaluations

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Relapse Prevention

This workshop will focus on how to achieve and maintain sobriety. The presenter will share on his transitioning between AA, NA and CMA to achieve the perfect balance. Come join this open guided discussion!

Presenter: Mathieu G.

Track: Tools for a Healthy Recovery

Room: Atlantic I

Eval Code: 405

Steps 4 & 5: Understanding a Fearless and Thorough Inventory and Revealing the Nature of Wrongs

Come discover the inventories (Resentment, Fear, and Sex) of a solid 4th Step - discover the transformational power of the 5th Step.

Presenters: Michaeline W. and Laida G.

Track: Steps To A Healthy Life

Room: Himarshee

Eval Code: 406

Y12SR: Yoga for 12-Step Recovery

Y12SR combines the practical tools of 12-step programs with the ancient wisdom of yoga. Combining the two creates a model that truly addresses addiction as the physical, mental, and spiritual dis-ease that it is. Please bring a yoga mat or towel if you have one.

Presenter: Jennifer G.

Track: Health of Body, Mind and Soul

Room: Rio Vista

Eval Code: 407

4:30 - 5:30 PM

Recovery Marathon: AA Open Discussion

Oceanside I

5:00 - 6:00 PM

BIPOC Happy Hour

Bonnet

7:30 PM

Evening Speaker Meeting

featuring John P. from Palm Springs, CA

Las Olas

John is a recovering alcoholic and addict and has been sober for over 38 years. He recalls a favorite childhood memory of the day Cher said hello to him at the age of 13. He is a 45-year career as a photographer with a brief hiatus when he ruined his career when he didn't show up for a photoshoot with Joan Collins and Elizabeth Taylor because he was on a bender. It took him two years after that to get sober and return to work.

He has lived in Palm Springs, CA for the last 18 years full time where he attends meetings regularly, sponsors people and is always willing to be of service as he believes service work is what has kept him sober.



9:00 PM

DRAG BINGO

hosted by Dallas' Helen Holy

Atlantic

Prepare for an unforgettable evening of laughter, glamour, and outrageous fun as the one and only **Helen Holy** from Dallas takes the stage to host a lively round of drag bingo. With each \$20 bingo book, you'll get the chance to win fabulous **cash and prizes**, all while being entertained by sharp wit, sassy performances, and over-the-top antics. Whether you're a bingo pro or just in it for the spectacle, this event invites you to throw on a wig, dress to impress, and let your fabulous flag fly for a night that's anything but ordinary.



11:00 PM

Recovery Marathon: CMA Speaker

Oceanside I

Friday, May 16th

	Oceanside II	Rio Vista	Las Olas I	Himarshee	Atlantic V	Atlantic VI
9 - 10:15 AM	Madonna	Sexual Compulsives Anonymous: A Program of Recovery	Switching Addictions: Eating Disorders & Compulsive Behaviors	Steps 4 & 5: The Sex Inventory	Circle of Love	Sobriety & Grief
10:30 - 12 PM	Gender Diversity Panel		Triple Womens Speaker Meeting			Triple Mens Speaker Meeting
1:30 - 3 PM	The Ripple Effect: A Deeper Look at Steps 6, 7 & 10	Financial Sobriety	BIPOC Panel: Black, Indigenous & People of Color in Recovery	Vision Board Workshop	Guiding Agenda: 40 and Fierce – Getting to Your Yes!	Sex, Drag, and Rock n' Roll in Recovery

6:30 AM

Sunrise Meeting: (see description on page 8)

Beach

8:00 - 9:00 AM

**Recovery Marathon: AA Open Discussion
Partner Yoga Infusion**

Oceanside I

Himarshee

Partner Yoga Infusion combines a grounding breath practice and a deep connection to self and others through mutual support and listening with your whole body. Partner poses help enhance and deepen postures while building trust and connection on and off the mat. No partner or experience necessary. Facilitated by Jennifer W.

Morning Meditation: Celebrating You w/Intention Setting & Meditation
(see description on page 8)

Oceanside I

9:00 - 10:15 AM

Workshop Session #5

Circle of Love

This workshop explores the importance of self-love, self-care, and self-empowerment through the use of affirmations. Create personal affirmations and participate in a guided affirmation circle.

Presenters: Diane F. and Lori P.

Track: Creative Look Within

Room: Atlantic V

Eval

Code: 501

Workshop



Evaluations

Madonna

Through Madonna's music, participants will find spirituality and recovery in everyday things! God is everything or God is nothing. Participants will learn to do things in sobriety that seemed to only be possible under the influence.

Presenters: Graham J. and Luis C.

Track: Entertainment and History

Room: Oceanside II **Eval Code:** 502

Sexual Compulsives Anonymous: A Program of Recovery

Come discover SCA's primary purpose: to help the sexual compulsive/addict who still suffers. Participants will explore the common SCA characteristics and share their experience, strength, and hope.

Presenters: Gordon B. and Brian V.

Track: Process Addiction Recovery

Room: Rio Vista

Eval Code: 503

Sobriety & Grief

This workshop will guide participants through loss in recovery. Participants will explore the 9th Step promise "we will not regret the past nor wish to shut the door on it" and discover the ability to make it through heartbreak and loss.

Presenters: Christina M. and John M.

Track: Healing from the Inside Out

Room: Atlantic VI

Eval Code: 504

Steps 4 & 5: the Sex Inventory

This workshop will take a close look at fourth and fifth step sexual inventory. Focus will be placed on developing healthy sexual ideals as a foundation for a sex life that doesn't cause harm to others.

Presenters: Brentt F and Chad R.

Track: Steps To A Healthy Life

Room: Himarshee

Eval Code: 505

Switching Addictions: Eating Disorders & Compulsive Behaviors

This workshop will focus on how addiction changes forms with a special focus on eating disorders and other compulsive behaviors.

Presenters: Michaeline W. and Laida G.

Track: Process Addiction Recovery

Room: Las Olas I

Eval Code: 506

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Friday, May 16th

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10:30 AM -12 PM Workshop Session #6

Gender Diversity Panel

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

Presenters: Jaki N. and Donna W. **Track:** Panels of Experience, Strength and Hope **Room:** Las Olas III **Eval Code:** 601

Triple Mens Speaker Meeting

A panel of three men sharing their experience strength and hope from the perspective of 1-10, 10-20, and 20+ years sobriety.

Facilitated by: Doug L. and Ricky D. **Track:** Panels of Experience, Strength and Hope **Room:** Atlantic VI **Eval Code:** 602

Triple Womens Speaker Meeting

A panel of three women sharing their experience strength and hope from the perspective of 1-10, 10-20, and 20+ years sobriety.

Facilitated by: Joann H. **Track:** Panels of Experience, Strength and Hope **Room:** Las Olas I **Eval Code:** 603

12:30 - 1:30 PM

Recovery Marathon: Alanon Open Discussion

Oceanside I

1:30 - 3:00 PM

Workshop Session #7

BIPOC Panel: Black, Indigenous & People of Color in Recovery

This workshop will provide a safe space for BIPOC to explore emotional sobriety unique to their lived experiences ... no code switching. Participants will discover way to support each other in unison and fellowship when current and cultural triggers are deemed an outside issue.

Facilitated by: Nelson C. and Anthony B. **Track:** Panels of Experience, Strength and Hope **Room:** Las Olas I **Eval Code:** 701

Financial Sobriety

A workshop on managing finances in sobriety and how to avoid spending triggers and emotional spending once achieving sobriety.

Presenters: Susan A. and David T. **Track:** Tools for a Healthy Recovery **Room:** Rio Vista **Eval Code:** 702

Guiding Agenda: 40 and Fierce – Getting to Your Yes!

Come and experience a guided meditation utilizing different modalities, such as music, art, coloring, and explore within!

Presenter: Digby L. **Track:** Health of Body, Mind and Soul **Room:** Atlantic V **Eval Code:** 703

Sex, Drag, and Rock n' Roll in Recovery

This workshop will focus on the empowerment of authenticity through drag. Participants will explore how the drag community is connected to the LGBT community, addiction, and the sobriety community.

Presenters: Brandon B. and Ruben H **Track:** Entertainment and History **Room:** Atlantic VI **Eval Code:** 704

The Ripple Effect: A Deeper Look at Steps 6, 7 & 10

You dropped the rock now what? Come discover a deeper meaning to Steps 6, 7, and 10!

Presenter: Cathy A. **Track:** Steps To A Healthy Life **Room:** Oceanside II **Eval Code:** 705

Vision Board Workshop

Manifest what you desire! Using a vision board as a tool to remind you what you are working towards: work, health, cash and prizes, love, peace and anything you want in life, keep it top of mind, what you think about you bring about! Please note: this workshop is limited to 20 people!

Presenter: Sherri S. **Track:** Creative Look Within **Room:** Himarshee **Eval Code:** 706

4:30 - 5:30 PM

Recovery Marathon: ACA Open Discussion

Oceanside I

Workshop



Evaluations

(Continued on page 13)

Friday, May 16th

(Continued from page 12)

5:00 - 6:00 PM

Ladies Happy Hour

6:30 - 7:30 PM

Fellowship Mediterranean Dinner

Oceanside II

7:30 PM

Evening Speaker Meeting & Recovery Countdown *featuring Nelson C. from NYC*

Nelson is a recovering alcoholic and addict who has been sober since November 1995. His journey began when a mentor asked that familiar phrase "are you willing and able to do anything to get sober?". Just a few hours later he was shocked to discover that the place he was being taken in upstate NY was a rehab facility – not a health spa. It was there that he recovery seeds were planted within his heart. However, it took another year to realize that alcohol took him to the same deep, dark, and depressive place that drugs had taken him in the past.

His life began to blossom the moment he surrendered to a Higher Power and Alcoholic Anonymous. The loneliness and isolation of the disease have been replaced with fellowship and service. His depression and darkness have been replaced with light, laughter, and joy. He likes to say that the tools of recovery have opened a world that he never imagined; and, he has finally found his tribe.



9:00 PM

"Friday Night Live" featuring Jessica Kirson

Fresh off a sold out appearance at NYC's Beacon Theatre, Jessica is a powerhouse on stage. She is a hilariously relatable performer of sheer silliness, vulnerability, and ridiculous characters. Her countless comedic character videos have racked up over 200 million views on social media. Her audience is multigenerational, creating an excuse for large groups of friends and families to spend a night out together. In an era where only 10% of all touring comedians are female, Jessica stands out as one of the strongest comedians regardless of gender.

Jessica's highly anticipated prank call album, *The Call Girls*, also featuring Rachel Feinstein, was released in 2022. Recorded virtually during the depths of quarantine, the album features characters such as old Jewish grandmothers, sexy co-eds, a conservative mother and her gay son, and more.

She was awarded "Best Female Comic" by the MAC association in New York City and received the prestigious Nightlife Award for "Best Stand-up Comedian." In her spare time, Jessica is a regular contributor to *The Howard Stern Show*, where she produces and stars in prank calls for the show.




11 PM - 12 AM

Recovery Marathon: CMA Speaker

Oceanside I

Saturday, May 17th

	Oceanside II	Rio Vista	Las Olas I	Himarshee	Atlantic V	Atlantic VI
9 - 10:15 AM	Dirty Little Secrets: Reclaiming the Power to Stay Sober - No Matter What!	The Creative Artist in Recovery	Grief & Recovery: Coping Through the Steps	Steps 8 & 9: Repairing Relationships / Willingness Into Action	Building After Relapse	Parenting in Recovery: AA Principles Towards Healthy Children
10:30 - 12 PM	Old Timers Panel	BUILDING A Sober Life	CoDA & Alanon: Paths to Healthy Recovery	Steps 10, 11 & 12: Daily Living for A Peaceful Life	<div>Workshop</div>  <div>Evaluations</div>	
1:30 - 3 PM	Poniendo el 'No' en 'Nosotros': Límites que Cuidan, no que Separan	A Life I Never Knew I Wanted	Live A Life You Love	Step 12B: Practicing Principles in All Our Affairs!		
3:30 - 5 PM	Letting Go and Becoming: an Interactive Journaling and Guided Meditation Workshop	Not A Glum Lot: A Guide to Nightlife in Recovery		I Learned All I Need To Know About Sobriety in the First 90 Days		

6:30 AM	Sunrise Meeting	(see description on Page 8)	Beach
8:00 - 9:00 AM	Recovery Marathon: AA Open Discussion		Oceanside I
	Yoga Infusion	(see description on Page 8)	Himarshee
	Morning Meditation: Celebrating You with Intention Setting & Meditation	(see description on Page 8)	Oceanside II

9:00 - 10:15 AM Workshop Session #8

Building After Relapse

Led by a sponsor with long-term sobriety and a sponsee who struggled to stay. This workshop is about the power of not quitting on ourselves or those we walk with. It's about surrendering old ideas and building a life that is worth living.

Presenters: Loretta M. and Eric H.M. **Track:** Tools for a Healthy Recovery **Room:** Atlantic V **Eval Code:** 801

Dirty Little Secrets: Reclaiming the Power to Stay Sober - No Matter What!

This workshop will teach participants how to remove the power from something that may be holding them back in recovery.

Presenters: John P. and Richard C. **Track:** Tools for a Healthy Recovery **Room:** Oceanside II **Eval Code:** 802

Grief & Recovery: Coping Through the Steps

This workshop will help people process grief and loss utilizing the 12 Steps of recovery.

Presenters: Hernando DC, and Jim **Track:** Healing from the Inside Out **Room:** Las Olas I **Eval Code:** 803

Parenting in Recovery: AA Principles Towards Healthy Children

This workshop will guide parents with children on how to navigate a world gone hateful - using the 12 steps of recovery while raising children.

Presenters: William S and Greg **Track:** Tools for a Healthy Recovery **Room:** Atlantic VI **Eval Code:** 804

Steps 8 & 9: Repairing Relationships / Willingness Into Action

This workshop will highlight the value of working the steps with a sponsor, specifically emphasizing steps 8 & 9 and the importance of completing these with thoroughness and rigorous honesty.

Presenters: John M. and David P. **Track:** Steps To A Healthy Life **Room:** Himarshee **Eval Code:** 805

The Creative Artist in Recovery

This workshop will help participants recognize and overcome obstacles to creativity through working the principles of a recovery program.

Presenter: Leo S. **Track:** Creative Look Within **Room:** Rio Vista **Eval Code:** 806

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(Continued from page 14)

Workshop



Evaluations

10:30 AM -12 PM Workshop Session #9

BUILDING A Sober Life

This workshop will focus on developing tools and a strategy to build a life in sobriety that is fulfilling and that you don't want to escape from!

Presenters: Jason Z. and Dave C.

Track: Tools for a Healthy Recovery

Room: Rio Vista

Eval Code: 901

CoDA & Alanon: Paths to Healthy Recovery

A workshop exploring CoDA and Alanon, wherein participants will hear brief experience, strength and hope, then create and perform two fun small skits. These skits will demonstrate the difference between acting codependently versus living in recovery.

Presenters: Lori H. and Emily B.

Track: Process Addiction Recovery

Room: Las Olas I

Eval Code: 902

Old-Timers Panel

A panel of speakers with more than 25 years of recovery. You'll hear their experience, strength, and hope, followed by a Q & A.

Facilitated by: Michael R.

Track: Panels of Experience, Strength and Hope

Room: Oceanside II

Eval Code: 903

Steps 10, 11 & 12: Daily Living for A Peaceful Life

A discussion of steps 10 through 12 and how to live your life by working those steps daily.

Presenter: Michael B.

Track: Steps To A Healthy Life

Room: Himarshee

Eval Code: 904

12:00 - 5:00 PM

Saturday T-Dance & Rooftop Pool Party

featuring DJ Aulden Brown

Kimpton Shorebreak

2900 Riomar Street



Get ready to elevate your weekend with a vibrant rooftop celebration featuring the infectious beats of **DJ Aulden Brown**. Dance under the sun, take a refreshing dip in the pool, and savor delicious bites while surrounded by stunning views. Whether you're mingling with friends or making new ones, this high-energy afternoon promises great music, good vibes, and a perfect mix of relaxation and revelry.

12:30 - 1:30 PM

Recovery Marathon: SCA Open Discussion

Oceanside I

(Continued on page 16)

Saturday — Workshops

1:30 - 3:00 PM

Workshop Session #10

A Life I Never Knew I Wanted

Come hear how a group of panelists discovered a life in recovery that is exactly what they always wanted - but, never knew was possible!

Panelists: Bree F., Maury D., Alex K., Teresa E., and Terrance E.

Track: Tools for a Healthy Recovery

Room: Las Olas I

Eval Code: 1001

Live A Life You Love

Building a life that you love from a place of serenity and self awareness by working the program - create and envision a big picture plan - discover what you're passionate about - apply the personal shifts and spiritual experiences to every day living - principles in all affairs - utilizing tools to live free from self defeating obstacles.

Presenters: Danny C., Allen C., and Alesandro A.

Track: Tools for a Healthy Recovery

Room: Las Olas I

Eval Code: 1002

Poniendo el 'No' en 'Nosotros': Límites que Cuidan, no que Separan

Poner límites puede ser todo un reto, sobre todo cuando te encuentras en situaciones incómodas. Ya sea lidiando con atención no deseada, la presión de decir que "sí" o la dificultad de hacerte respetar, aprender a decir "no" es clave para cuidar tu bienestar y recuperación. En este taller dinámico, vamos a hablar de por qué los límites son tan importantes, cómo darte cuenta cuando alguien los está cruzando y maneras prácticas de decir "no" con confianza (sin culpa y sin drama). A través de conversaciones, actividades y experiencias compartidas, aprenderemos herramientas para enfrentar situaciones difíciles sin perder de vista nuestro proceso de recuperación. No importa en qué etapa estés, mereces seguridad y respeto.

Presenters: Alex S., Julio R., and Alberto L.

Track: Tools for a Healthy Recovery

Room: Oceanside II **Eval Code:** 1003

Step 12B: Practicing Principles in All Our Affairs!

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.

Presenter: Dan R.

Track: Steps To A Healthy Life

Room: Himarshee

Eval Code: 1004

Workshop



Evaluations

3:30 - 5:00 PM

Workshop Session #11

I Learned All I Need To Know About Sobriety in the First 90 Days

This workshop will use a lifetime of experiences for all levels of sobriety to discuss methods and tools acquired as time adds up in sobriety. Enlightening and fun for all lengths of sobriety!

Presenters: Susan A. and David T.

Track: Tools for a Healthy Recovery

Room: Himarshee

Eval Code: 1101

Letting Go and Becoming: an Interactive Journaling and Guided Meditation Workshop

Come explore this powerful workshop on letting go and becoming. Shift on a cellular level letting go of what is no longer serving you, emerge yourself in love and step into a Higher Perspective of your True Self! Please note that journals will be provided - just bring your own writing instrument.

Presenters: Thomas A. and Bobby A.

Track: Health of Body, Mind and Soul

Room: Oceanside II **Eval Code:** 1102

Not A Glum Lot: A Guide to Nightlife in Recovery

This workshop will invite participants to break free and be their authentic selves in situations that may have previously been daunting. Learn how to maintain spiritual fitness and freedom from addiction! Come! Let loose! Twirl darlings - you are worth it!

Presenters: Kendall C. and Freddy C.

Track: Entertainment and History

Room: Rio Vista

Eval Code: 1103

4:30 - 5:30 PM

Recovery Marathon: AA Open Discussion

Oceanside I

5:00 - 6:00 PM

Trans and Nonbinary Happy Hour Social

Bonnet

Saturday Ruby Red Soiree

6:30 - 7:30 PM

Gratitude Dinner

Las Olas

7:30 PM

Evening Speaker Meeting & Recovery Countdown

featuring Loretta M. from Austin, TX

Loretta grew up in El Paso, Texas, where feelings of isolation were rooted in her childhood, and she learned to fade into the background in a household dominated by her parents' drinking. Soon enough, alcohol became her drug of choice, providing a temporary escape from fear and anger, though it quickly led to years of reckless behavior.

At 18, she admitted to herself that she had a problem, but denial kept her drinking. After college, she fell into unhealthy relationships and found solace in alcohol and any drugs offered to her. A move to Austin, Texas for a fresh start didn't change her pattern, but a spiritual experience led her to her first AA meeting in 1992. She picked up a desire chip that night and has been sober since.

For the past 32 years, Loretta has relied upon AA's pillars of unity, service and recovery. She embraces the unity of the program through the circle of sponsorship and decades-long friendships in the rooms. She has been of service whenever asked, whether to lead a meeting or serve on the Austin Galano Club Board during the pandemic. She has experienced and witnessed the transformative power of the Twelve Steps and believes recovery is possible for everyone.



9:00 PM

40th Anniversary "Ruby Red Soiree"

featuring Vicci Martinez and Emily Tarver

Vicci Martinez is a singer/songwriter and actress from Tacoma, Washington. With a musical style that is firmly rooted in the acoustic-rock tradition, her compositions are personal and often autobiographical.

In 2011, she placed third in NBC's singing competition series "The Voice." She has released many albums throughout her career and has received critical acclaim for her live performances. As an actress, she received her big break portraying inmate Daddy on the Netflix series, "Orange Is the New Black."

Emily Tarver is an actress, writer, comedian, musician, and producer from NYC. Her comedic work includes stand-up, improv, sketch, and musical comedy. Emily is best known for her roles in the Tina Fey/Amy Poehler comedy "SISTERS," Vh1's "Best Week Ever," "DONNY!" on USA, and most recently, playing CO Artesian McCullough in the Netflix series, "Orange is the New Black."

Vicci and Emily met on Orange is the New Black and fell in love. Now they harmonize about their love and their life.



11 PM - 12 AM

Recovery Marathon: CMA Speaker

Oceanside I

Sunday — Morning Farewell

- | | | |
|-------------------------|---|--|
| 6:30 AM | Sunrise Meeting: (see description on page 8) | Beach |
| 8:00 - 9:00 AM | Recovery Marathon: AA Open Discussion | Oceanside I |
| | Partner Yoga Infusion (see description on page 11) | Himarshee |
| | Morning Meditation: Celebrating You w/Intention Setting & Meditation
(see description on page 8) | Oceanside I |
| 9:00 - 10:15 AM | Farewell Breakfast <i>(ticket required)</i> | Las Olas |
| 10:30 - 12:00 PM | Sunday Speaker Meeting
<i>featuring Michael B. from Los Angeles</i> | |
| | <p>Michael is a recovering alcoholic who has been sober since November 26, 2009. He was dropped off in Covina, CA to get sober after his sister picked him up off the streets of Hollywood. Defiant and unwilling to pick up the spiritual tools Alcoholics Anonymous was offering, Michael hit rock bottom in the rooms of AA at 92 miserable days sober. The biggest gift in Michael's life has been going from going a broken soul to living a peaceful life daily by spiritual principles and working with other alcoholics and addicts to stay sober "no matter what". At 7 years sober Michael tested positive for HIV. Amid fear, self-pity and shame, Michael rigorously worked with other alcoholics and addicts to stay sober and help others achieve sobriety. Active in AA all over Los Angeles, Michael dedicates his passion for recovery to his home group in Covina. In 2023 he started the first LGBTQ group in Covina, Friends of Bill and Barry.</p> |  |
| 6:00 - 8:00 PM | Official FRU Round-Down | Lambda South Clubhouse |
| | <p>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).</p> | |

Sunday, June 23 — Gratitude

- | | | |
|---------------------|--|------------------------|
| 12 - 1:30 PM | FRU Thank Us Party and Elections | Lambda South Clubhouse |
| | <p><i>Join us for some food and fellowship, followed by our Business Meeting and Board Elections for FRU 2026!</i></p> | |

2025 RAFFLE PRIZES



FRU 41th 2026 GRAND PRIZE

2 FRU Registrations and pair of All Meals at FRU
4-night stay at the Westin Ft. Lauderdale Beach Resort
\$25 Starbucks and \$50 Lona Cocina Gift Card
Candle from Radiant Light Candle Company

THE RECOVERY ROADTRIP

Registrations for Winter Awakening, Long Island Roundup,
Quest Roundup, and Southeastern Massachusetts Roundup
Visa \$400 Gift Card for Travel and Expenses
Registrations can be transferred to a friend.

GLAMPING AT CAMP CRYSTAL CLEAR 2025

Registration includes a semi-private room, all meals from
Thursday dinner through Sunday breakfast, and a canoe ride
at the DaySpring Conference Center, Parish, FL
Visa \$250 Gift Card for Travel

PALM SPRINGS DESERT OASIS GETAWAY

2 Nights at the Twin Palms Resort
\$150 Gift Card to EIGHT4NINE in Palm Springs
Visa \$300 Gift Card for Travel
Candle from Radiant Light Candle Co.

TECH TREASURE TROVE

Apple 10.9 inch iPad – 10th Generation
Amazon – Echo Show
Candle from Radiant Light Candle Co.

GLOW UP AND GET DOWN

The Bearded Barber \$50 Gift Card
Facial courtesy of Spa Cabanas
\$200 Gift Card courtesy of The Message Bearapist
\$300 Gift Card courtesy of Ray of Life Healing
Tax Filing courtesy of Glazer Accounting
One month of unlimited Salsa Classes
Candle from Radiant Light Candle Co.

MEDSPA FANTASY

\$1,000 MedSpa Gift Card from Beam By Dr. Los
Candle from Radiant Light Candle Co.

ULTIMATE BEACHFRONT ESCAPE

2 Nights at the Westin Ft. Lauderdale Beach Resort
\$25 Starbucks and \$50 Lona Cocina Gift Card
Candle from Radiant Light Candle Co.
Visa \$250 Gift Card for Travel



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