

# Welcome!

Welcome all to the 42nd annual Flower City Fellowship Convention!

This year our theme is strength in unity. We are glad you are participating, and our committee has planned a weekend of fellowship, serenity, fun, and, of course, unity.

As we share our experience strength and hope with each other this weekend, we hope that you will feel the unity, in that we are all a small part of a greater whole.



**Karl H.**  
2023-2024  
Convention Chairperson



**Amelia A.**  
2024-2025  
Convention Chairperson

## Serenity Prayer

God, grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

# AA PREAMBLE

Alcoholics Anonymous is a fellowship of people 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 one will be restricted to the common areas.

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

Children must be with 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 10:00-1:00 a.m. on the half hour. Meet at the Registration Desk.

## SAFETY NOTICE

Our convention endeavors to provide a safe place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our events can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that members and others refrain from any behavior which might compromise another person's safety. Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group when leaving. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. traditions and is recommended when someone may have broken the law or endangered the safety of another person.

# CONVENTION COMMITTEE

<b>Convention Chair</b> Karl H.		<b>Convention Chair-Elect</b> Amelia A.	
<b>Secretary</b> Chelsea K.	<b>Treasurer</b> Patty S. & Lori H.		<b>After Hours</b> Stephen R. & Ariel E.
<b>Art and Publicity</b> Brant C. & Ryan F.	<b>AI-Anon</b> Ellen V. & Wendi C.		<b>Coffee Cop</b> Joe B. & Rich C.
<b>Deaf &amp; Hard of Hearing</b> Beth M. & Richard C.	<b>Decorations</b> Heather R. & Chad S.		<b>Entertainment DJ</b> Eric Y. & Lisa C.
<b>Entertainment Events</b> Curtis L.	<b>Entertainment Open/Close</b> Keisha N. & Paul A.		<b>Escorts</b> Tay H. & Mary D.
<b>Fundraising - Coffee Raffle</b> Brian D.	<b>Fundraising Events</b> Sam F. & Les R.		<b>Gifts</b> Kim C. & Zack L.
<b>Golf Tournament</b> Rich C. & John R.	<b>Greeters</b> Bethany M. & Bob H.		<b>Hospitality</b> Shane H. & Kayleigh A.
<b>Hotel</b> Craig C. & Arielle L.	<b>Panels</b> Tom F. & Joe S.		<b>Registration</b> Nate P. & Elyse H.
<b>Sales</b> Ryan G. & Adam Z.	<b>Speakers</b> Tracey D. & Pam R.		<b>Ushers</b> Zach B. & Carl G.
<b>Higher Powered:</b> Keisha, Kitty, Robert, Paul, Julius and James			

## FRIDAY

4:00 	<b>AA EARLY BIRD SPEAKER</b> <b>Speaker:</b> Benjamin S., Rochester, NY • <b>Moderator:</b> Tracey D.	Grand Ballroom
4:00	<b>AL-ANON PANEL - We are Enough, Higher Power's love is for everyone</b> <b>Moderator:</b> Kathy M. • <b>Panelists:</b> Natalie E., Erin S., Dennis C.	Jefferson Room
6:00	<b>AA PANEL</b> <b>Principles Before Personalities/ Practicing These Principles In All Our Affairs</b> <b>Moderator:</b> Katie B. • <b>Panelists:</b> Nanette R-V., Jessica N., Mike F.	Jefferson Room
6:00 	<b>AL-ANON EARLY BIRD SPEAKER</b> <b>Speaker:</b> Domenic M., Rochester, NY • <b>Moderator:</b> Wendi C.	Grand Ballroom
7:30 	<b>OPENING CEREMONIES AND SPEAKER</b> <b>Moderator:</b> 2025 Chair, Amelia A. • <b>Speaker:</b> Ralph W., Los Angeles, CA Music by Higher Powered	Grand Ballroom
9:00	<b>ICE CREAM SOCIAL - \$\$\$</b>	Hospitality (Atrium)
10:00	<b>AA VARIETY SHOW</b> <b>Featuring the Not a Glum Lot Players and Higher Powered</b>	Grand Ballroom
10:30	<b>AA MEETING</b>	Jefferson Room
11:30	<b>AA MEETING</b>	Jefferson Room



- EVENT WILL BE ASL INTERPRETED



# SATURDAY

7:30	<b>MORNING YOGA</b>	Jefferson Room
8:15	<b>AA PANEL - Service Panel</b> <b>Moderator:</b> Joe S. • <b>Panelists:</b> Zack L., Brian M., Amelia H., John W.	Ontario North
8:15	<b>AL-ANON PANEL</b> Healing Relationships - Most importantly Mine with myself <b>(ASL)</b> <b>Moderator:</b> Lynn P. • <b>Panelists:</b> Sabina G., Dean C., Paul M.	Jefferson Room
8:15	<b>AA PANEL - Fear - What if I Stumble but What if I Soar</b> <i>"The chief activator of our defects has been self centered fear."</i> 12&12 p.76 <b>(ASL)</b> <b>Moderator:</b> Morgan H. • <b>Panelists:</b> Dara T., Amber D., Ian M.	Ontario South
9:30	<b>AA PANEL - Vulnerability/ Humility</b> <i>"The attainment of greater humility is the foundation principle of each of AA's twelve steps."</i> BB p.70 <b>(ASL)</b> <b>Moderator:</b> Danielle A. • <b>Panelists:</b> Desiree I., Jamie G., Paul D.	Ontario North
9:30	<b>AA PANEL - Longtimers in AA</b> <b>Moderator:</b> Laura J. • <b>Panelists:</b> John M., Eleanor C., Angela S.	Ontario South
9:30	<b>AL-ANON PANEL</b> <i>My Attitude: The shift from separation and lack, to one of unity and right mindedness.</i> <b>(ASL)</b> <b>Moderator:</b> Pat T. • <b>Panelists:</b> Nora H., Carol G., Richard P.	Jefferson Room
11:00	<b>AA &amp; AL-ANON PANEL - Ask-it Basket</b> <b>(ASL)</b> <b>Moderator:</b> Tracey D • <b>Panelists:</b> All Main Speakers	Grand Ballroom
12:15	<b>UNITY PANEL - AA &amp; AL-ANON</b> Al-Anon and AA; 2 sides of the same Coin <b>Moderator:</b> Wendi C. • <b>Panelists:</b> John F., Ellen V., Jim M.	Grand Ballroom
12:15	<b>AA PANEL - Inclusion</b> <b>Moderator:</b> Brian C. • <b>Panelists:</b> Leah H., Kiki S., Rich C.	Jefferson Room
1:30	<b>AA PANEL - Belief in a Higher Power/ What is Spirituality?</b> <b>Moderator:</b> Melissa L. • <b>Panelists:</b> Megan S., Kiera M., Jen T. (Marlton, NJ)	Jefferson Room
1:30	<b>AL-ANON MAIN SPEAKER</b> <b>(ASL)</b> <b>Moderator:</b> Ellen V. • <b>Speaker:</b> Larcine G., Hawthorne, CA	Grand Ballroom
2:45	<b>CAKE TO CELEBRATE LOIS W. BIRTHDAY!</b> <b>Moderator:</b> Dean C.	Hospitality (Atrium)
3:00	<b>AA SPEAKER</b> <b>(ASL)</b> <b>Moderator:</b> 2023 Chair, Morgan E. • <b>Speaker:</b> Cyndi M., Louisville, KY	Grand Ballroom
3:15	<b>ALATEEN PANEL - Together We Can Make It</b> <b>Moderator:</b> Maureen L. • <b>Panelists:</b> Hailey C., Jack C., Lily K., Tobie K.	Jefferson Room



- EVENT WILL BE ASL INTERPRETED

# SATURDAY

4:45	<b>AA PANEL - Understanding Anonymity</b> <i>"The spiritual foundation of Alcoholics Anonymous."</i>	Jefferson Room
	<b>Moderator:</b> Tim D. • <b>Panelists:</b> James C., Russ L., Deni L.	
6:30	<b>BANQUET</b>	Grand Ballroom
	<b>Moderator:</b> 2024 Chair, Karl H. • <b>Speaker:</b> Sheldon F., Las Vegas, NV	
9:30	<b>PHOTO BOOTH</b>	Ballroom Terrace
9:30	<b>ICE CREAM SOCIAL - \$\$\$</b>	Hospitality (Atrium)
10:00	<b>DJ</b>	Grand Ballroom
10:00	<b>KARAOKE</b>	Jefferson Room
10:30	<b>AA MEETING</b>	Winton Room
11:30	<b>AA MEETING</b>	Winton Room

# SUNDAY

7:30	<b>MORNING MEDITATION</b>	Jefferson Room
8:30	<b>AA PANEL - HOW, Honesty, Open Mindedness and Willingness</b> <b>Moderator:</b> Johanna B. • <b>Panelists:</b> Elaine F., Erica F., Pat L.	Grand Ballroom
8:30	<b>AA PANEL - Freedom Through Sobriety</b> <b>Moderator:</b> Fred T. • <b>Panelists:</b> Andy S., Susan M., Mike L.	Jefferson Room
9:45	<b>AL-ANON PANEL</b> Abundant Self Love, a Higher Level of Consciousness <b>Moderator:</b> James W. • <b>Panelists:</b> Sandy M., Michelle W., Kevin T.	Jefferson Room
9:45	<b>AA PANEL - Ways of Carrying the AA Message</b> <i>"Each group has one primary purpose - to carry it's message to the alcoholic that still suffers." 12&amp;12 p.50</i> <b>Moderator:</b> Ted K. • <b>Panelists:</b> Omar H., Terry E.	Grand Ballroom
11:00	<b>CLOSING CEREMONIES</b> <b>Moderator:</b> Karl H. • <b>Speaker:</b> Belinda F., New Orleans, LA Music by Higher Powered	Grand Ballroom

*Thank you*

**We hope you had a great weekend!**

# PAST CHAIRPERSONS

1981 - Bob C.	1992 - Betty C.	2003 - Bob G.	2014 - Nikki H.
1982 - Mary M.	1993 - John C.	2004 - Kay D.	2015 - Brent H.
1983 - David K.	1994 - Joann C.	2005 - Marty M.	2016 - Tracey D.
1984 - Nancy S.	1995 - Dick H.	2006 - Eileen P.	2017 - Jim B.
1985 - Al P.	1996 - Donna S.	2007 - Gary M.	2018 - Terri B.
1986 - Carol S.	1997 - Jim C.	2008 - Sharon M.	2019 - John. F.
1987 - Bob Mc.	1999 - Monica S-E.	2009 - Bob W.	2020 - Mary F.
1988 - Pauline G.	2000 - Tom E.	2010 - Kim C.	2021 - Mary F.
1989 - Paul P.	2001 - Diane M.	2011 - Craig C.	2022 - Tom B.
1990 - Mary S.	2002 - Jean C.	2012 - Laurie B.	2023 - Morgan E.
1991 - Jim M.		2013 - Rich S.	

# HOSPITALITY HOURS

## FRIDAY

3:00 P.M. - 7:00 P.M.  
9:00 P.M. - 10:30 P.M.

## SATURDAY

7:00 A.M. - 3:00 P.M.  
4:30 P.M. - 6:00 P.M.  
9:00 P.M. - 10:30 P.M.

## SUNDAY

7:00 A.M. - 11:00 A.M.

# RESTAURANT HOURS

## BISTRO

BREAKFAST/BRUNCH  
6:30 A.M. - 10:30 A.M.

## TRELLIS RESTAURANT

11:00 A.M. - 2:00 P.M. (SATURDAY)  
4:00 P.M. - 9:00 P.M. (REGULAR MENU)  
9:00 P.M. - 11:00 P.M. (LTD. LATE NIGHT MENU)

# 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.
- 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.
- 3** The only requirement for A.A. membership is a desire to stop drinking.
- 4** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- 5** Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
- 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.
- 7** Every A.A. group ought to be fully self-supporting, declining outside contributions.
- 8** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- 9** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- 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.
- 12** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.