

OA REGION ONE CONVENTION

November 12-14, 2021 on Zoom

RECOVERY THAT LASTS:

THE SPIRITUAL PRINCIPLES AS A WAY OF LIFE



SCHEDULE OF EVENTS

Come and go as works for you.

Convention Help Desk & Hospitality Room available by Zoom or phone throughout the event.

DATE	TIME (PACIFIC)	ZOOM ROOM 1	ZOOM ROOM 2	ZOOM ROOM 3
Friday, Nov. 12	5pm-6:15pm	The Principles of the Program: An Overview Step 1 Principle: Honesty	Getting Started on Your Recovery: <i>The First 12 Days</i>	LGBTQIA Meeting
	6:30pm-8pm	<i>Convention Opening & KEYNOTE SPEAKER</i>		
Saturday, Nov.13	9am-10:15am	Steps 2, 3, 4 Principles: Hope, Courage, Faith	Long Timers: One Day at a Time - Time after Time	Men's Meeting
	10:30am-11:45am	Steps 5, 6, 7 Principles: Integrity, Willingness, Humility	Abstinence that Lasts	Young People's Meeting
	12:30pm-1:45pm	KEYNOTE SPEAKER		
	2pm-3:15pm	Steps 8, 9 Principles: Self-Discipline, Love	Using the 4 th Step Inventory Process to Heal Shame	BIPOC Meeting
	3:30pm-4:45pm	Steps 10, 11, 12 Principles: Perseverance, Spiritual Awareness, Service	Diversity: A Common Problem – Individual Differences	Anorexic/Bulimic Meeting
	5pm-6:15pm	Sponsorship	Body Image	100 Pounders Meeting
Sunday, Nov. 14	9am-10:15am	Spiritual Principles from the Big Book	Recovery from Relapse	Newcomer's Meeting
	10:30am-12pm	KEYNOTE SPEAKER & <i>Convention Closure</i>		

Register at oaregion1.org/2021-region-1-convention.html

Suggested donation \$5-\$20 **First Year in OA? Register and attend as our guest!**

Closed captioning available for all sessions.