

# OA Region 6 2022 Convention

October 21-23



JOIN US ON THE  
ROAD TO RECOVERY  
OCTOBER 21-23, 2022

	Zoom Meeting ID	Zoom Meeting Passcode	Direct Link
<b>Webinar Track</b>	TBD	TBD	TBD
<b>Zoom Track A</b>	TBD	TBD	TBD
<b>Zoom Track B</b>	TBD	TBD	TBD

\* To join the Webinar or a Zoom Track, click on the title of any session.

\* All sessions are in Eastern Daylight Time (New York). [Click here](#) to find the time in your time zone.

## Important Things To Know Before the Convention Begins

- **Webinar is view only.** You will see only the speaker(s), panelists, host, and co-hosts.
- Choose your own topic for a special-focus meeting! [Click here](#).
- Be sure to update to the latest version of Zoom before signing in.
- For anonymity, you may want to rename yourself to first name and last initial.
- Turn off your video when eating or moving around.
- Click on any workshop to go directly there.
- Questions: email [r6conventionregistrar@gmail.com](mailto:r6conventionregistrar@gmail.com)
- Go to the Region 6 Convention website for further information: [oaregion6.org/2022-convention/](http://oaregion6.org/2022-convention/)
- Schedule is subject to change.

	Time	Webinar Track French and English	Zoom Track A English	Zoom Track B
<b>FRIDAY</b>	5 - 6 pm	Step 1	Our Toolbox for Living in Recovery	I'm a Newcomer – Where Do I Start?
	6 - 7 pm	BREAK 1 hour		
	7 - 7:30 pm	Grand Opening		
	7:30 - 8:30 pm	KEYNOTE followed by Q&A		
	8:30 - 8:45 pm	BREAK 15 minutes		
	8:45 - 9:45 pm		OA meeting in English	Réunion OA en Français

	Time	Webinar Track French and English	Zoom Track A English	Zoom Track B
<b>SATURDAY</b>	8 - 9 am	Step 2	Aging in Recovery	Newcomers, You Are Not Alone
	9 - 9:15 am	BREAK 15 minutes		
	9:15 - 9:30 am	Welcome		
	9:30 - 10:30 am	KEYNOTE followed by Q&A		
	10:30 - 11 am	BREAK 30 minutes		
	11 am - Noon	Step 3	Body Image	What Is Abstinence? <i>French and English</i>
	Noon - 1 pm	BREAK 1 hour		
	1 - 2 pm	Steps 4 & 5	Together We Get Better – Everyone Is Welcome	Willingness Is the Key
	2 - 2:30 pm	BREAK 30 minutes		
	2:30 - 3:30 pm	Steps 6 & 7	Traveling Abstinently	Temporary Sponsors: Newcomers' First 12 Days
	3:30 - 4 pm	BREAK 30 minutes		
	4 - 5 pm	KEYNOTE followed by Q&A		
	5 - 6 pm	BREAK 1 hour		
	6 - 7 pm	Steps 8 & 9	Secrets to Successful Living	Acceptance Is the Answer
	7 - 7:30 pm	BREAK 30 minutes		
	7:30 - 8:30 pm	Step 10	Special Focus Meetings <i>You choose the topic:</i> <a href="#">Click here</a> to see others' meeting ideas or to add your own	Your Personal Relapse Warning Signs <i>Workshop includes time to write</i>
	8:30 - 9 pm			
<b>SUNDAY</b>	8 - 9 am	Step 11	Sex on Sunday Morning	A Design for Living
	9 - 10 am	Step 12	How Spiritual Principles Help our Recovery	The Promises <i>French and English</i>
	10 - 10:30 am	BREAK 30 minutes		
	10:30 - 11:30 am	KEYNOTE followed by Q&A		
	11:30 - Noon	Closing		
	Noon - 1 pm		Gratitude meeting	