



REGION 6 CONVENTION
OCTOBER 13-15, 2023
White Plains NY USA



	BALLROOM A&B	BRIARCLIFF	LARCHMONT STEPS TRACK	SCARSDALE	PLEASANTVILLE	YORKTOWN
FRIDAY						
4 pm	Registration opens					
5-6 pm		We Need to Be Welcoming Toward All	The Power of Powerlessness (Step 1)	The Tools Help Us Work the Steps	LGBTQIA Meeting	
6-8 pm	Dinner—prepaid in the Ballroom or on your own					
8:15	Grand Opening, Keynote, and Raffle Baskets					
9:30	Talent Show	OA Meeting	Réunion OA (French OA Meeting)			
SATURDAY						
9-10 am	Gratitude Is an Action	Body Image, Relationships and Sexuality	Came to Believe, Made a Decision (Steps 2 & 3)	I'm New, Now What?	Men's Meeting	Why Would Anyone Ever Want To Be a Trustee?
10:15-11:15 am	Strong Abstinence Checklist (workshop)	Decades in Recovery	How It Works (Steps 4 & 5)	Higher Power — Atheists, Agnostics and the Rest of Us	BIPOC Meeting	
11:30 am-12:30 pm	Your Personal Relapse Warning Signs (workshop)	Acceptance Is the Answer	Were Entirely Ready, and Then... (Steps 6 & 7)	Freed by a Food Plan	Progress, Not Perfection	Young People's Meeting
12:30 pm	Lunch on your own					
1:15-2:15 pm		OA Meeting (No food allowed)				
2:30-3:30 pm	Twelve-Stepping a Problem (workshop)	A Hundred Pounds (and More) of Experience	"Amend" Means to Change (Steps 8 & 9)	I Grieved, and I Stayed Abstinent	What Do Newcomers Need to See and Hear?	Bariatric Meeting
3:45 - 4:45		Secrets of Successful Living	Promptly Admitted (Step 10)	Sponsorship — the Joy in Giving	We All Belong, No Matter What	Anorexics and Bulimics Meeting
5-6 pm		How to Approach Sponsorship and Gender	Improving Our Conscious Contact (Step 11)	Forgiveness Is for Me	Recovery on the Road	Agnostics/Atheists/ Secular Meeting
6-8 pm	Dinner—prepaid in the Ballroom or on your own					
8 pm	Keynote and Raffle Baskets					
9 pm	Square Dance	OA Meeting	Réunion OA (French OA Meeting)			
SUNDAY						
9-10 am		Bringing God and Program into my Daily Life	We Are the Message (Step 12)	The Give that Keeps on Gifting	Trigger Foods and Compulsive Food Behaviours	
10:30 am	Keynote, Raffle Baskets and Closing					

Notes

updated, as of 8/29/2023 7:27:16

This program is subject to change

No outside food is allowed in any meeting rooms.

Keynotes feature speakers who have three or more years of abstinence, sharing their experience, strength, and hope.

Talent Show: Join us in the Ballroom Friday night, 9:30 to 11 pm, for a showcase of extraordinary performances from preselected OA fellows.

Square Dance: Join us in the Ballroom Saturday night after the Keynote for a fun time!

Convention Recordings: All sessions will be recorded, and made available at a later date

Raffle Baskets: Raffles will be drawn during all three general speaker sessions. You must be present to win. The winning ticket must be presented to collect the basket.

Registration Hours: Friday 4 - 7:45 & 9:15 - 10 pm, Saturday 8 - 11:45 am & 2:00 - 5:30 pm, Sunday 8:15 - 9 am