



OA REGION 6 CONVENTION
October 25-27, 2024
Nashua, New Hampshire, USA



| | SOMERSET BALLROOM | HUNT CLUB | TRAFALGAR SUITE | AMPHITHEATER |
|---------------------|---|---|---|---|
| FRIDAY | | | | |
| 4:00 PM | Registration opens | | | |
| 5:00 to 6:00 | | The OA Toolbox: Using the Tools to Build Your Recovery | Don't Let a Trip Cause a Slip: Travelling Abstinently | Writing workshop: Twelve Stepping a Problem |
| 6:00 | Buffet Dinner—prepaid in the Ballroom or on your own | | | |
| 8:00 | KEYNOTE - also on Zoom with French interpretation | | | |
| 9:30 to 10:30 PM | TALENT SHOW | English OA meeting | | Réunion OA (French OA Meeting) |
| SATURDAY | | | | |
| 8:00 to 9:00 AM | 100 Pound Winners | Newcomers: What's My Next Step? | Sponsorship: Experience, Strength & Hope ...Not Advice | Writing Workshop: Strong Abstinence Checklist |
| 9:15 to 10:15 | Acceptance Is the Answer | Steps 1, 2 & 3: I Can't, HP Can, I'll Let HP | A Higher Power for All: Choosing Your Own Conception of God | Specific Focus: Anorexia/Bulimia |
| 10:30 to 11:30 | Decades in Recovery | Steps 4 & 5: Courage & Integrity | Specific Focus: BIPOC | Writing Workshop: From Slip or Relapse to Recovery |
| 11:30 AM to 1:00 PM | Lunch on your own | | | |
| 1:15 to 2:15 | An Attitude of Gratitude | Steps 6 & 7: Willingness & Humility | Recovery from Relapse | Writing Workshop: Writing a Fourth Step |
| 2:30 to 3:30 | Tradition 1: Personal Recovery Depends upon OA Unity | Steps 8 & 9: Self-discipline & Love | Beyond Our Wildest Dreams: Promises of All the Steps | Specific Focus: LGBTQ+ |
| 3:45 to 4:45 | | Steps 10, 11 & 12: Living in Recovery | The Traditions: Principles That Foster the Ability to Carry the OA Message | Specific Focus: Men |
| 5:00 to 6:00 | | | | |
| 6:00 to 8:00 | Banquet Dinner—prepaid in the Ballroom or on your own | | | |
| 8:00 | KEYNOTE - also on Zoom with French interpretation | | | |
| 9:30 to 10:30 PM | DANCE/ ENTERTAINMENT | English OA meeting | | Réunion OA (French OA Meeting) |
| SUNDAY | | | | |
| 8:30 to 9:30 AM | Body Image, Relationships & Sexuality | Dignity of Choice: Finding a Food Plan That Works | Tradition 3: The Only Requirement for OA Membership is a Desire to Stop Eating Compulsively | Specific Focus: Bariatric |
| 10:00 AM | KEYNOTE - also on Zoom with French interpretation | | | |

Notes:

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, who share their experience, strength, and hope.

Keynotes will be offered live on Zoom in English and interpreted in French. Special registration required to attend by Zoom.

Workshops have two speakers and some time for sharing. Specific focus workshops have one speaker to allow more time for sharing.

Talent Show: Join us in the Ballroom Friday night, 9:30 to 10:30 PM, for a showcase of extraordinary performances from preselected OA fellows.

Dance /Entertainment: Join us in the Ballroom Saturday night, 9:30 - 10:30 PM for fun and fellowship.

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.