



**Together**  
**WE CAN**

**Overeaters Anonymous**  
**Region 2 Convention**



**June 29 – July 1, 2018**  
**Sacramento, CA**

# **Convention Schedule**

## **Friday, June 29th**

Registration	3:00 pm – 6:15 pm.....	Lobby
Hospitality	3:00 pm – 10:00 pm.....	Terrace
Grand Opening & OA Show "The Sound of Recovery"	6:30 pm – 9:15 pm..... doors open at 6:00 pm	Cherrywood Sequoia
Marathon Meetings	4:00 pm – 6:00 pm..... 10:00 pm – Midnight.....	Magnolia Magnolia

## **Saturday, June 30th**

Meditation	7:00 am – 7:50 am.....	Maple
Registration	7:30 am – 6:15 pm.....	Lobby
Hospitality	7:30 am – 10:00 pm.....	Terrace
Workshops	8:30 am – 5:00 pm....	Sycamore, Cypress Cherrywood, Sequoia
Marathon Meetings	8:00 am – Midnight.....	Magnolia
Special Focus Meetings	8:30 am – 5:00 pm.....	Maple
Lunch Break	11:30 am – 12:45 pm	
*Dinner / Speaker	6:30 pm – 8:00 pm.....	Cherrywood Sequoia
Entertainment (no charge)	8:00 pm – 10:30 pm.....	Cypress Sycamore
OA Family Feud.....	8:00 - 8:30 p.m.	
Live Band – Big River.....	8:30-10:30 p.m.	

## **Sunday, July 1st**

Meditation	7:00 am – 7:50 am.....	Maple
*Breakfast / Speaker	8:00 am – 9:30 am.....	Cypress Sycamore
Marathon Meetings	8:00 am – 10:00 am.....	Magnolia
Closing Ceremony	10:00 am – Noon.....	Cherrywood Sequoia

***\*Open to ticket holders only***

# Special Focus Meetings\*

(\*Open to All)

## Maple

### Saturday, June 30

8:30 <u>am</u> – 9:45 am .....	Newcomers
10:00 <u>am</u> – 11:15 am .....	Anorexic / Bulimic
12:45 <u>pm</u> – 2:00 pm .....	LGBTQ
2:15 <u>pm</u> – 3:30 pm .....	Young Persons
3:45 <u>pm</u> – 5:00 pm .....	Men

## *Don't Miss These Happenings.....*

### **Unity Market Place**

T-Shirts / Totes / Wrist Bands / Pens / Quilt Drawing

#### **Chestnut**

#### Boutique

Friday.....	3:00 pm – 10:00 pm**
Saturday .....	8:00 am – 10:00 pm

#### Silent Auction

Friday.....	3:00 pm – 10:00 pm**
Saturday .....	8:00 am – 10:00 pm

*Silent Auction open for pick-ups Sunday 8:30 – 9:30 a.m.*

#### Hospitality

#### **Terrace**

Friday .....	3:00 pm – 10:00 pm**
Saturday .....	7:30 am – 10:00 pm
Sunday .....	8:00 am – 12 noon

\*\* Closed on Friday Night during Opening Ceremony

# Marathon Meeting Schedule Magnolia

## Time

## Topic

### Friday, June 29th

4:00 pm.....	For Today 6/29
5:00 pm.....	Voices of Recovery 6/29
10:00 pm.....	Acting As If
11:00 pm.....	Out of Isolation

### Saturday, June 30th

8:00 am.....	For Today 6/30
9:00 am.....	Voices of Recovery 6/30
10:00 am.....	Step 1
11:00 am.....	Steps 2 & 3
12:00 pm.....	Steps 4 & 5
1:00 pm.....	Steps 6 & 7
2:00 pm.....	Steps 8 & 9
3:00 pm.....	Step 10
4:00 pm.....	Step 11
5:00 pm.....	Step 12
6:00 pm.....	Living in the Solution
7:00 pm.....	Acceptance is the Answer
8:00 pm.....	Keep it Simple
9:00 pm.....	Together We Can
10:00 pm.....	Asking For Help
11:00 pm.....	One Day At A Time

### Sunday, July 1st

8:00 am.....	For Today 7/1
9:00 am.....	Voices of Recovery 7/1

## Saturday Workshops

<i>Location Time</i>	<i>Sycamore</i>	<i>Cypress</i>	<i>Cherrywood</i>	<i>Sequoia</i>
8:30-9:45 am	<p><b>Emotional Sobriety</b> <i>Maintaining emotional balance with yourself and others.</i></p>	<p><b>Spiritual Recovery</b> <i>Asking for help from HP</i></p>	<p><b>Aging Gracefully</b> <i>Supporting each other during our "Golden Years"</i></p>	<p><b>Recovery from Relapse</b> <i>We welcome you back</i></p>
10:00-11:15 am	<p><b>Abstinence</b> <i>We will walk with you on this journey</i></p>	<p><b>Sponsorship</b> <i>The joy in sharing our recovery</i></p>	<p><b>A Program of Action</b> <i>Taking direction from others</i></p>	<p><b>The Tools</b> <i>The "WE" tools: sponsorship, meetings, telephone, service</i></p>
11:30 – 12:45	<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>
12:45-2:00 pm	<p><b>Making Amends</b> <i>Repairing relationships, forgiving others, Steps 8 &amp; 9</i></p>	<p><b>From Vanity to Sanity</b> <i>From "me" to "we"</i></p>	<p><b>Longtimers</b> <i>Carrying the message to those who still suffer</i></p>	
2:15-3:30 pm	<p><b>Progress Not Perfection</b> <i>A loving attitude toward myself and others</i></p>	<p><b>The Traditions</b> <i>Our common welfare should come first</i></p>	<p><b>100 Pound Emphasis</b> <i>We will see how our experience can benefit others</i></p>	
3:45-5:00 pm	<p><b>Relationships</b> <i>Principles before personalities</i></p>	<p><b>The Promises</b> <i>God is doing for us what we could not do for ourselves</i></p>	<p><b>Body Image</b> <i>Comparing our insides with other people's outsides</i></p>	