

**Region 2 Convention
Overeaters Anonymous
Sacramento, CA
July 12-14, 2024**



www.oar2.org

**Following in the footsteps
of others, Extending a
helping hand...**

**We hope you have an
enjoyable convention
experience! If you have any
questions about the
convention, please see a
convention committee
member with a committee
ribbon and wearing a Green
Convention T-shirt.**

**Questions regarding your room or the hotel
should be directed to hotel staff.**

**Thank you to all who are giving
service to make this
convention possible!**

Convention Schedule

Friday, July 12th

Registration	3:00 pm – 6:15 pm.....Atrium
Hospitality	4:00 pm – 10:00 pm.....Cabernet
Grand Opening	7:00 pm – 9:00 pm.....Tahoe/Berryessa doors open at 6:30 pm
Marathon Meetings	4:00 pm – 6:00 pm.....Zinfandel 10:00 pm – Midnight.....Zinfandel

Saturday, July 13th

Meditation	7:00 am – 7:50 am.....Napa
Registration	7:30 am – 5:00 pm.....Atrium
Hospitality	8:00 am – 10:00 pm.....Cabernet
Speaker Panels	8:30 am – 5:15 pm.....Shasta/Tahoe/ Berryessa
Marathon Meetings	8:00 am – Midnight.....Zinfandel
Special Focus Meetings	8:30 am – 3:45 pm.....Eagle
Lunch Break	11:30 am – 12:45 pm
*Fellowship Lunch	11:30 am – 12:45 pm Atrium
*Dinner / Speaker	6:30 pm – 8:00 pm.....Eagle/Berryessa Doors Open at 6:00 pm
OA Family Feud	8:00 pm – 8:30 pmAtrium
Live Music & Dancing	8:30 pm – 10:30 pm.....Tahoe/Shasta

Sunday, July 14th

Meditation	7:00 am – 7:50 am.....Napa
*Breakfast / Speaker	8:00 am – 9:30 am.....Eagle/Berryessa
Marathon Meetings	8:00 am – 10:00 am.....Zinfandel
Closing Ceremony	10:00 am – Noon.....Tahoe/Shasta

**Open to ticket holders only*

Special Focus Meetings*

(*Open to All)

Eagle

Saturday, July 13

8:30 am – 9:45 am	Newcomers
10:00 am – 11:15 am	Anorexic / Bulimic
1:00 pm – 2:15 pm	LGBTQ+
2:30 pm – 3:45 pm	Men

Don't Miss These Happenings.....

Fundraising - Chardonnay

Notebook & Pen / Mugs / Wrist Bands / Keychain / Raffle

*Raffle Tickets Available in Fundraising Room
or From a Fundraising Representative*

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

Friday Night Drawings @ Grand Opening
Sunday Morning Drawings @ Closing Ceremony

Hospitality - Cabernet

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

Saturday Night Entertainment

OA Family Feud (Atrium).....	8:00 pm – 8:30 pm
Live Music & Dancing (Shasta/Tahoe).....	8:30 pm – 10:30 pm

Marathon Meeting Schedule Zinfandel

<u>Time</u>	<u>Topic</u>
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Friday, July 12th

4:00 pm.....	For Today 7/12
5:00 pm.....	Voices of Recovery 7/12
10:00 pm.....	HALT: Hungry, Angry, Lonely & Tired
11:00 pm.....	Out of Isolation

Saturday, July 13th

8:00 am.....	For Today 7/13
9:00 am.....	Voices of Recovery 7/13
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.....	Progress not Perfection
7:00 pm.....	Happy Joyous & Free
8:00 pm.....	One Day at a Time
9:00 pm.....	Tools
10:00 pm.....	Practicing the Principles
11:00 pm.....	Night -Time Eating

Sunday, July 14th

8:00 am.....	For Today 7/14
9:00 am.....	Voices of Recovery 7/14

SATURDAY SPEAKER PANELS

Location Time	Shasta	Tahoe (Hybrid)	Berryessa
8:30 - 9:45 am	Relationships & Traditions <i>Walking Hand In Hand</i>	Keeping Spiritually FIT <i>The Great Spiritual Principals As The Map</i>	Credits Don't Transfer <i>Trudging A New Trail</i>
10:00 - 11:15 am	Recovery From Relapse <i>Getting Up After A Fall</i>	Abstinence & Plan of Eating <i>The Path and the Map</i>	Many Approaches to Recovery <i>Many Trails, One Recovery</i>
11:30 - 12:45 pm	LUNCH BREAK		
12:45 - 2:00 pm	Aging in Recovery <i>A Lifelong Journey</i>	Longtimers <i>Those Who Have Walked Before Us</i>	Taking Your Recovery to New Heights
2:15 - 3:30 pm	Recovery & Health Challenges <i>Navigating through Obstacles</i>	100 Pound Emphasis <i>Emerging Into A New World</i>	Life on Life's Terms <i>Challenges Along the Trail</i>
3:45 - 5:00 pm	Sponsorship <i>Following in the Footsteps of Others</i>	Body Image & Sexuality <i>The Path To Self Love</i>	