

OA Virtual Region Convention

February 18-20, 2022

“There is a Solution”

Please join us at the **Newcomer Centre** for newcomer information and help.

	Zoom Meeting ID	Zoom Meeting Passcode	Direct Link
Newcomer Centre	TBD	TBD	TBD
Track 1: Webinar Sessions and Keynotes	TBD	TBD	TBD
Track 2: Zoom Workshops/ Step Track (Zoom)	TBD	TBD	TBD
Track 3: Stepping Around the World Zoom Workshops	TBD	TBD	TBD

* To join the webinar, a step session or workshop, click on the title of any session.

* All sessions are in Eastern Standard Time (New York) (UTC -5:00). [Click here](#) to find time in your time zone.

	Track 1: Webinar Sessions and Keynotes (with interpretation)	Stepping Around the World Zoom Workshops	
		Track 2	Track 3

Friday, February 18

10 - 11 am EST		Workshop hosted by La Brigade du rétablissement OA IG	Creative Reprieve - Artist's Studio hosted by OA Footsteps Virtual Intergroup
11 am - 12 pm EST		Safe Haven for Freethinkers hosted by OA Footsteps and Virtual Intergroup of OA	Creative Reprieve hosted by OA Footsteps Virtual Intergroup
12 - 1 pm EST	Opening and Keynote Speaker		
1 - 2 pm EST		"Happy, Joyous and Free" hosted by Ebony OA Intergroup	"We Are Not a Glum Lot: The Joys of Recovery" hosted by OA UK, Europe and Beyond Intergroup
2 - 2:30 pm EST	Break		
2:30 - 3:30 pm EST		2:30 - 4:30 pm "New OA LifeLine Blog: Share Your Story" hosted by OA Virtual Region	"Inclusion: Count Ourselves In" hosted by Virtual Intergroup of OA
3:30 - 4 pm EST			Break
4 - 4:30 pm EST			4 - 5 pm "Zoom Intrusions: From Fear to Hope" hosted by OA Footsteps Virtual Intergroup
4:30 - 5 pm EST		Break	
5 - 6 pm EST		5 - 5:45 pm - Meet and Greet & Ask It Basket (Q&A) hosted by OA Virtual Region Board	Break
6 - 7 pm EST		"The Recipe of Recovery... it's all about the details" hosted by 90 Day Intergroup	"OA Big Book: A Design for Living" hosted by A Design for Living (AD4L) Intergroup
7 - 7:30 pm EST	Break		
7:30 - 8:30 pm EST		"Step 11: Practicing Two Way Prayer" hosted by Virtual Region Board	"Do I See Myself In the Rooms" hosted by Men's Intergroup
8:30 - 9 pm EST	Break		
9 - 10 pm EST		Workshop hosted by Better Together Intergroup	"100 Pounders: There is a Solution" hosted by 100 Pounders - Virtual Intergroup of OA
10 - 10:30 pm EST	Break		
10:30 - 11:30 pm EST		Theatre and Music (Music, Comedy and Improv Theatre) hosted by Virtual Region	"Faith That Works Under All Conditions" hosted by Young People's Intergroup
11:30 pm - 12:30 am EST		"Carrying the Message With Sponsorship" hosted by A Design For Living (AD4L) IG	"Tools and Traditions Workshop" hosted by OA Footsteps Virtual Intergroup

Track 1: Webinar Sessions and Keynotes
(with interpretation)

Track 2: Step Track (Zoom)
(interpretation available)

Track 3: Stepping Around the World Zoom Workshops

Saturday, February 19

6:30 - 7:30 am EST		<i>For Today</i> Reading and Meditation	"Coming to Believe" hosted by WhatsApp Virtual GCC Intergroup
7:30 - 8 am EST	Break		
8 - 9 am EST	Abstinence and a Plan of Eating	Step 1: Honesty	"Workshop conduzido pelo Intergrupo Virtual Café Abstinente Tema: Abstinência"/"Abstinence" hosted by Intergrupo Virtual Café Abstinente (in Portuguese)
9 - 9:30 am EST	Break		
9:30 - 10:30 am EST	Big Book Promises: Not Just in The 9 th Step	Step 2: Hope	Workshop hosted by Perseverancia Virtual Intergroup (In Spanish)
10:30 - 11 am EST	Break		
11 am - 12 pm EST	Keynote Speaker		
12 - 1 pm EST	Break		12:10 - 12:40 pm Theatre and Music hosted by Virtual Region
1 - 2 pm EST	Diversity: A Common Problem, Individual Differences	Step 3: Faith	"My Chance to Live" hosted by A New Freedom Group of OA UK, Europe & Beyond
2 - 2:30 pm EST	Break		
2:30 - 3:30 pm EST	Body Image, Relationships and Sexuality	Step 4/5: Courage/Integrity	Resentments: Extended Columns Work (part 1) hosted by A Design for Living (AD4L) Intergroup
3:30 - 4 pm EST	Break		
4 - 5 pm EST	Three-Fold Recovery: Physical, Emotional and Spiritual	Step 6/7: Willingness/Humility	Resentments: Extended Columns Work (part 2) hosted by A Design for Living (AD4L) Intergroup
5 - 6 pm EST	Break		
6 - 7 pm EST	Keynote Speaker		
7 - 7:30 pm EST	Break		
7:30 - 8:30 pm EST	Slogans: Pearls of Wisdom	Step 8/9: Self Discipline/Love	"BIPOC: Stepping Toward Unity" hosted by BIPOC Intergroup
8:30 - 9 pm EST	Break		
9 - 10 pm EST		Capítulo 11, Una Visión Para Ti/"Chapter 11, A Vision For You" hosted by Una Visión Para Ti/A Vision For You - Spanish speakers (Part 1) (Spanish with English Translation)	Creative Reprieve - Artist's Studio hosted by OA Footsteps Intergroup
10 - 10:30 pm EST	Break		
10:30 - 11:30 pm EST		Capítulo 11, Una Visión Para Ti/"Chapter 11, A Vision For You" hosted by Una Visión Para Ti/A Vision For You - Spanish speakers (Part 2) (Spanish with English Translation)	"Step 9 Promises" hosted by 12 Steps 4 COE's Virtual Intergroup
11:30 pm - 12:30 am EST			Workshop hosted by Better Together Intergroup

Track 1: Webinar Sessions and Keynotes (with interpretation)

Track 2: Step Track (Zoom) (interpretation available)

Track 3: Stepping Around the World Zoom Workshops

Sunday, February 20

7 - 8 am EST		Voices of Recovery Reading and Meditation	Creative Reprieve hosted by OA Footsteps Virtual Intergroup
8 - 8:30 am EST	Break		
8:30 - 9:30 am EST	Reclaim Your Abstinence: Recovery From Relapse	Step 10: Perseverance	"Workshop conduzido pelo Intergupo Virtual CCA Online Tema: Definindo um Poder Superior"/Defining a Higher Power hosted by CCA Online Virtual Intergroup (in Portuguese)
9:30 - 10 am EST	Break		
10 - 11 am EST	Keynote Speaker		
11 - 11:30 pm EST	Break		
11:30 am - 12:30 pm EST	Sponsorship: Sharing Experience, Strength and Hope	Step 11: Spiritual Awareness	"How one member found out HOW people don't bite" hosted by OA HOW Virtual Intergroup
12:30 - 1:30 pm EST	Break		
1:30 - 2:30 pm EST	Paths to a Higher Power	Step 12: Service	"Dipping a Toe in Social Media Advertising for Intergroups" hosted by PI/PO and Workshop Committees of Virtual Region
2:30 - 3 pm EST	Break		
3 - 4 pm EST	Keynote Speaker and Closing of Webinar Sessions		
4 - 4:30 pm EST	Break		
4:30 - 6 pm EST		"Alone, we are Powerless... Together We Get Better: Experiencing Recovery as a Special Focus Member" hosted by Ebony OA Intergroup	Relapse Prevention hosted by Twelve Step Within Committee of OA Virtual Region
6 - 7 pm EST		Gratitude After Meeting	

IMPORTANT THINGS TO KNOW BEFORE THE CONVENTION BEGINS

Track 1: Webinar Sessions and Keynotes is view only. You will only see the speaker(s), panelists, host and co-hosts.

There will be **newcomer orientations** throughout the day in the [Newcomer Centre](#). Friday 9 am - 11 pm EST, Saturday 6 am - 11 pm EST and Sunday 6 am - 2 pm EST.

Zoom Best Practices:

- Be sure to update to the latest version of Zoom **before** signing in.

- For anonymity, we ask you to rename yourself to **first name** and **last initial**.
- Take care of yourself during the convention: walk around, walk in place, stand and stretch.
- Turn off your screen when eating or moving around.

Interpretation will be available in the Webinar Room and the Step Sessions room. **A schedule of interpretation times will be posted before the convention.**

The final schedule with clickable links, and Zoom room ID numbers and passcodes will be emailed to registered attendees before the convention.

Go to the Virtual Region Convention webpage for further information and to register: oavirtualregion.org/convention/

Schedule is subject to change.