

## Business Assembly Schedule\*

### **Friday, March 9**

**Location:** Presidential Suite, Room 935

**Time**

8:00 – 9:00 am  
9:00 – 11:45 am  
Noon – 2:00 pm  
2:00 – 4:00 pm  
  
4:00 – 7:00 pm

**Event**

Informal Gathering of Board – OK to bring bkfst.  
SOAR 8 Board Meeting, Open to all  
Lunch break  
Continuation of SOAR 8 Board Meeting  
Committee Chairs Join Board  
Meeting Adjourns – Dinner on your own

### **Friday, March 9**

**Location:** Renaissance AB Ballroom

**Time**

7:00 – 7:30 pm  
7:30 – 8:15 pm  
8:15 – 8:30 pm  
8:30 – 8:45 pm  
8:45 – 10:00 pm  
  
10:15 – 11:15 pm

**Event**

Assembly Convenes  
Forum  
Break  
Welcome and Skit by Triangle Intergroup  
Presentation and Discussion  
**Physical, Emotional and Spiritual Recovery: The Results of Working the 12 Steps**  
Late Night OA Meeting Romanesque

### **Saturday, March 10**

**Location:** Baroque

**Time**

7:30 – 8:20 am

**Event**

New Rep Orientation

### **Saturday, March 10**

**Location:** Renaissance AB Ballroom

**Time**

8:30 – 12 noon  
12:00 – 2:00 pm  
2:00 – 5:30 pm  
5:30 pm

**Event**

SOAR 8 Business Assembly Reconvenes  
Lunch  
SOAR 8 Business Assembly Reconvenes  
SOAR 8 Business Assembly Adjourns

### **Saturday, March 10**

**Time**

7:00 – 11:00 pm  
  
10:00 – 11:00 pm

**Event**

Banquet, Speaker,  
Entertainment  
Late Night OA Meeting

**Location**

Renaissance AB Ballroom  
  
Romanesque

### **Sunday, March 11**

**Time**

7:00 – 7:45 am  
7:00 – 8:15 am  
8:15 – 9:15 am  
8:15 – 9:15 am  
9:30 – 11:00 am  
11:15 – 12:30pm

**Workshop**

Early Morning Meditation  
Board & Funded Chairs Breakfast Meeting  
Intergroup Chairs Breakfast Meeting  
Mindful Movement for Everybody  
12 Step Within  
Closing Speaker

**Location**

Romanesque  
Presidential Suite, Room 935  
Presidential Suite, Room 935  
Romanesque  
Renaissance AB Ballroom  
Renaissance AB Ballroom

\*Subject to adjustments due to God's will

## Recovery Convention Schedule\*

### **Friday, March 9**

#### Time

4:00 – 4:50 pm

5:00 – 5:50 pm

5:00 – 5:50 pm

6:00 – 7:30 pm

7:30 – 8:20 pm

7:30 – 8:20 pm

8:30 – 8:45 pm

8:45 – 10 pm

10:15 – 11:15 pm

#### Workshop

OA Meeting

▲Who or What is at the Top of Your Triangle?  
Practicing First Things First

▲How Sponsorship Keeps Me Balanced

#### **Dinner on your own**

▲Balancing Work & Play Through the 12 Steps

▲Staying Abstinent Through Using the 9 Tools

Triangle IG Program Skit

Presentation and Discussion

#### **Physical, Emotional and Spiritual Recovery: The Results of Working the 12 Steps**

Late Night OA Meeting

#### Location

Romanesque

Baroque

Romanesque

Romanesque

Baroque

Renaissance AB Ballroom

Renaissance AB Ballroom

Romanesque

### **Saturday, March 10**

#### Time

7 – 7:45 am

9 – 9:50 am

9 – 9:50 am

9 – 9:50 am

10 – 10:50 am

10 – 10:50 am

10 – 10:50 am

11 – 11:50 am

11 – 11:50 am

11 – 11:50 am

12 – 1 pm

1 – 1:50 pm

2 – 2:50 pm

2 – 2:50 pm

2 – 2:50 pm

3 – 3:50 pm

3 – 3:50 pm

3 – 3:50 pm

4 – 4:50 pm

4 – 4:50 pm

4 – 4:50 pm

#### Workshop

Early Morning Meditation

▲Rediscover Abstinence:  
Recovery From Relapse

▲Spiritual Health & Recovery

▲How Service Helps Me Recover

▲Soaring Through My Spiritual Disciplines

▲What Are Spiritual Disciplines?

▲Treating Yourself with Honor and Dignity

▲Ever Evolving: Long-timers Speak

▲Sexuality & Compulsive Eating (LGBT/Open)

▲Physical Health & Recovery

#### **Lunch**

#### **Speaker**

▲Three Legged-Stool: Taking Action  
When the Legs Are Out of Balance

▲"Amends to Self" (Step 9)

▲Mental/Emotional Health & Recovery

▲Out of Balance? How I Recover

Through the 12 Steps

▲Diversity in OA: The Same 12 Steps

▲Spiritual Nourishment: How Are You fed?

▲ Why We Keep Coming Back

From Relapse to Long-timer

▲Stuck? Surrendering Quantity

▲Financial Abstinence: Recovering

Through the Steps

#### Location

Romanesque

Romanesque

Presidential Suite, Room 935

Baroque

Romanesque

Presidential Suite, Room 935

Baroque

Romanesque

Presidential Suite, Room 935

Baroque

Atrium

Renaissance AB Ballroom

Romanesque

Presidential Suite, Room 935

Baroque

Romanesque

Presidential Suite, Room 935

Baroque

Romanesque

Presidential Suite, Room 935

Baroque

\*Subject to adjustments due to God's will

7 – 11 pm

**Banquet, Speaker,  
Entertainment**

Renaissance AB Ballroom

10 – 11 pm

Late Night OA Meeting

Romanesque

**Sunday, March 11**

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7:00 – 7:45 am

7:00 – 8:15 am

8:15 – 9:15 am

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Intergroup Chairs Breakfast Meeting

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12 Step Within

Closing Speaker

**Location**

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Presidential Suite, Room 935

Romanesque

Renaissance AB Ballroom

Renaissance AB Ballroom