



Business Assembly Schedule*

Raleigh, NC – March 9, 10, 11, 2012

Friday, March 9

Location: Presidential Suite, Room 935

| <u>Time</u> | <u>Event</u> |
|--------------------|--|
| 9:00 am – 11:45 am | SOAR 8 Board Meeting (meeting is open to all OA members) |
| 11:45 am – 1:30 pm | Lunch - on your own |
| 1:30 – 2:00 pm | Continuation of SOAR 8 Board Meeting |
| 2:00 – 4:00 pm | Committee Chairs join Board |
| 4:00 – 7:00 pm | Dinner - on your own |

Location: Renaissance AB Ballroom

| <u>Time</u> | <u>Event</u> | <u>Location:</u> |
|------------------|--|-------------------------|
| 7:00 – 7:30 pm | SOAR 8 Business Assembly Convenes | Renaissance AB Ballroom |
| 7:30 – 8:15 pm | Forum | |
| 8:15 – 8:30 pm | Break | |
| 8:30 – 8:45 pm | Welcome and Skit by Triangle Intergroup | Renaissance AB Ballroom |
| 8:45 – 10:00 pm | Presentation and Discussion | Renaissance AB Ballroom |
| | Physical, Emotional and Spiritual Recovery: The Results of Working the 12 Steps | |
| 10:15 – 11:15 pm | Late Night OA Meeting | Romanesque |

Saturday, March 10

| <u>Time</u> | <u>Event</u> | <u>Location:</u> |
|-------------------|--------------------------|------------------------------|
| 7:30 – 8:20 am | New Rep Orientation | Presidential Suite, Room 935 |
| Time | Event | Location: |
| 8:30 am – 12 noon | SOAR 8 Business Assembly | Renaissance AB Ballroom |
| 12:00 noon – 1 pm | Lunch** | Atrium |
| 1:10 – 1:45 pm | Speaker 1 | Renaissance AB Ballroom |
| 1:10 – 1:45 pm | Speaker A | Marriott, Ballroom D |
| 2:00 – 5:30 pm | SOAR 8 Business Assembly | Renaissance AB Ballroom |
| Time | Event | Location |
| 7:00 – 8:00 pm | Banquet** | Renaissance AB Ballroom |
| 8:15 – 9:00 pm | Speaker 2 | Renaissance AB Ballroom |
| 8:15 – 9:00 pm | Speaker B | Marriott, Ballroom D |
| 9:10 – 11:00 pm | Entertainment | Renaissance AB Ballroom |
| 10:00 – 11:00 pm | Late Night OA Meeting | Romanesque |

Sunday, March 11 (Daylight Saving Time begins – remember to spring forward 1 hour.)

| <u>Time</u> | <u>Workshop</u> | <u>Location</u> |
|------------------|---|------------------------------|
| 7:00 – 7:45 am | Early Morning Meditation | Romanesque |
| 7:00 – 8:15 am | Board & Funded Chairs Breakfast Meeting | Presidential Suite, Room 935 |
| 8:15 – 9:15 am | Intergroup Chairs Breakfast Meeting | Presidential Suite, Room 935 |
| 8:15 – 9:15 am | Mindful Movement for Every Body | Romanesque |
| 9:30 – 10:30 am | 12 Step Within | Renaissance AB Ballroom |
| 10:30 – 11:30 am | Closing Speaker | Renaissance AB Ballroom |

*Subject to adjustments due to God's will. **Hospitality/boutique** (only available at the Embassy) closed during workshops & speakers.

** For individuals who pre-purchased tickets



Recovery Convention Schedule*

Raleigh, NC – March 9, 10, 11, 2012

Friday, March 9

| <u>Time</u> | <u>Workshop</u> | <u>Location</u> |
|--|--|------------------------------|
| 4:00 – 4:50 pm | OA Meeting | Romanesque |
| 4:00 – 4:50 pm | ▲ Starting My Journey: Step One | Presidential Suite, Room 935 |
| 5:00 – 5:50 pm | ▲ Who or What is at the Top of My Triangle? Practicing First Things First | Romanesque |
| 5:00 – 5:50 pm | ▲ A God that Understands Me: Step Two | Presidential Suite, Room 935 |
| 6:00 – 7:30 pm | Dinner - on your own | |
| 7:30 – 8:20 pm | ▲ Balancing Work & Play Through the 12 Steps | Romanesque |
| 7:30 – 8:20 pm | ▲ Let Go, Let God: Step Three | Presidential Suite, Room 935 |
| 7:30 – 8:20 pm | ▲ Staying Abstinent Through Using the 9 Tools | Baroque |
| 8:30 – 8:45 pm | Triangle IG Program Skit | Renaissance AB Ballroom |
| 8:45 – 10 pm | Presentation and Discussion | Renaissance AB Ballroom |
| Physical, Emotional and Spiritual Recovery: The Results of Working the 12 Steps | | |
| 10:15 – 11:15 pm | Late Night OA Meeting | Romanesque |

Saturday, March 10

| <u>Time</u> | <u>Workshop</u> | <u>Location</u> |
|-------------------|---|------------------------------|
| 7:00 – 7:45 am | Early Morning Meditation | Romanesque |
| 9:00 – 9:45 am | ▲ How Service Helps Me Recover | Romanesque |
| 9:00 – 9:45 am | ▲ Spiritual Health & Recovery | Presidential Suite, Room 935 |
| 9:00 – 9:45 am | ▲ Rediscover Abstinence: Recovery From Relapse | Marriott, Ballroom D |
| 10:00 – 10:45 am | ▲ Treating Myself with Honor and Dignity | Romanesque |
| 10:00 – 10:45 am | ▲ How Do I See Myself Now? (Steps 4 & 5) | Presidential Suite, Room 935 |
| 10:00 – 10:45 am | ▲ Soaring Through My Spiritual Disciplines | Marriott, Ballroom D |
| 11:00 – 11:45 am | ▲ Ever Evolving: Long-timers Speak | Romanesque |
| 11:00 – 11:45 am | ▲ Sexuality & Compulsive Eating (LGBT/Open) | Presidential Suite, Room 935 |
| 11:00 – 11:45 am | ▲ Physical Health & Recovery | Marriott, Ballroom D |
| 12:00 noon – 1 pm | Lunch** | Atrium |
| 1:10 – 1:45 pm | Speaker 1 | Renaissance AB Ballroom |
| 1:10 – 1:45 pm | Speaker A | Marriott, Ballroom D |
| 2:00 – 2:45 pm | ▲ Mental/Emotional Health & Recovery | Romanesque |
| 2:00 – 2:45 pm | ▲ "Amends to Self": Step Nine | Presidential Suite, Room 935 |
| 2:00 – 2:45 pm | ▲ Three Legged-Stool: Taking Action When the Legs Are Out of Balance | Marriott, Ballroom D |
| 3:00 – 3:45 pm | ▲ Spiritual Nourishment: How Am I Fed? | Romanesque |
| 3:00 – 3:45 pm | ▲ Diversity in OA: The Same 12 Steps | Presidential Suite, Room 935 |
| 3:00 – 3:45 pm | ▲ How Sponsorship Keeps Me Balanced | Marriott, Ballroom D |



Recovery Convention Schedule*

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Saturday, March 10

| <u>Time</u> | <u>Workshop</u> | <u>Location</u> |
|------------------|---|------------------------------|
| 4:00 – 4:45 pm | ▲ Why We Keep Coming Back From Relapse to Long-timer | Romanesque |
| 4:00 – 4:45 pm | ▲ Stuck? Surrendering Quantity | Presidential Suite, Room 935 |
| 4:00 – 4:45 pm | ▲ Financial Abstinence: Recovering Through the Steps | Marriott, Ballroom D |
| | | |
| <u>Time</u> | <u>Event</u> | <u>Location</u> |
| 7:00 – 8:00 pm | Banquet** | Renaissance AB Ballroom |
| 8:15 – 9:00 pm | Speaker 2 | Renaissance AB Ballroom |
| 8:15 – 9:00 pm | Speaker B | Marriott, Ballroom D |
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Sunday, March 11 (Daylight Saving Time begins – remember to spring forward 1 hour.)

| <u>Time</u> | <u>Workshop</u> | <u>Location</u> |
|-----------------|---|------------------------------|
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