

March 2016 SOAR 8 Recovery Convention & Business Assembly

"Building an Arch to the Road of Recovery -- It Works, It Really Does"

Schedule for GAOAIG Recovery Convention



Dates: March 4-6, 2016

Where: Crowne Plaza Atlanta Airport, Atlanta, Ga.

Overview of Events:

There will be two "tracks" of recovery programs on Friday and Saturday to choose from.

Track 1 is a study of the "Big Book" of Alcoholics Anonymous led by a longtime abstinent OA speaker who has never before been to Atlanta. The leader will share his story and take participants through all 12 steps in the Big Book, starting with "The Doctor's Opinion." Begins Friday afternoon and finishes Sunday morning (Steps 10-12).

Track 2 is a series of workshops (55 minutes each) on recovery topics like abstinence, willingness, sponsors and sponsoring, recovery from relapse and much more! These workshops will have a changing cast of abstinent, recovered OA speakers from throughout Region 8.

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Detail Schedule: Friday, March 4, 2016

- Registration opens 1:30 p.m. – closes 8 p.m.
- 4 p.m. - 5 p.m.
Track 2: First Things First
- 5 p.m. - 6 p.m.
Track 1: Big Book Study
Track 2: Acceptance: What does it really mean?

Friday, March 4, 2016 (cont.)

- 6 p.m. – 8:30 p.m. Dinner on your own (Note: Business Assembly starts at 7 p.m.)
- 8:30 – 8:45 p.m. Welcome & Short Skit by GAOAIG
- 8:45 – 10 p.m.
Presentation / Discussion Panel on "Building and maintaining a new and Triumphant Arch! (*Refer to page 62 of the Big Book*)

Saturday, March 5, 2016

- 6:30 – 7:15 OA Meeting 11th Step Start of the Day (BB. Pg 86)
- 8:30 a.m. – noon Registration open
- 9 a.m. - 10 a.m.
Track 1: Big Book Study
Track 2: "Keep Coming Back" (a member tells their story)
- 10 a.m. - 11 a.m.
Track 1: Big Book Study (cont.)
Track 2: Relapse Mentor workshop
(A new approach to recovery from relapse)
- 11 a.m. - Noon
Track 1: Big Book Study(cont.)
Track 2: Sponsorship Workshop

Noon – 2 Break for luncheon and speaker

- 2 p.m. - 3 p.m.
Track 1: Big Book Study(cont.)
Track 2: "Abstinence - No matter what" Workshop
- 3 p.m. - 4 p.m.
Track 1: Big Book Study(cont.)
Track 2: Writing Workshop

Saturday, March 5, 2016 (cont.)

- 4 p.m. - 5 p.m.
Track 1: Big Book Study(cont.)
Track 2: "Willingness: How do I get some?" Workshop
 - 5 p.m. - 6 p.m.
Track 1: Big Book Study(cont.)
Track 2: "Friends and family: Gratitude in Recovery" Workshop
A workshop patterned after the one-time O-Anon program that helps compulsive eaters and their families through the 12 step recovery process.
- 6 p.m. Convention programs end for the day; prepare for attending banquet at 7 p.m.
- 7 p.m. – 9 p.m. Banquet and speaker
 - 9 p.m. until??? – **Dance!**
Celebrate the joy of recovery with your newly met and longtime friends in the OA fellowship!
 - After Dance: OA Meeting - 11th Step Nightly Review (BB. Pg 86)

Sunday, March 6, 2016

- 9:15 a.m. – 9:30 a.m.
Twelfth Step Within Committee skit
- 9:30 a.m. – 11:30 a.m.
Track 1 & 2: Closing - Big Book Study - Steps 10 - 12

(Recovery convention and business assembly conclude)

SOAR 8 Business Assembly Overview

- Recovery Convention goers are welcome at all but a very few SOAR 8 Business Assembly events as observers. Great chance to see our Region Reps and the Concepts of Service in action -- and to investigate service opportunities to strengthen your recovery.
- Detail Agenda can be found at:
<http://www.oaregion8.org/assemblies/2016/03/SOAR8-Assembly-Packet-March-2016-Atlanta.pdf>

Friday, March 4, 2016

- 9:00 a.m. – 4:00 p.m. Region 8 Board meeting
- 6:55 p.m. – 8:30 p.m. Region 8 Business Assembly
 - Introductions and forum
- 8:30 p.m. - 8:45 p.m. Welcome & short skit by hosting Intergroup
- 8:45 p.m. - 10:00 p.m. Presentation & Discussion

Saturday, March 5, 2016

- 8:30 – 12:00 Assembly convenes. Reports and committee meetings
- 2:00 p.m. – 5:30 p.m. Motions, debate, elections, new business and committee reports from morning sessions

Sunday, March 6, 2016

- 7:00 – 8:00 a.m. Board Breakfast
 - 8:00 – 9:00 a.m. IG Chairs Breakfast and business meeting
 - 9:15 a.m. – 12 Closing with Recovery Convention -- Skit and BB Study
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