



Welcome to

THE FIRST VIRTUAL REGION CONVENTION
 Many Languages - One Virtual Recovery
 JUNE 20 & 21, 2020



SATURDAY, JUNE 20	GMT (UTC)	EDT (GMT - 4/ UTC - 4)	Sunlight of the Spirit (Theatre Webinar)	Beyond Our Wildest Dreams (Meeting Rooms + Breakout Rooms)
	12:30	8:30 AM		Global Early Bird Meeting
	13:00	9:00 AM		
	13:30	9:30 AM		
	14:00	10:00 AM		
	14:30	10:30 AM	Doors Open to Registered Attendees Webinar Orientation	MEETING ROOMS ARE CLOSED RIGHT NOW, PLEASE GO TO WEBINAR
	15:00	11:00 AM	WELCOME Prayers and Announcements	
	15:15	11:15 AM	Keynote	
	15:45	11:45 AM	Keynote Q & A	
	16:15	12:15 PM	Break	
16:30	12:30 PM	Our Invitation to You and Steps 1, 2 & 3	Beyond our Wildest Dreams	
17:00	1:00 PM			
17:45	1:45 PM	Break		
18:00	2:00 PM	7th Tradition in the Virtual World	Passport to Unity	
19:00	3:00 PM	Newcomer Meeting		
20:00	4:00 PM	Break		
20:15	4:15 PM	Keynote Speaker		
21:00	5:00 PM	Keynote Q & A		
21:15	5:15 PM	Break - Entertainment		
22:00	6:00 PM	Long Timers' Strength Hope & Experience 40 + Years of Abstinence	Room #1 90 Days Room #2 OA Tools Room #3 OA Men Everyone Welcome Room #4 Step 4 - 10 Writing Workshop	
23:30	7:30 PM	Break - Entertainment		
0:00	8:00 PM	Keynote Speaker		
0:30	8:30 PM	Keynote Q & A		
1:00	9:00 PM	100 Pounders 12 Speakers on 12 Steps	Room #1 Newcomer Around the Globe Room #2 Meditation Room #3 A Higher Power of My Understanding Room #4 Young People	
2:15	10:15 PM	Q & A for 100 Pounders		
2:30	10:30 PM			
2:45	10:45 PM	Announcements & Closing		

THINGS TO KNOW

<p>▪ FOR UPDATES ON THE CONVENTION: Updated info, translation times & languages, downloads for workshops, Zoom trainings and service opportunities: https://oavirtualregion.org/co_nv2020/</p>	<p>▪ TECH SUPPORT, QUESTIONS, AND SERVICE: Questions about the convention or OA, or to do service, vrconvention@oavirtualregion.org</p> <p>▪ WEBINARS ARE VIEW ONLY: You will only see the speaker(s), panelists, host & co-hosts</p>	<p>▪ LIVE HELP DESK FOR TECH AND ANY OA RELATED QUESTIONS: Zoom Meeting ID: 852 8299 8299, password 121212 For hours and Zoom call in numbers go to https://oavirtualregion.org/co_nv2020/</p>	<p>▪ ZOOM BEST PRACTICES:</p> <ul style="list-style-type: none"> ○ Take care of yourself during convention: walk around, walk in place, stand and stretch. ○ Turn off your screen when eating, talking or moving around
--	---	--	--



Welcome to

THE FIRST VIRTUAL REGION CONVENTION
 Many Languages - One Virtual Recovery
 JUNE 20 & 21, 2020



SUNDAY, JUNE 21	GMT (UTC)	EDT (GMT - 4/UTC - 4)	Sunlight of the Spirit (Theatre Webinar)	Beyond Our Wildest Dreams (Meeting Rooms + Breakout Rooms)
	9:30	5:30 AM	Doors Open to Registered Attendees Webinar Orientation	MEETING ROOMS ARE CLOSED RIGHT NOW, PLEASE GO TO WEBINAR
10:00	6:00 AM	WELCOME Prayers, Our Invitation to You, Announcements		
10:15	6:15 AM	Global Newcomers Meeting	Welcome Home Writing Workshop (Translated)	
11:00	7:00 AM	Newcomers Q & A		
11:30	7:30 AM	Break		
11:45	7:45 AM	Keynote Speaker		
12:15	8:15 AM	Keynote Q & A		
12:45	8:45 AM	Break		
13:00	9:00 AM	For Today	3rd Step Writing Workshop (Translated)	
14:15	10:15 AM	Break		
14:30	10:30 AM	Sponsorship	Promises of the OA 12 & 12	
15:30	11:30 AM	A Vision for You on a Vision for You	Room #1 Using the Tools in the Virtual World Room #2 History of the Virtual OA World Room #3 Prayer, Meditation & Traditions Room #4 Ebony	
16:30	12:30 PM	Break/Entertainment		
17:00	1:00 PM	Keynote Speaker		
17:30	1:30 PM	Keynote Q & A		
18:00	2:00 PM	Break		
18:15	2:15 PM	12th Step Within	Relapse Prevention	
19:15	3:15 PM	Applying the Spiritual Principles to Body Image		
20:15	4:15 PM	Break		
20:30	4:30 PM	Steps 10, 11, 12	Room #1 We are the Message, Practicing the Principles Room #2 Anorexia Bulimia Room #3 How to Host a Hybrid Meeting Room #4 LGBT	
21:30	5:30 PM	Break		
21:45	5:45 PM	Keynote Speaker		
22:15	6:15 PM	Keynote Q & A		
22:45	6:45 PM	Closing		
23:00	7:00 PM		(After Hours) Gratitude Meeting	

THINGS TO KNOW

- **FOR UPDATES ON THE CONVENTION:**
Updated info, translation times & languages, downloads for workshops, Zoom trainings and service opportunities:
<https://oavirtualregion.org/co nv2020/>
- **TECH SUPPORT, QUESTIONS, AND SERVICE:**
Questions about the convention or OA, or to do service,
vrconvention@oavirtualregion.org
- **WEBINARS ARE VIEW ONLY:**
You will only see the speaker(s), panelists, host & co-hosts
- **LIVE HELP DESK FOR TECH AND ANY OA RELATED QUESTIONS:**
Zoom Meeting ID: 852 8299 8299, password 121212
For hours and Zoom call in numbers go to <https://oavirtualregion.org/co nv2020/>
- **ZOOM BEST PRACTICES:**
 - Take care of yourself during convention: walk around, walk in place, stand and stretch.
 - Turn off your screen when eating, talking or moving around