



World Service Convention

*Walking in the Sunlight:
One Day at a Time*

Renaissance Orlando at SeaWorld®
Orlando, FL USA

August 26-28, 2021

Notes

Audio Sales: CDs and MP3s will be available for all workshops, the Grand Opening and Friday General Session, and the banquet (speaker only). Please check the audio sales desk for hours. Note: CDs will be shipped after Convention.

Bookstore: OA literature will be sold in the OA Bookstore (Tarpon A&B, 2nd Floor). Please refer to the schedule of events for hours.

Boutique: In the spirit of cooperation without affiliation, the boutique (Unicorn, 2nd Floor) is provided as a courtesy to OA service bodies only. All articles offered for sale must have an OA-related theme and must follow the guidelines for sales at OA events. If your service body is interested in selling items in the boutique, please stop by the Hospitality/Information Desk to sign a release form and pick up a copy of the guidelines. Attendees may eat their meals in the Boutique.

Fellowship Lounge: To extend a warm welcome to members of our Fellowship, a lounge (Veiltail, 2nd Floor) is available. The lounge is open to all OA members. Please refer to the schedule of events for hours.

Meditation Room: Zander (2nd Floor) will be open Thursday through Saturday for OA members to use for private meditation throughout Convention. Please refer to the schedule of events for hours.

OA Meetings: Hourly OA meetings will be held daily in Merritt (1st Floor). If you are interested in leading an OA meeting, please stop by the Hospitality/Information Desk for details.

Special Focus Meetings: Grouper (2nd Floor) will be available for special focus meetings Thursday through Saturday at designated times. This space, provided as a courtesy to OA members for special emphasis meetings, must be open to all OA members in keeping with Tradition Three. Please stop by the Hospitality/Information Desk to schedule a special focus meeting. Approved meetings will be posted on the bulletin board by the Hospitality/Information Desk and outside the meeting room.

Unique Boutique: Walu (2nd Floor) will offer gently used clothing at reduced prices. OA members are encouraged to donate gently used clothing onsite. Please refer to the schedule of events for hours.

Workshops: A meeting/session with one or two speakers followed by 3-minute pitches from the floor.

The Twelve Steps of OA

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as *we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our short comings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as *we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

The Twelve Traditions of OA

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

Wednesday, August 25, 2021

Time	Event & Location
4:00 p.m. – 6:00 p.m.	<p style="text-align: center;">Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i></p>

Thursday, August 26, 2021

Time	Event & Location
7:00 a.m. – 8:00 a.m.	<p style="text-align: center;">OA Sunrise Meeting <i>(Merritt – 1st Floor)</i></p>
7:00 a.m. – 6:00 p.m.	<p style="text-align: center;">Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i> The OA Registration Desk will be closed during lunch (11:15 a.m. – 1:30 p.m.).</p>
8:00 a.m. – 6:00 p.m.	<p style="text-align: center;">OA Bookstore <i>(Tarpon A&B – 2nd Floor)</i> The OA Bookstore will be closed during lunch (11:15 a.m. – 1:30 p.m.).</p>

8:00 a.m. – 10:00 p.m.	<p>Boutique <i>(Unicorn – 2nd Floor)</i></p>	<p>Fellowship Lounge <i>(Veiltail – 2nd Floor)</i></p>	<p>Meditation <i>(Zander – 2nd Floor)</i></p>
	<p>OA Hourly Meetings <i>(Merritt – 1st Floor)</i></p>	<p>Special Focus Meetings <i>(Grouper – 2nd Floor)</i></p>	<p>Unique Boutique <i>(Walu – 2nd Floor)</i></p>

Thursday, August 26, 2021

All workshops on 1st floor.

Time	Event & Location			
	Crystal D <i>ESH Track 1</i>	Crystal E <i>ESH Track 2</i>	Oceans 1-2 <i>Traditions & Concepts Track</i>	Oceans 3-4 <i>Steps Track</i>
8:30 a.m. – 9:45 a.m.	Self-Acceptance as a Starting Point	Spiritual, Not Religious	Spoonful of Sugar?!?: A Plan of Eating	Step 1: Honesty
10:00 a.m. – 11:15 a.m.	Relapse: How to Catch Yourself Before You Fail	BB: The Doctor's Opinion	Can You Feel the Love Tonight: Unity and Fellowship	Step 2: Hope
11:15 a.m. – 1:30 p.m.	Lunch* <i>(on own)</i>			
1:30 p.m. – 2:45 p.m.	Beauty and Beast: Body Image	Moving Beyond the Food and Emotional Havoc	Tradition 2 and Concept 2: Trust and Conscience	Step 3: Faith
3:00 p.m. – 4:15 p.m.	Under the Sea: Recovery through Tough Times	BB: There is a Solution	Tradition 3 and Concept 3: Identity and Trust	Step 4: Courage
4:30 p.m. – 5:45 p.m.	Bein' Green: Fully Relying on God (FROG)	Whistle While You Work: Service	Tradition 4 and Concept 4: Autonomy and Equality	Step 5: Let It Go (Integrity)
5:45 p.m. – 7:30 p.m.	Dinner <i>(on own)</i>			
7:30 p.m. – 8:45 p.m.	Grand Opening Keynote Speaker, Entertainment <i>(Oceans 5-12 – 1st Floor)</i>			

*The OA Bookstore and OA Registration Desk will be closed during lunch.

Friday, August 27, 2021

Time	Event & Location		
7:00 a.m. – 8:00 a.m.	OA Sunrise Meeting <i>(Merritt – 1st Floor)</i>		
7:00 a.m. – 5:00 p.m.	Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i> The OA Registration Desk will be closed during lunch (11:15 a.m. – 1:30 p.m.).		
8:00 a.m. – 5:00 p.m.	OA Bookstore <i>(Tarpon A&B – 2nd Floor)</i> The OA Bookstore will be closed during lunch (11:15 a.m. – 1:30 p.m.).		
8:00 a.m. – 10:00 p.m.	Boutique <i>(Unicorn – 2nd Floor)</i>	Fellowship Lounge <i>(Veiltail – 2nd Floor)</i>	Meditation <i>(Zander – 2nd Floor)</i>
	OA Hourly Meetings <i>(Merritt – 1st Floor)</i>	Special Focus Meetings <i>(Grouper – 2nd Floor)</i>	Unique Boutique <i>(Walu – 2nd Floor)</i>

Friday, August 27, 2021

All workshops on 1st floor.

Time	Event & Location			
	Crystal D <i>ESH Track 1</i>	Crystal E <i>ESH Track 2</i>	Oceans 1-2 <i>Traditions & Concepts Track</i>	Oceans 3-4 <i>Steps Track</i>
8:30 a.m. – 9:45 a.m.	I've Got No Strings: Maintaining a Healthy Body Weight	I Love to Laugh: Humor in OA	Tradition 5 and Concept 5: Purpose and Consideration	Step 6: Willingness
10:00 a.m. – 11:15 a.m.	How Far I'll Go: 100 Pound Winners	Friend Like Me: Sponsorship	Tradition 6 and Concept 6: Solidarity and Responsibility	Step 7: Humility
11:15 a.m. – 1:30 p.m.	Lunch* (on own)			
1:30 p.m. – 2:45 p.m.	Part of Your World: Newer Members of the Fellowship	BB: A Vision for You	Tradition 7 and Concept 7: Responsibility and Balance	Step 8: Self-Discipline
3:00 p.m. – 4:15 p.m.	When Will My Life Begin? Young People in OA	Emotional Health and Relationships	Tradition 8 and Concept 8: Fellowship and Delegation	Step 9: Love
4:15 p.m. – 7:00 p.m.	Dinner (on own)			
7:00 p.m. – 8:30 p.m.	General Session Welcome to OA! Welcome Home! <i>(Oceans 5-12 – 1st Floor)</i>			

*The OA Bookstore and OA Registration Desk will be closed during lunch.

Saturday, August 28, 2021

Time	Event & Location		
7:00 a.m. – 8:00 a.m.	OA Sunrise Meeting <i>(Merritt – 1st Floor)</i>		
7:00 a.m. – 5:00 p.m.	Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i> The OA Registration Desk will be closed during lunch (11:15 a.m. – 1:30 p.m.).		
8:00 a.m. – 4:00 p.m.	Unique Boutique <i>(Walu – 2nd Floor)</i>		
8:00 a.m. – 5:00 p.m.	OA Bookstore <i>(Tarpon A&B – 2nd Floor)</i> The OA Bookstore will be closed during lunch (11:15 a.m. – 1:30 p.m.).		
8:00 a.m. – 10:00 p.m.	Boutique <i>(Unicorn – 2nd Floor)</i>	Fellowship Lounge <i>(Veiltail – 2nd Floor)</i>	Meditation <i>(Zander – 2nd Floor)</i>
	OA Hourly Meetings <i>(Merritt – 1st Floor)</i>	Special Focus Meetings <i>(Grouper – 2nd Floor)</i>	

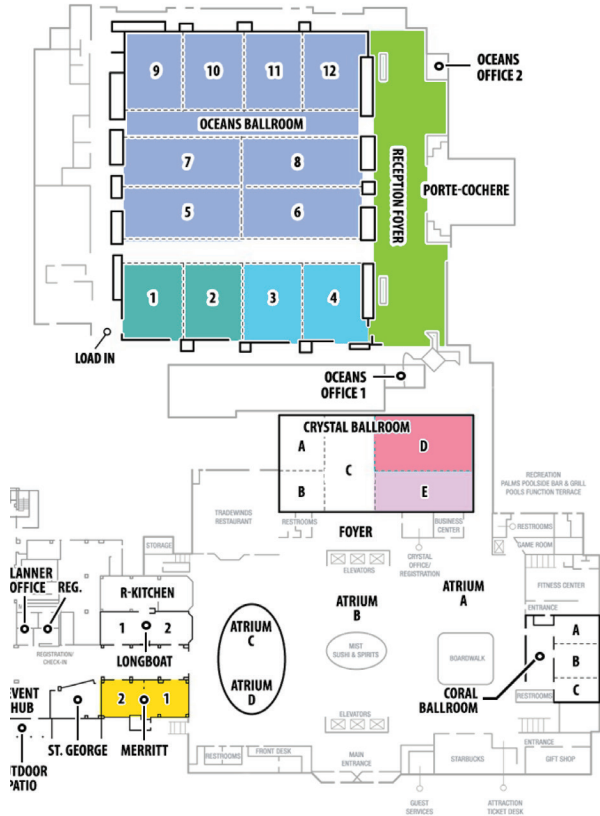
Saturday, August 28, 2021

All workshops on 1st floor.

Time	Event & Location			
	Crystal D <i>ESH Track 1</i>	Crystal E <i>ESH Track 2</i>	Oceans 1-2 <i>Traditions & Concepts Track</i>	Oceans 3-4 <i>Steps Track</i>
8:30 a.m. – 9:45 a.m.	Switching Seats on the Titanic: New Addictions After Recovery	Getting Past Shame: Getting Unstuck	Tradition 9 and Concept 9: Structure and Ability	Step 10: Perseverance
10:00 a.m. – 11:15 a.m.	Other Manifestations: Anorexia, Bulimia, Compulsive Food Behaviors	BB: How It Works	Tradition 10 and Concept 10: Neutrality and Clarity	Step 11: Spiritual Awareness
11:15 a.m. – 1:30 p.m.	Lunch* <i>(on own)</i>			
1:30 p.m. – 2:45 p.m.	All in the Golden Afternoon: Longtime Members	We Grow Up: Emotional Maturity, Spiritual Progress, Not Spiritual Perfection	Tradition 11 and Concept 11: Anonymity and Humility	Step 12: Service
3:00 p.m. – 4:15 p.m.	Midnight at the Oasis: Sexuality	Let the Sunshine In: Finding an HP That Works	Tradition 12 and Concept 12: Spirituality and Guidelines	Writing: 4th and 10th Steps
4:15 p.m. – 7:00 p.m.	Free Time			
7:00 p.m. – Midnight	Banquet, Keynote Speaker, Dance <i>(Oceans 5-12 – 1st Floor)</i>			

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First Floor – Renaissance Orlando at SeaWorld



Second Floor – Renaissance Orlando at SeaWorld

