

World Service Convention 2021

Walking in the Sunlight: One Day at a Time

Renaissance Orlando at Sea World, Orlando, FL USA

August 26-28, 2021

Wednesday, August 25, 2021

1: 30 p.m. – 5:00 p.m.	Board of Trustees Meeting <i>(Coral Ballroom – 1st Floor)</i>
6:00 p.m. – 8:00 p.m.	Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i>

Thursday, August 26, 2021

7:00 a.m. – 8:00 a.m.	OA Sunrise Meeting <i>(Coral Ballroom – 1st Floor)</i>
7:00 a.m. – 7:00 p.m.	Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i>
8:00 a.m. – 6:00 p.m.	OA Bookstore <i>(Tarpon A – 2nd Floor)</i>

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

Thursday, August 26, 2021 (continued)

	Crystal D (1st Fl) <i>Physical Track</i>	Crystal E (1st Fl) <i>Emotional Track</i>	Oceans 1-2 (1st Fl) <i>Spiritual Track</i>	Oceans 3-4 (1st Fl) <i>Steps Track</i>	Oceans 5 (1st Fl) <i>Traditions and Concepts Track</i>	Oceans 6 (1st Fl) <i>Tools Track</i>
8:30 – 9:45 a.m.	Self-Acceptance as a Starting Point	How Did I Get Here?	Spiritual, Not Religious	Step 1: Honesty	What ARE the Concepts?	Spoonful of Sugar?!?: A Plan of Eating
10:00 – 11:15 a.m.	Relapse Prevention: How to Catch Yourself Before You Fail	Can You Feel the Love Tonight: Fellowship	BB: The Doctor's Opinion	Step 2: Hope	Tradition 1 and Concept 1: Unity	Writing: 4 th Step Writing Workshop

11:15 a.m. – 1:30 p.m.	Lunch <i>(on own)</i>					
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	Crystal D (1st Fl) <i>Physical Track</i>	Crystal E (1st Fl) <i>Emotional Track</i>	Oceans 1-2 (1st Fl) <i>Spiritual Track</i>	Oceans 3-4 (1st Fl) <i>Steps Track</i>	Oceans 5 (1st Fl) <i>Traditions and Concepts Track</i>	Oceans 6 (1st Fl) <i>Tools Track</i>
1:30 – 2:45 p.m.	Beauty and Beast: Body Image	Balance: What to do When My Emotions Take Over	What If I Don't Believe in God?	Step 3: Faith	Tradition 2 and Concept 2: Trust and Conscience	Literature
3:00 – 4:15 p.m.	A Whole New World: Recovery from Relapse	Under the Sea: Recovery through Tough Times	BB: There is a Solution	Step 4: Courage	Tradition 3 and Concept 3: Identity and Trust	Friend Like Me: Sponsorship
4:30 – 5:45 p.m.	The Circle of Life: Aging in OA	Moving Beyond the Food and Emotional Havoc	Bein' Green: Fully Relying on God (FROG)	Step 5: Let It Go (Integrity)	Tradition 4 and Concept 4: Autonomy and Equality	Whistle While You Work: Service

5:45 – 7:30 p.m.	Dinner <i>(on own)</i>					
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7:30 – 8:45 p.m.	Grand Opening Keynote Speaker, Entertainment <i>(Oceans 7-12 – 1st Floor)</i>					
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Friday, August 27, 2021

7:00 a.m. – 8:00 a.m.	OA Sunrise Meeting (Coral Ballroom – 1 st Floor)
7:00 a.m. – 7:00 p.m.	Registration/Hospitality (Oceans Ballroom Foyer – 1 st Floor)
8:00 a.m. – 6:00 p.m.	OA Bookstore (Tarpon A – 2 nd Floor)

8:00 a.m. – 10:00 p.m.	Boutique (Walu – 2 nd Floor)	Fellowship Lounge (Veiltail – 2 nd Floor)	Meditation (Zander – 2 nd Floor)
	OA Hourly Meetings (Coral Ballroom – 1 st Floor)	Special Focus Meetings (Fantail – 2 nd Floor)	Unique Boutique (Unicorn – 2 nd Floor)
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8:30 – 9:45 a.m.	I've Got No Strings: Maintaining a Healthy Body Weight	I Love to Laugh: Humor in OA	BB: How it Works	Step 6: Willingness	Tradition 5 and Concept 5: Spiritual Principles	Meetings
10:00 – 11:15 a.m.	How Far I'll Go: 100 Pound Winners	Baby Mine: What Sponsorship is and is NOT	Prayer and Meditation	Step 7: Humility	Tradition 6 and Concept 6: Solidarity and Responsibility	Telephone

10:00 – 11:00 a.m.	Working All the Steps/Traditions Concepts (Spanish) (Coral Ballroom – 1 st Floor)
11:15 a.m. – 1:30 p.m.	Lunch (on own)

Friday, August 27, 2021 (continued)

	Crystal D (1st Fl) <i>Physical Track</i>	Crystal E (1st Fl) <i>Emotional Track</i>	Oceans 1-2 (1st Fl) <i>Spiritual Track</i>	Oceans 3-4 (1st Fl) <i>Steps Track</i>	Oceans 5 (1st Fl) <i>Traditions and Concepts Track</i>	Oceans 6 (1st Fl) <i>Tools Track</i>
1:30 – 2:45 p.m.	Part of Your World: Newer Members of the Fellowship	Friends on the Other Side: When Loved Ones Don't Understand	Colors of the Wind: Diversity in OA	Step 8: Self-Discipline	Tradition 7 and Concept 7: Responsibility and Balance	Anonymity
3:00 – 4:15 p.m.	When Will My Life Begin? Young People in OA	Emotional Health and Relationships	BB: A Vision for You	Step 9: Love	Tradition Eight and Concept 8: Fellowship and Delegation	Writing: 10 th Step Writing Workshop

1:30 – 2:45 p.m.	Working All the Steps/Traditions Concepts (Spanish) <i>(Coral Ballroom – 1st Floor)</i>
4:15 – 7:00 p.m.	Dinner <i>(on own)</i>
7:00 – 8:30 p.m.	General Session Welcome to OA. Welcome Home! <i>(Oceans 7-12 – 1st Floor)</i>

Saturday, August 28, 2021

7:00 a.m. – 8:00 a.m.	OA Sunrise Meeting <i>(Coral Ballroom – 1st Floor)</i>
7:00 a.m. – 7:00 p.m.	Registration/Hospitality <i>(Oceans Ballroom Foyer – 1st Floor)</i>
8:00 a.m. – 4:00 p.m.	Unique Boutique <i>(Unicorn – 2nd Floor)</i>
8:00 a.m. – 6:00 p.m.	OA Bookstore <i>(Tarpon A – 2nd Floor)</i>

Saturday, August 28, 2021 (continued)

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

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8:30 – 9:45 a.m.	Switching Seats on the Titanic: New Addictions After Recovery	Getting Past Shame: Getting Unstuck	Sunlight of the Spirit	Step 10: Perseverance	Tradition 9 and Concept 9: Structure and Ability	Writing: Journaling Workshop
10:00 – 11:15 a.m.	Other Manifestations: Anorexia, Bulimia, Compulsive Food Behaviors	Kiss the Girl: Dealing with Misconduct	Seeking Spiritual Nourishment: Meditation	Step 11: Spiritual Awareness	Tradition 10 and Concept 10: Neutrality and Clarity	Service

11:15 a.m. – 1:30 p.m.	Lunch <i>(on own)</i>
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1:30 – 2:45 p.m.	All in the Golden Afternoon: Longtime Members	We Grow Up: Emotional Maturity	Spiritual Progress, Not Spiritual Perfection	Step 12: Service	Tradition 11 and Concept 11: Anonymity and Humility	Action Plan
3:00 – 4:15 p.m.	Someday My Prince Will Come: Sexuality	Jolly Holiday: Going Home/ Re-Entry	Let the Sunshine In: Finding an HP That Works	Inventory: Steps 4 and 10	Tradition 12 and Concept 12: Spirituality and Guidelines	Literature

Saturday, August 28, 2021 (continued)

4:15 – 6:30 p.m.	Dinner/Free Time <i>(on own)</i>
7:00 – 8:30 p.m.	Banquet/Keynote Speaker/Dance <i>(Oceans 7-12 – 1st Floor)</i>