

Hospitality Room Hours

(All times=US & Canada Pacific Time Zone)

Friday, August 20, 2021

6:00 pm-7:30 pm

Saturday, August 21, 2021

8:00 am-6:00 pm

Sunday, August 22, 2021

8:00 am-10:00 am



Prize Drawing

Tickets for prize drawing available on the website.

<https://oar3fall2021.org>

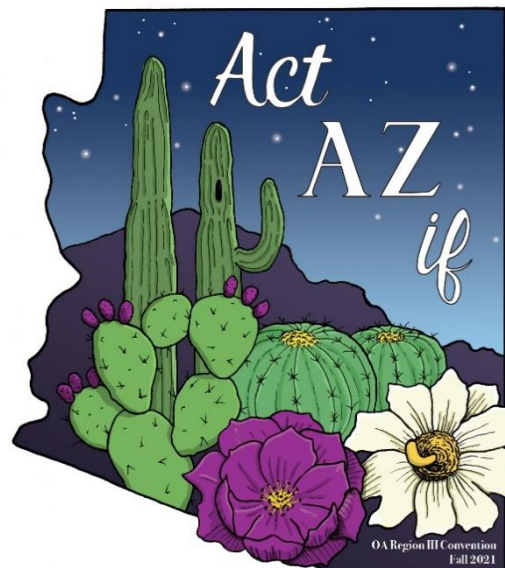
Overeaters Anonymous

Region III

Convention & Assembly

August 20 – 22, 2021

<https://oar3fall2021.org>



Act as if there is a power that makes growth possible, and growth occurs. Flowers bloom, even in the desert.

Act AZ if and let your recovery bloom!

Sponsored by Southern Arizona

Intergroup of OA

www.oasouthernaz.org

Schedule

(All times=US & Canada Pacific Time Zone)

Friday, August 20, 2021

3:00 pm-5:00 pm Assembly Forum

5:00 pm-5:30 pm Green Dot Orientation

7:00 pm-8:30 pm Grand Opening & Opening Speaker

Saturday, August 21, 2021

8:00 am-5:00 pm Region III Assembly

9:00 am-10:15 am **Session 1: Faith – Believe It**

- Believe: There is a Solution

- From “Will Power” to “Higher Power”

- Courage Over Comfort

9:00 am-10:00 am Newcomer’s OA Meeting

10:30 am-11:45 am **Session 2: Honesty – Reveal it**

- Me Behind the Mask – Be Vulnerable

- Stuff My Face or Face My Stuff?

- The Gift of Desperation

10:00 am-11:00 am Relationships and Trust OA Meeting

11:00 am-12:00 pm Recovery from Relapse OA Meeting

12:00 pm-1:00 pm Lunch break

1:00 pm-2:45 pm **Session 3: Action – Do it**

- Trudge the Road to Happy Destiny

- Filling the Grand Canyon – Plan of Eating

- Walking Through the Saguaros – Action Plan

1:00 pm-2:00 pm Body Image & Sexuality OA Meeting

2:00 pm-3:00 pm Men’s OA Meeting

3:00 pm-4:45 pm **Session 4: One Day at a Time – Live it**

- Persistence: Keep on Keeping on

- A Daily Reprieve

- Desert Guide: Why Do I Need a Sponsor & Be Sponsored?

3:00 pm-4:00 pm LGBTQ+ OA Meeting

4:00 pm-5:00 pm Anorexia/Bulimia OA Meeting

5:00 pm-6:00 pm Dinner break

6:00 pm-7:00 pm Evening Speaker

7:00 pm-9:00 pm Entertainment/Prize Drawing

Sunday, August 22, 2021

7:00 am-7:45 am Meditation/Yoga

8:00 am-8:45 am OA Meeting - Open Share

9:00 am-10:00 am Finding Silver Linings OA Meeting

10:00 am-11:30 am **Closing Speaker: Take it Home – Work it**

11:30 am-12:30 pm Convention Wrap-up Meeting

Registration Fee: \$25

7th Tradition Donation: _____

Scholarship Fund: _____

Total Payment: _____

**Register and pay online at <https://oar3fall2021.org> -or-
Make check or money order payable to:**

Tucson R3-OA Convention

Tear off this form and mail with payment to:

Jan Friedland

795 Sunset Vista Dr.

Sierra Vista, AZ 85635

*You will receive confirmation after receipt from
janbfreed@yahoo.com.*

Mail-in Registration Deadline: August 6, 2021

Online Registration Deadline: August 21, 2021

Full Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone(s): _____

Email: _____

Indicate if you are....

_____ New to OA

_____ Region III Rep

_____ New Region III Rep (Green Dot)

Are you planning to attend one of the scheduled special interest meetings?

_____ Newcomers _____ Relationships & Trust _____ Men’s Meeting

_____ Recovery from Relapse _____ Body Image & Sexuality

_____ LGBTQ+ _____ Anorexia/Bulimia

**If you have questions/requests regarding the convention,
contact Jan F. at 520-678-0369 or janbfreed@yahoo.com**