



Region 6 Convention October 24-26, 2025 • Rochester, NY

	Grand Ballroom DEFG	Grand Ballroom ABC	Regency Ballroom AB	Susan B Anthony Room	Frederick Douglass Room
FRIDAY					
4:00 p.m.	REGISTRATION				
5:00 - 6:00 p.m.		Mental Health Challenges in Recovery	Beyond our Wildest Dreams: The Promises	Living Abstinently among Others	Specific Focus: Body Image
6:00 p.m.	DINNER BREAK				
8:00 p.m.	General session with KEYNOTE				
9:30 - 10:30 p.m.	FELLOWSHIP	Specific Focus: Young adults		<i>OA meeting English</i>	<i>OA meeting French</i>
SATURDAY					
8:30 - 9:30 a.m.	Step 11: Two-Way Prayer	Steps 1, 2, & 3: Honesty, Hope, Faith	Acceptance is the Answer	Temporary sponsors: Newcomers' First 12 Days	Specific Focus: Bariatric
9:45 - 10:45 a.m.	Twelve Stepping a Problem	Steps 4 & 5: Courage & Integrity	Aging in OA	Sponsorship: Taking the Plunge!	Specific Focus: BIPOC
11:00 - 12:00 p.m.		Steps 6 & 7: Willingness & Humility	An Attitude of Gratitude	Finding an HP that Works for You	Specific Focus: LGBTQ
12:00-1:30	LUNCH prepaid in Grand Ballroom DEFG or on your own				
1:30 - 2:30	PANEL				
2:45 - 3:45 p.m.		Steps 8 & 9: Self-discipline & Love for others	100 pound Winners	For this I am responsible: Traditions 5 & 7	Specific Focus: Men
4:00 - 5:00 pm		Steps 10, 11, & 12: Living in Recovery	Decades in Recovery	Don't Rest on Your Laurels: Keeping your Program Fresh	Specific Focus: Anorexia/Bulimia
6:00 - 7:30 p.m.	DINNER prepaid in Grand Ballroom DEFG or on your own				
7:30 p.m. - 9:00	General session with KEYNOTE				
9:00 - 10:00 p.m.	FELLOWSHIP			<i>OA meeting English</i>	<i>OA meeting French</i>
SUNDAY					
7:30 - 8:15	Step 11: Two-Way Prayer		Walking meditation <i>(Meet at registration desk)</i>		
8:30 - 9:30 a.m.	Using the Strong Abstinence Checklist	Sex on Sunday Morning	A Plan of Eating that Works	Coping with Grief and Life's Challenges	Double-Winners: The Credits Don't Transfer
10:00 a.m.	General session with KEYNOTE				

NOTES: This program is subject to change

Keynotes feature speakers who have three or more years of abstinence, who share their experience, strength, & hope.

Workshops have two speakers and some time for sharing. **Specific focus workshops** have one speaker to allow more time for sharing.