

Welcome

2021 Spring Region III Convention & Assembly

Hosted by OA Houston and OA HOW Houston



If you have any questions prior to or during the Convention, give us a call or text at 832-844-1689 or conventionreg@oahouston.org.

All sessions are in Central Time (Houston).

Click [here](#) to convert the time to your [time zone](#)

To Join via phone please call +1 346 248 7799 US (Houston)
or Click [here](#) to find the call in number near you.

We have three meeting rooms. Use the links below to log into any of the three meeting rooms. Please do not share the links with others as we would like each participant to register individually.
Follow the Color on the Program to Find your Zoom Room

LAVENDER LOUNGE	ZOOM MEETING ID	PASSCODE	DIRECT LINK
 Fellowship, Information, and Grand Sessions	871 0522 9270	2020	Join via Zoom
 Topic based Workshops	827 5217 8111	2020	Join via Zoom
 12- STEP - WORKSHOPS	858 8674 5742	2020	Join via Zoom

PLEASE DO NOT FORWARD THESE MEETING LINKS



RAFFLE TICKETS FOR SOME AMAZING PRIZES
Are Available to Purchase until
Saturday March 20, 2021 at 6:30 p.m. CT

[VISIT THE VIRTUAL RAFFLE](#)

Enjoy the Convention and [Let Your Recovery Bloom!](#)

Region 3 - 2021 Spring Convention and Assembly Program

FRIDAY MARCH 19, 2021									
	Lavender Lounge	Wildflower Workshops	Garden Greenhouse	Region 3 Assembly					
2:00 PM	Zoom Tutorial			Steering Committee					
3:00 PM	Lavender Lounge Open for Conference Questions and Directions					Assembly Forum 3-5pm			
4:00 PM						READY SET GROW *Focus on Newcomers but ALL are Welcome 4:30 - 5:30pm	Honesty, Open-Mindedness, Willingness Introduction to HOW 4:00 - 5:30pm	Green Dot Orientation 5-5:30pm	
4:30 PM									Dinner Break and Fellowship 5:30-7:15pm
5:00 PM									
5:30 PM	Opening Grand Session (Introductions & Speaker) Preparing the Soil								
Late Night Activities will start 15 minutes after Grand Session ends									
9:30 PM	Virtual Games	Garden Discovery - Journaling Ends at 10:30	Nighttime Pests in the Garden - Challenges of a Nighttime Eater Ends at 10:30						
11:00 PM									

SATURDAY, MARCH 20, 2021				
	Lavender Lounge	Wildflower Workshops	Garden Greenhouse	Region 3 Assembly
7:00 AM	Zoom Tutorial	Stretching & Tuning into Ourselves Ends at 7:50	Meditation - Breathe Fresh Air into Your Inner Garden Ends at 7:45	
7:30 AM				
8:00 AM	Daily Readings and Fellowship	The Acorn of Willingness- Recovery Growth Ends at 8:50	Steps 1, 2 & 3: Grass Roots Panel - Preparing the Garden - Cultivate the Foundation of Recovery Ends at 9:30	
8:30 AM				
9:00 AM	Morning Blooms	Who is Your Higher Power? Believe & Your Garden Will Grow Ends at 9:50	BREAK	Region 3 Assembly Starts 9:00AM Central
9:30 AM				
10:00 AM	Garden Tools for Recovery	What's Bugging You? How the Program Can Help as Pest Control for Resentments Ends at 10:50	Steps 4 & 5: Dig Up and Throw Out the Rocks; Weeding Out Guilt and Shame - Pruning Back Branches of Character Defects Ends at 11:30	
10:30 AM				
11:00 AM		BREAK		
11:30 AM	LUNCH BREAK - Meet in Lavender Lounge			
12:30 PM	LUNCH BREAK - Meet in Lavender Lounge			
1:00 PM	Fellowship and Recovery - This room will be open and available throughout the day. Stop by anytime!	100 Pounders Miracles Do Abound in OA Ends at 1:50	Steps 6 & 7: Weeding Self Destructive Behaviors; Planting the Seeds of Your Future Self Ends at 2:30	Region 3 Assembly
2:00 PM		Anorexia/Bulimia Focus Meeting Ends at 2:50		
2:30 PM		BREAK		
3:00 PM		Shovel, Hoe, Rake: Use Those Tools! Ends at 3:50	Steps 8 & 9: Turning Over a New Leaf; Sweeping Away the Debris of Your Past Ends at 4:30	Region 3 Assembly
4:00 PM		Value of Roots Expanding Your Base Ends at 4:50		
4:30 PM			BREAK	
5:00 PM		HOW Meeting Ends at 6:00	OA - Big Book Meeting Ends at 6:00	
6:00 PM	Dinner - Meet in Lavender Lounge			
7:00 PM	Raffle Draw - Begins at 7:05pm			
7:30 PM	Grand Session Speaker - Nurturing Your Growth			
8:00 PM				
8:30 PM				
9:00 PM	Virtual Games	Assessing Growth of Your Recovery Garden? Ends at 9:50	Entertainment - Dancing through the Ages	
9:30 PM				
10:30 PM				

SUNDAY MARCH 21, 2021				
	Lavender Lounge	Wildflower Workshops	Garden Greenhouse	Region 3 Assembly
7:00 AM	Daily Readings and Fellowship	Meditation and Prayer: Bring Sunlight and Nourishment to Your Recovery Garden Ends at 7:50	Stretching and Tuning into Ourselves Qigong ("Chi-gong") Ends at 7:50	
8:00 AM 8:30 AM 9:00 AM	Daily Readings and Fellowship	Becoming a Bouquet of Blooms in Your World Ends at 9:30	Steps 10, 11, & 12: Blooming and Thriving in the World Ends at 9:45	Region 3 Assembly (If Needed)
9:30 AM	BREAK	BREAK	BREAK	
10:00 AM 10:30 AM 11:00 AM 11:30 AM	General Session - Speaker and Closing Blooming Where You are Planted - Sowing Recovery Seeds in Your Life			

Here are some helpful tips and answers to frequently asked questions.

Attendees may register at any point during the Convention through the Online Registration form at oahouston.org. Scholarships are available and can be requested by emailing conventionreg@oahouston.org or calling 832-844-1689.

We ask that everyone include at least your first name and last initial in your Zoom name. (Some people also include their cellphone number, i.e., Joan D 999-555-5555). If you are uncomfortable with displaying your name, then feel free to use an alias. If you do not know how to rename yourself in Zoom, ask in the Lavender Lounge or look for a Host or Co-Host to help you.

Every Host and Co-Host will be designated in their names as "Host" or "CH." If you forget to make this change, please note that you will be asked to do so when you enter a meeting room.

For those wishing to learn more, there will be a Zoom tutorial held at 2:00 p.m. (Central) on Friday in the Lavender Lounge as well as on Saturday morning at 7:00 a.m. If you need connection help or just a refresher, please join us for this 30-minute tutorial. Then, remain in the Lounge to have your questions answered or to get directions to meeting rooms. The Lavender Lounge will be open beginning at 2:00 p.m. on Friday and at 7:00 a.m. on Saturday and Sunday. If you have questions, need a virtual hug or just want to chat, join us in the Lavender Lounge.

All Grand Sessions will be held in the Lavender Lounge.

If you want to move from the room that you are in to a different room, you will need to:

- Leave the room you are currently in (do not exit the site, just "leave the meeting")
- Click the link to the room you wish to enter
- Or enter the room meeting ID and passcode on your Zoom app

You may come and go from the Convention as often as you choose.