

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						
4:30 PM						
5:00 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
5:30 PM				Dinner Break and Fellowship 5:30-7:15pm		
7:30 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			
7:30 AM		Stretching & Tuning into Ourselves Ends at 7:50	Meditation - Breathe Fresh Air into Your Inner Garden Ends at 7:45	
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	Region 3 Assembly Starts 9:00AM Central
8:30 AM				
9:00 AM	Morning Blooms	Who is Your Higher Power? Believe & Your Garden Will Grow Ends at 9:50	BREAK	
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				
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	
2:00 PM		Anorexia/Bulimia Focus Meeting Ends at 2:50		
2:30 PM				Break

~~~ SCHEDULE CONTINUES ON PAGE 2 ~~~



**Remember to sign up for the Raffle.**

Drawing will be Saturday evening before the Grand Session  
 Text 'Serenity' to 855-202-2100 to get a link to the Raffle or go to  
<https://go.rallyup.com/oaspring2021>

## Region 3 - 2021 Spring Convention and Assembly Program

| SATURDAY, MARCH 20, 2021 - Continued |                                               |                                                           |                                                                                             |                   |
|--------------------------------------|-----------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------|
|                                      | Lavender Lounge                               | Wildflower Workshops                                      | Garden Greenhouse                                                                           | Region 3 Assembly |
| 3:00 PM                              |                                               | Shovel, Hoe, Rake:<br>Use Those Tools!<br>Ends at 3:50    | Steps 8 & 9: Turning Over a New Leaf; Sweeping Away the Debris of Your Past<br>Ends at 4:30 | Region 3 Assembly |
| 4:00 PM                              |                                               | Value of Roots                                            |                                                                                             |                   |
| 4:30 PM                              |                                               | Expanding Your Base<br>Ends at 4:50                       | Break                                                                                       |                   |
| 5:00 PM                              |                                               | HOW Meeting<br>Ends at 6:00                               | OA - Big Book Meeting<br>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?<br>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:<br>Bring Sunlight and Nourishment to Your Recovery Garden<br>Ends at 7:50 | Stretching and Tuning into Ourselves Qigong ("Chi-gong")<br>Ends at 7:50 |                               |
| 8:00 AM               | Daily Readings and Fellowship                                                                                | Becoming a Bouquet of Blooms in Your World<br>Ends at 9:30                                       | Steps 10, 11, & 12: Blooming and Thriving in the World<br>Ends at 9:45   | Region 3 Assembly (If Needed) |
| 8:30 AM               |                                                                                                              |                                                                                                  |                                                                          |                               |
| 9:00 AM               |                                                                                                              |                                                                                                  |                                                                          |                               |
| 9:30 AM               | BREAK                                                                                                        | BREAK                                                                                            | BREAK                                                                    |                               |
| 10:00 AM              | General Session - Speaker and Closing<br>Blooming Where You are Planted - Sowing Recovery Seeds in Your Life |                                                                                                  |                                                                          |                               |
| 10:30 AM              |                                                                                                              |                                                                                                  |                                                                          |                               |
| 11:00 AM              |                                                                                                              |                                                                                                  |                                                                          |                               |
| 11:30 AM              |                                                                                                              |                                                                                                  |                                                                          |                               |



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<https://go.rallyup.com/oaspring2021>

All proceeds of this weekend help Region 3, Houston Metro, and Houston HOW Intergroups carry the message

**Have Questions, Need Technical Assistance - Call 832-844-1689**

**Thank You to Our Convention Organizers**

**Houston Metro Intergroup (HMI)**

**OA HOW Houston**