

ONTARIO REGIONAL CONFERENCE OF ALCOHOLICS ANONYMOUS

ORC 2023



KEEP COMING BACK!

**Celebrating 80
Years of the ORC!
1943 - 2023**

**IN-PERSON EVENT!
MARCH 17-19, 2023**

**Sheraton Centre
Toronto Hotel
123 Queen St. West,
Toronto, ON**

ORC 2023



KEEP COMING BACK!

REGISTRATION STARTS AT 11am FRIDAY & SATURDAY

FRIDAY MARCH 17, 2023

1:15pm

AA Welcome Room Discussion

Room:VIP

2:45pm

AA Panel

Room: Sheraton Hall E

Unity, Recovery, Service -The

Equilateral Triangle

Jay A. - Scarborough

Heidi P. - Paris, ON

3:00pm

AA Welcome Room

Room:VIP

Keeping A.A. Safe

4:00pm

AL-ANON Meet and Greet

Room: Birchwood Ballroom

4:00pm

ALATEEN Meet and Greet

Room: Pine

Closed Meeting

4:15pm

AA Panel

Room: Sheraton Hall E

From An Entirely Different Angle -

Victim vs Responsible

Hannah W. - Hamilton

Marc E. - Stouffville

4:45pm

ALATEEN Behavioural Requirements

Meeting

Room: Pine

Closed Meeting

5:00pm

AL-ANON Welcome Newcomers

Room: Birchwood Hall

Speaker: David L.

5:15p m

AA Welcome Room Speaker

Room:VIP

5:30pm

AA Speaker

Room: Grand Ballroom

Speaker: Nancy W. - Ancaster

FRIDAY MARCH 17, 2023

6:00pm

AA Panel

Room: Sheraton Hall E

The Wrong Doing Of Others Fancied
Or Real

Dave W. - Toronto, Jenn F. - Toronto

6:00pm

AL-ANON Discussion/Speaker

Room: Osgoode Ballroom

Speaker: Sandy O.

6:30pm

ALATEEN Topic Meeting

Room: Pine

Closed Meeting

7:00pm

Conference Opening

Room: Grand Ballroom

Chair: Roman R. (Toronto, ON)

Speaker: Tina A. - Los Angeles

7:15pm

AA Panel

Room: Sheraton Hall E

A Vigorous Attempt to Repair the Damage

Kelly B. - Toronto

Mohammed A. - Toronto

8:15pm

AL-ANON Speaker

My Mess is my Message

Room: Birchwood Ballroom

Speaker: Liz T. - Girard PA

8:45pm

AA Speaker

Room: Sheraton Hall E

Speaker: David H. - Hamilton

9:00pm

AA Speaker

Room: Grand Ballroom

Speaker: Paul G. - Cleveland

9:15pm

AL-ANON Speaker

Room: Birchwood Ballroom

Speaker: Bonnie L. - Chatham, ON

10:00pm

Friday Night Talent Showcase

Room: Sheraton Hall E

Host: Ari H.

10:00pm

Guided Meditation

Room: Chestnut

Facilitator: Habib H.

11:00pm

AA Talkathon/Continuous Speaker

Room: Sheraton Hall B-C

Chair: TBD

SATURDAY MARCH 18, 2023

7:00am

Guided Meditation

(open to all AA, Al-anon, Alateen & guests)

Room: Chestnut

Facilitator: Paige R.

8:15am

AA Newcomer Speaker/Discussion

Room: VIP

SATURDAY MARCH 18, 2023

9:00am

AA Panel

Room: Grand Ballroom

Sponsorship

Butch M. - Barrie, Eric H. - Barrie

Ali H. - Markham

9:00am

AL-ANON Open (45 mins.)

Room: Chestnut Ballroom

Welcome Newcomers

9:15am

AA Panel

Room: Sheraton Hall B-C

Practical Application of the Steps

Mike C. & Ken F. - Cambridge

9:30am

ALATEEN Behavioural Requirements & Topic Meeting

Room: Pine

Closed Meeting

10:00am

AA Speaker

Room: Osgoode Ballroom

Jenn R. - Burlington

10:00am

AL-ANON Open (45 min.)

Room: Birchwood Ballroom

Morning 3 Readers

11:00am

AA Family Panel

Room: Grand Ballroom

Family Panel

Carole and Dale S. - Milton

(Open to all AA, Al-Anon, Alateens & guests)

11:30am

AA Speaker

Room: Osgoode Ballroom

Speaker: Jay H. - Oshawa

12:15pm

AA Newcomer Speaker/Discussion

Room:VIP

12:30pm

AA Panel

Room: Sheraton Hall E

Humility in Long Term Sobriety

Dick D. - Hamilton

Bev T. - London

1:00pm

AA Speaker

Room: Grand Ballroom

America K. - Los Angeles

1:00pm

AL-ANON Open (45 min.)

Room: Osgoode Ballroom

Serenity Prayer Unwound

Sandy O. & Wendy C.

1:00pm

ALATEEN Topic

Room: Pine

Closed Meeting

1:15pm

AA Panel

Room: Sheraton Hall B-C

Zooming into Sobriety

Robert B. - Stoney Creek

Alanna S. - Toronto

SATURDAY MARCH 18, 2023

2:00pm

AA Newcomer Speaker/Discussion

Room:VIP

2:15pm

AA Speaker

Room: Sheraton Hall E

Speaker:Odie M. - Niagara -On-The-Lake

2:30pm

AL-ANON MAIN SPEAKER

Room: Grand Ballroom E - Overflow in Osgoode Hall

David E. - Chicago, IL

3:00pm

AA Panel

Room: Osgoode Ballroom

God as We Understood God

Dylan DeL. - Omeeme

Olaf S. - Etobicoke

3:45pm

AA Speaker

Room: Grand Ballroom E

Speaker: Christina G. - Cleveland OH

3:45pm

AA Newcomer Speaker/Discussion

Room:VIP

3:45pm

ALATEEN MAIN OPEN SPEAKER

Room: Sheraton Hall B-C

Ryley U. - Ithaca, NY

(Open to all AA,Al-Anon,Alateens and guests)

4:30pm

AA Panel

Room: Sheraton Hall E

Following Your Dreams in Sobriety

Lee L. - London

Jessica P. - Montreal

5:00pm

AA Panel

Room: Sheraton Hall B-C

Indispensible Willingness

Stephanie S. - Kitchener

Julie H. - Burlington

5:00pm

AL-ANON Topic

Room: Chestnut

What's In Your Toolbox

5:00pm

AL-ANON Topic

Room: Birchwood Ballroom

Unlocking Happiness

Dale S. - Toronto, ON

5:00pm

ALATEEN Pizza Party

Room: Pine

5:45pm

ALATEEN

Room: Pine

Hugs For Healing

5:45pm

AA Newcomer Speaker/Discussion

Room:VIP

SATURDAY MARCH 18, 2023

5:45pm

BANQUET DINNER/SPEAKER

Grand Ballroom

Speaker: Craig F. - Chancellor St.

Friday Night, Glasgow, Scotland

6:30pm

ALATEEN Topic

Room: Pine

Closed Meeting

7:00pm

AL-ANON Topic

Room: Birchwood Ballroom

Lois' Story

Colleen W.

7:00pm

AL-ANON Topic

Room: Chestnut

The Three C's

7:30pm

AA Banquet Speaker Simulcast

Rooms: Grand Ballroom E, Sheraton Hall,
Osgoode Ballroom

9:00pm

AL-ANON Topic

Room: Chestnut

Step 10

Greg M. - Toronto, ON

9:00pm

AL-ANON Topic

Room: Birchwood Ballroom

Who's Train Are You On?

Ricki J. - Creskill, NJ

9:15pm

AA Speaker

Room: Osgoode Ballroom

David B. - Toronto

10:00pm

DANCE

Room: Grand Ballroom E

10:15pm

AA Panel

Room: Sheraton Hall B-C

Now About Sex - Intimacy In Sobriety

Chair: Zack K.

11:15pm

AA Talkathon/Continuous Speaker

Room: Sheraton Hall B-C

Chair: TBD

12:15am

AA Talkathon/Continuous Speaker

Room: Sheraton Hall B-C

Chair: TBD

**BANQUET SPEAKER WILL BE SIMULCAST IN
THE FOLLOWING ROOMS**

Grand Ballroom E, Sheraton Hall, Osgoode Ballroom

Starting at 7:30 p.m.

SUNDAY MARCH 19, 2023

7:00am

Guided Meditation

(open to all AA, Al-anon, Alateen & guests)

Room: Chestnut

Facilitator: Habib

7:00am

ALATEEN Topic

Room: Pine

Closed Meeting

8:30am

ALATEEN Topic, Reflections & Wrap-up

Room: Pine

Closed Meeting

9:00am

AA Speaker

Room: Grand Ballroom W, C and Foyer

Speaker: John C. - Hamilton

9:00am

AL-ANON Topic

Room: Birchwood Ballroom

Morning Three Readers Classroom

10:15am

AL-ANON Speaker

Room: Grand Ballroom W, C and Foyer

Speaker: Ken T. - Girard, PA

11:30am

AA Speaker

Room: Grand Ballroom W, C and Foyer

Speaker: James O. - Buffalo

CONFERENCE CLOSING

1:00pm

SOBRIETY COUNTDOWN

Room: Grand Ballroom W, C and Foyer

1:15pm

AA Closing Speaker

Room: Grand Ballroom

Speaker: Martin A. - Hamilton, ON

Closing Remarks

Room: Grand Ballroom



KEEP COMING BACK!

12 STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.