

ORC
2024

**ONTARIO REGIONAL
CONFERENCE of
ALCOHOLICS ANONYMOUS
with AL-ANON/ALATEEN**

MARCH 15 - 17 2024
A NEW FREEDOM
SHERATON CENTRE TORONTO HOTEL



WELCOME

The 2024 ORC Committee and Greater Toronto Intergroup welcome you to the 2024 Ontario Regional Conference of Alcoholics Anonymous. A special welcome to members of Al-Anon and Alateen, guests, and anyone new or just coming back.

Our theme this year is **“A New Freedom.”**

WHAT IS AA?

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

WHY WE PAY?

There are many AA conferences held around the world. One of the most common misconceptions about these gatherings is that they are AA and since there are no dues or fees for AA membership, there should be no fees to attend.

Conferences and conventions are special events, not regular meetings. They require months of planning, preparation, and money to present. Since most events are held in hotels or convention centres, there is a charge for use of the facilities. Other expenses include travel and lodging for the speakers, printing of flyers and schedules, postage, and supplies. A large event requires a substantial amount of money.

This conference is self-supporting. No group monies are used to pay for this event, nor do we accept outside contributions or donations of any kind. No baskets are passed. The cost of the event is paid through the registration fees. The ideal goal for any such event is to break even, therefore the registration fee is modest compared to a weekend's worth of entertainment elsewhere. Attendance is voluntary and as responsible AA members, we pay our own way.

THE 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.

THE 12 TRADITIONS OF ALCOHOLICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

GENERAL INFORMATION

Registration

Concourse Level

Friday: 11:00 am to 9:00 pm

Saturday: 8:00 am to 5:30 pm

Badges

Please remember that we are fully self-supporting through our own contributions. Admittance to the meetings, banquet, and dance is by registration badge only.

Full to Capacity Signs

As space will be limited, please acknowledge and respect this sign where and when posted outside a meeting room.

Quiet Room

Maple Room located on the Mezzanine Level.

Luggage Storage

Sunday, starting at 10:30 am, suitcases can be left in the Sheraton Hall E on the Lower Concourse.

Hospitality Suites


See notices on Bulletin Boards at the Concourse.

GENERAL INFORMATION

Alateen Parents/Guardians

All ALATEENS will require complete and signed medical (health care #) and permission forms. The forms will be available in the AI-Anon and ALATEEN rooms. Certified supportive AI-Anon Members will provide supervision within scheduled Alateen meetings only. Adults who register youth are ultimately responsible for them at all times during the Conference.

Accessibility

Access to ASL Interpreters provided in the first row (right side) during meetings in the Grand Ballroom. Interpreting Services are available during the meetings marked with this symbol: 

Sheraton hotel and meeting rooms are wheelchair accessible.

Recordings

MP3's & CD's will be available on the lower concourse level. Visit booth to find out which meetings are being recorded.

Newcomer Room

Chestnut Room on the Mezzanine Level. This room is for people in early sobriety or for those who have a desire to stop drinking. It is a place to discuss any questions, concerns or simply “where you’re at” with an experienced member of the fellowship. AA Groups have volunteered to host meetings in the room. There will be opportunities for discussion, questions-and-answers, and time for fellowship. ALL are welcome.

AA Program

Friday March 15, 2024

2:30 PM
Birchwood Room
(Mezzanine Level)

AA Panel - Sobriety and Self Esteem

Chair: Ryan S - Barrie
Panelists: John M - Hamilton, ON
Jason N - Barrie, ON

4:00 PM
Sheraton Ballroom E
(Lower Concourse)

AA Open Meeting

Chair: Caterina O - Toronto, ON
Speaker: Art J - Mississauga, ON

5:00 PM
Birchwood Room
(Mezzanine Level)


AA Panel - Dual Members

Chair: Olaf S - Toronto, ON
Panelists: Tony A - Toronto, ON
Maire O - Toronto, ON

5:30 PM
Osgoode Ballroom
(Lower Concourse)

AA Open Meeting

Chair: Julie T - Toronto, ON
Speaker: Deborah M - Lindsay, ON


7:00 PM 
Grand Ballroom W/C
(Lower Concourse)

Conference Opening Remarks

2024 ORC Chair: Lisa W - Mississauga, ON

AA Open Meeting

Chair: Deborah C - Toronto, ON
Speaker: Katie P - Austin, Texas

9:00 PM 
Grand Ballroom W/C
(Lower Concourse)

AA Open Meeting

Chair: Rick M - Toronto, ON
Speaker: Chris N - Los Angeles, CA

9:30 PM
Sheraton Ballroom E
(Lower Concourse)

Karaoke

Chair: Sandy H - Athens, ON

AA Program

Saturday March 16, 2024

7:30 AM
Cedar Room
(Mezzanine Level)

Guided Meditation & Yoga
Chair: Lorraine T - Toronto, ON

8:30 AM
Birchwood Room
(Mezzanine Level)

AA Panel - Keeping Sobriety Fresh Over Time
Chair: Mike W - Mississauga, ON
Panelists: Mel C - Toronto, ON
Brenda B - Toronto, ON

9:15 AM 
Grand Ballroom W/C
(Lower Concourse)


AA Open Meeting
Chair: Vivien C - Toronto, ON
Speaker: Trish L - Vancouver, BC

9:45 AM
Birchwood Room
(Mezzanine Level)


AA Panel - Parenting in Sobriety
Chair: Christine M - Toronto, ON
Panelists: William L - Toronto, ON
Cara B - Los Angeles, CA

10:45 AM
Osgoode Ballroom
(Lower Concourse)

AA Open Meeting
Chair: Jomana A - Toronto, ON
Speaker: Marty C - Hamilton, ON

11:00 AM 
Grand Ballroom W/C
(Lower Concourse)

Family Panel
Chair: Carole S - Milton, ON
Panelists: Jeff S - Hamilton, ON
Nikki S - Hamilton, ON

1:00 PM 
Grand Ballroom W/C
(Lower Concourse)

AA Open Meeting
Chair: Josh M H - Picton, ON
Speaker: Gabe B - Los Angeles, ON

1:00 PM
Sheraton Ballroom B/C
(Lower Concourse)

Main Alateen Speaker (Open)
Speaker: Reece H - St. Clair Shores, MI

1:15 PM
Birchwood Room
(Mezzanine Level)

AA Panel - Deepening Spirituality in Recovery
Chair: Badal K - Toronto, ON
Panelists: Erinn L - Toronto, ON
Mark R - Barrie, ON

2:15 PM
Osgoode Ballroom
(Lower Concourse)

AA Open Meeting
Chair: Marlene F - Toronto, ON
Speaker: Ruth L - Montreal, QC

2:30 PM
Sheraton Ballroom E
(Lower Concourse)

AA Panel - Emotional Sobriety
Chair: Kathy N - Toronto, ON
Panelists: Michael W - Toronto, ON
Karen W - Toronto, ON

Please remove all personal belongings after each meeting.

Admittance to meetings, banquet, and dance by Conference Registration Badge only.

AA Program

Saturday March 16, 2024

2:30 PM
Sheraton Ballroom B/C
(Lower Concourse)


AI-Anon Panel - How AA and AI-Anon Can Strengthen Alateen

Chair: Louise O - Mississauga, ON
Panelists: Jason W - Ottawa, ON
Judith W - Toronto, ON
William L - Toronto, ON

3:00 PM
Grand Ballroom E
(Lower Concourse)

AA Panel - Being Young in Recovery

Chair: Gabe B - Los Angeles, CA
Panelists: Tanya L - Toronto, ON
Latifa A - Mississauga, ON

4:00 PM 
Osgoode Ballroom
(Lower Concourse)

Main AI-Anon Speaker

Chair: Jan S - Exeter, ON
Speaker: Catherine K - Dallas, TX

4:30 PM
Sheraton Ballroom E
(Lower Concourse)


AA Open Meeting

Chair: Carly B - Toronto, ON
Speaker: Arwen H - Toronto, ON

4:30 PM
Birchwood Room
(Mezzanine Level)

AA Panel - Coping with Loss and Grief

Chair: LeeAnne M - Toronto, ON
Panelists: Barbara H - Toronto, ON
Arlene B - Toronto, ON

5:30 PM
6:00 PM
7:15 PM 
Grand Ballroom W/C
(Lower Concourse)

Banquet Doors Open

Banquet Begins

AA Speaker

Chair: Lisa W - Mississauga, ON
Speaker: John A - Heartland, TX

7:15 PM
Grand Ballroom E
Sheraton Ballroom E
Osgoode Ballroom

Simulcast of Banquet Speaker

Attend these rooms if you do not have banquet tickets.

9:00 PM
Osgoode Ballroom
(Lower Concourse)

AA Open Meeting

Chair: Jeremy M - Bala, ON
Speaker: Tori T - Hamilton, ON

9:15 PM
Grand Ballroom E
(Lower Concourse)

Dance

AA Program

Saturday March 16, 2024

10:15 PM
Sheraton Ballroom E
(Lower Concourse)

AA Panel
Now about Sex: Intimacy in Sobriety
Chair: Debra G - Toronto, ON
Panelists: Gina C - Toronto, ON
Rae O - Cambridge, ON

10:30 PM
Sheraton Ballroom B/C
(Lower Concourse)

AA Talkathon
Chair: Bill B - Toronto, ON

AA Program


Sunday March 17, 2024

7:30 AM
Cedar Room
(Mezzanine Level)

Guided Meditation & Yoga
Chair: Lorraine T - Toronto, ON

9:30 AM 
Grand Ballroom W/C
(Lower Concourse)


AA Open Meeting
Chair: Shannon S - Toronto, ON
Speaker: Terry L - Los Angeles, CA

11:00 AM 
Grand Ballroom W/C
(Lower Concourse)

AA Open Meeting
Chair: Alanna G - Toronto, ON
Speaker: Linda G - New York, NY

1:00 PM
Grand Ballroom W/C

Sobriety Countdown
Chair: Zack K - Toronto, ON

1:15 PM 
Grand Ballroom W/C
(Lower Concourse)

AA Open Meeting
Chair: Adam W - Toronto, ON
Speaker: Steve L - Nashville, TN

Grand Ballroom W/C

Closing Remarks
2025 ORC Chair: Eddy G - Toronto, ON

AI-Anon Program

Friday March 15, 2024

4:00 PM
Sheraton Ballroom B/C
(Lower Concourse)

AI-Anon Panel - 3 Daily Readers

Chair: Lindsey V - Toronto, ON
Panelists: Jan S - Exeter, ON
Tom R - St. Marys, ON
Sonia A - St. Marys, ON

5:30 PM
Sheraton Ballroom B/C
(Lower Concourse)

AI-Anon Panel - Importance of Sponsorship

Chair: Lisa W - Toronto, ON
Panelists: Betsi S - London, ON
Gwen D - London, ON

8:15 PM
Sheraton Ballroom B/C
(Lower Concourse)

Opening AI-Anon Speaker

Chair: Wendy C - Toronto, ON
Speaker: Joci E - Ottawa, ON

AI-Anon Program

Saturday March 16, 2024

7:30 AM
Cedar Room
(Mezzanine Level)

Guided Meditation & Yoga

Chair: Lorraine T - Toronto, ON

9:30 AM
Sheraton Ballroom B/C
(Lower Concourse)

Speaker

Chair: Tom R - St. Marys, ON
AI-Anon Speaker: Paul V - Ottawa, ON

11:00 AM 
Grand Ballroom W/C
(Lower Concourse)

Family Panel

Chair: Carole S - Milton, ON
Panelists: Jeff S - Hamilton, ON
Nikki S - Hamilton, ON

1:00 PM
Sheraton Ballroom B/C
(Lower Concourse)


Main Alateen Speaker (Open)

Speaker: Reece H - St. Clair Shores, MI

2:30 PM
Sheraton Ballroom B/C
(Lower Concourse)

AI-Anon Panel - How AA and AI-Anon Can Strengthen Alateen

Chair: Louise O - Mississauga, ON
Panelists: Jason W - Ottawa, ON
Judith W - Toronto, ON
William L - Toronto, ON

4:00 PM 
Osgoode Ballroom
(Lower Concourse)

Main AI-Anon Speaker

Chair: Jan S - Exeter, ON
Speaker: Catherine K - Dallas, TX

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AI-Anon Program

Sunday March 17, 2024

7:30 AM
Cedar Room
(Mezzanine Level)

Guided Meditation & Yoga
Chair: Lorraine T - Toronto, ON

8:45 AM
Sheraton Ballroom B/C
(Lower Concourse)

AI-Anon Panel - Relationships in AI-Anon
Chair: Carrie E - Whitby, ON
Panelists: Paul V - Ottawa, ON
Joci E - Ottawa, ON

10:00 AM
Sheraton Ballroom B/C
(Lower Concourse)

AI-Anon Workshop - Finding a New Freedom Through Forgiveness
Chair: Sonia A - St. Marys, ON
Speaker: Catherine K - Dallas, TX

11:15 AM
Sheraton Ballroom B/C
(Lower Concourse)

Closing AI-Anon Speaker
Chair: Carole S - Milton, ON
Speaker: Betsi S - London, ON

Alateen Program

Friday March 15, 2024

4:00 PM
Pine Room
(Mezzanine Level)

Meet and Greet
Closed Meeting - Alateen Only

4:30 PM
Pine Room
(Mezzanine Level)

Behavioural Requirements
Closed Meeting - Alateen Only

5:30 PM
Pine Room
(Mezzanine Level)

Workshop - Writing, Arts, Crafts
Closed Meeting - Alateen Only

6:45 PM
Pine Room
(Mezzanine Level)

Alateen Topic Box
Closed Meeting - Alateen Only

7:45 PM
Pine Room
(Mezzanine Level)

Changing the Things I Can
Closed Meeting - Alateen Only

9:30 PM
Sheraton Ballroom E
(Lower Concourse)

Karaoke
Chair: Sandy H - Athens, ON

Alateen Program


Saturday March 16, 2024

8:45 AM
Pine Room
(Mezzanine Level)

**Behavioural Requirements Review
Life Before and After Alateen**
Closed Meeting - Alateen Only

10:00 AM
Pine Room
(Mezzanine Level)

Letting Go and Letting God - Making a God Box
Closed Meeting - Alateen Only

11:00 AM 
Grand Ballroom W/C
(Lower Concourse)

Family Panel
Chair: Carole S - Milton, ON
Panelists: Jeff S - Hamilton, ON
Nikki S - Hamilton, ON

12:15 PM
Pine Room
(Mezzanine Level)


Alateen Advisory Committee
Business Meeting – Alateen/AMIAS Only

1:00 PM
Sheraton Ballroom B/C
(Lower Concourse)

Main Alateen Speaker
Open Meeting
Speaker: Reece H - St Clair Shores, MI

2:30 PM
Sheraton Ballroom B/C
(Lower Concourse)

**AI-Anon Panel - How AA and AI-Anon Can
Strengthen Alateen**
Chair: Louise O - Mississauga, ON
Panelists: Jason W - Ottawa, ON
Judith W - Toronto, ON
William L - Toronto, ON

4:00 PM 
Osgoode Ballroom
(Lower Concourse)

Main AI-Anon Speaker
Chair: Jan S - Exeter, ON
Speaker: Catherine K - Dallas, TX

5:00 PM
Pine Room
(Mezzanine Level)

Slogans
Open Meeting

5:45 PM
Pine Room
(Mezzanine Level)

Hugs for Healing
Open Meeting

6:30 PM
Pine Room
(Mezzanine Level)

Alateen Pizza Dinner
Closed Meeting - Alateen Only

7:30 PM
Pine Room
(Mezzanine Level)

Using the Tools of the Program
Closed Meeting - Alateen Only

9:15 PM
Grand Ballroom E
(Lower Concourse)

Dance

Please remove all personal belongings after each meeting.

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Alateen Program

Sunday March 17, 2024

10:00 AM
Pine Room
(Mezzanine Level)

Program as a Way of Life
Closed Meeting - Alateen Only

11:15 AM
Pine Room
(Mezzanine Level)

Wrap up and Reflections
Closed Meeting - Alateen Only

AA Newcomer Room

Friday March 15, 2024

11:00 AM
Chestnut Room
(Mezzanine Level)

Speaker & Discussion - Step 1
Host: Tuesday Men's Solution Group
Chair: Christian H

1:00 PM
Chestnut Room
(Mezzanine Level)

TBA
Host: TBA
Chair: TBA

3:00 PM
Chestnut Room
(Mezzanine Level)

Speaker Meeting
Host: Fifth Tradition Group
Chair: Lynn E

5:00 PM
Chestnut Room
(Mezzanine Level)

**Speaker & Discussion
- The Doctors Opinion & Step 1**
Host: Midtown Group
Chair: Michelle M

7:00 PM
Chestnut Room
(Mezzanine Level)

Discussion Meeting
Host: Bloordale Group
Chair: Gord H

AA Newcomer Room

Saturday March 16, 2024

9:00 AM
Chestnut Room
(Mezzanine Level)

Discussion - Desperation a Gift?
HOW H is for Honesty
Host: Serenity Seekers Group
Chair: Andi J

11:00 AM
Chestnut Room
(Mezzanine Level)

Speaker Meeting
Host: King City Group
Chair: Chris T

1:00 PM
Chestnut Room
(Mezzanine Level)

Discussion Meeting
Host: Newmarket Group
Chair: Karen M

3:00 PM
Chestnut Room
(Mezzanine Level)

Panel & Discussion
- Early Sobriety with Q&A
Host: Port Credit Group
Chair: Sara D

5:00 PM
Chestnut Room
(Mezzanine Level)

Panel & Discussion - New to AA or Coming Back
Host: Stouffville Group
Chair: Marc E

7:00 PM
Chestnut Room
(Mezzanine Level)

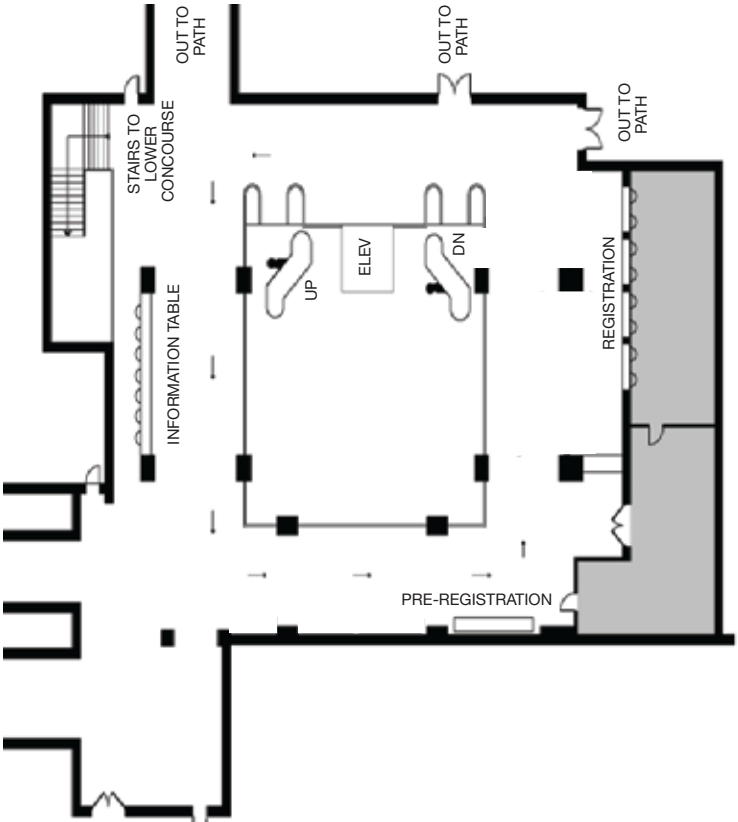
Discussion - Secular AA an Option?
Host: Beyond Belief Agnostics & Freethinkers Group
Chair: Joe C

9:00 PM
Chestnut Room
(Mezzanine Level)

Discussion - Big Book
Host: One Paragraph at a Time Group
Chair: Joe A

SHERATON CENTRE HOTEL FLOOR PLAN

CONCOURSE (PRE-REG & REGISTRATION)



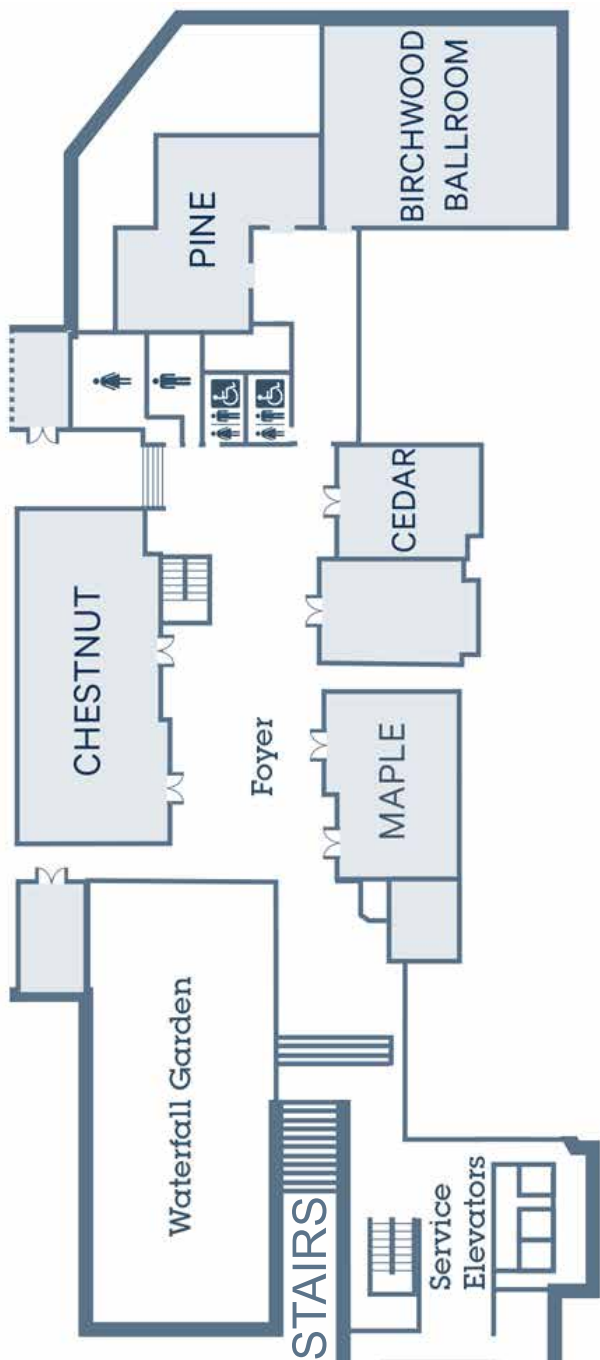
SHERATON CENTRE HOTEL FLOOR PLAN

LOWER CONCOURSE



SHERATON CENTRE HOTEL FLOOR PLAN

MEZZANINE LEVEL



SHERATON CENTRE HOTEL FLOOR PLAN

FOOD & COFFEE LOCATIONS



1. Cafe in Hotel
2. Tim Hortons
3. Tim Hortons



1. Eaton's Centre
2. Puseris Food Hall
3. Assembly Hall



"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know **A New Freedom** and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves."

(Alcoholics Anonymous, p 83-84)

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

2025 Ontario Regional Conference:

Theme: A New Happiness

April 11-13, 2025

Sheraton Centre Toronto Hotel