

ORC 2025

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

SHERATON CENTRE TORONTO HOTEL

MARCH 14 - 16 2025

A NEW HAPPINESS



WELCOME

The 2025 ORC Committee and Greater Toronto Intergroup welcome you to the 2025 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 Happiness.”**

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 5:00 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


Listed on Bulletin Boards On Concourse and Lower Concourse Levels

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 Al-Anon and ALATEEN rooms. Certified supportive Al-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 Osgoode Ballroom and Grand Ballroom WC Lower Concourse. 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

VIP room on the Concourse 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 14, 2025

- | | |
|--|---|
| 1:00 PM
Sheraton Hall E
(Lower Concourse) | AA Open Meeting
Chair: Janice F - Cambridge, ON
Speaker: Lester W - Toronto, ON |
| 1:30 PM
Birchwood Room
(Mezzanine Level) | AA Panel - Young in AA
Chair: Angel P - Barrie, ON
Panelists: Jeremy M/Kim P - Barrie, ON |
| 2:30 PM
Osgoode Ballroom
(Lower Concourse) | AA Open Meeting
Chair: Glenn G - Toronto, ON
Speaker: Ray R - Malton, ON |
| 3:15 PM
Birchwood Room
(Mezzanine Level) | AA Panel - Diversity in AA
Chair: Don W - Toronto, ON
Panelists: Lisa M / James O'D - Toronto. ON |
| 4:00 PM
Sheraton Hall E
(Lower Concourse) | AA Open Meeting
Chair: George F - Cambridge, ON
Speaker: Ralph I - Bowmanville, ON |
| 5:00 PM
Birchwood Room
(Mezzanine Level) | AA Panel - Sponsorship
Chair: John M - Toronto, ON
Panelists: Kathy D/Joe A - Toronto, ON |
| 5:30 PM
Osgoode Ballroom
(Lower Concourse) | AA Open Meeting
Chair: Marrey P - Mississauga, ON
Speaker: Gale C - Port Stanley, ON |
| 7:00 PM
Grand Ballroom 
(Lower Concourse) | Conference Opening Remarks
2025 ORC Chair: Eddy G - Toronto, ON
AA Open Meeting
Chair: Rick M - Port Credit, ON
Speaker: Cyndi M - Louisville, KY |
| 9:00 PM
Grand Ballroom 
(Lower Concourse) | AA - Open Speaker Meeting
Chair: David S - Markham, ON
Speaker: Carolyn W - Surrey, BC |
| 9:15 PM
Chestnut Room
(Mezzanine Level) | AI-Anon Workshop God Boxes
AA Members and Guest Welcome
Chair: Kathryn P - Scarborough, ON |
| 9:30 PM
Sheraton Hall E
(Lower Concourse) | Karaoke
M.C.: Sandy H - Athens, ON |

Please remove all personal belongings after each meeting.

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

AA Program

Saturday March 15, 2025

7:30 AM
Chestnut Room
(Mezzanine)

Guided Meditation & Yoga
Facilitator: Lorraine T - Toronto, ON
Julie G - Markham, ON
Paige R - Unionville, ON

9:15 AM
Grand Ballroom WC
(Lower Concourse) 

AA - Open Speaker Meeting
Chair: Vivien C - Unionville, ON
Speaker: Roman R - Toronto, ON

9:45 AM
Sheraton Hall E
(Lower Concourse)

AA Panel Growing in AA
Chair: Brian O - Port Credit, ON
Panelists: Pat W - Oakville, ON
Ruth P - Scarborough, ON

11:00 AM
Grand Ballroom WC
(Lower Concourse) 

Family Panel
Chair: Gord H - Toronto ON
Panelists: Jim & Nora P - Alliston, ON

12:15 PM
Birchwood Room
(Mezzanine Level)

AA Panel - Home Group and Beyond
Chair: Amy L - Pickering, ON
Panelists: Natalie N - Canton New York
Norm B - Toronto, ON
Sarah M - Pembroke, ON

1:00 PM
Grand Ballroom WC
(Lower Concourse) 

AA - Open Speaker Meeting
Chair: Scott M - Etobicoke, ON
Speaker: Mike S - Riverside CA

2:00 PM
Sheraton Hall E
(Lower Concourse)

AA Panel - Long Timers 50+
Chair: David T - Toronto, ON
Panelists: Ray L - Toronto, ON
Lynda L - Etobicoke, ON

2:30 PM
Osgoode Ballroom
(Lower Concourse) 

AA - Open Speaker Meeting
Chair: Woody K - Toronto, ON
Speaker: Mildred F - Toronto, ON

3:15 PM
Grand Ballroom East
(Lower Concourse)

AA - Open Speaker Meeting
Chair: Imran R - Mississauga, ON
Speaker: Dan H - Port Elgin, ON

3:45 PM
Sheraton Hall East
(Lower Concourse)

AA - Open Speaker Meeting
Chair: Jill B - Mississauga, ON
Speaker: Mari G - Markham, ON

4:30 PM
Birchwood Room
(Mezzanine Level)

AA - Open Speaker Meeting
Chair: Fabio A - Etobicoke, ON
Speaker: Jim O - Edmundston, NB

5:30 PM
Grand Ballroom WC
(Lower Concourse)

Banquet Doors Open
6:00 PM Banquet Begins

Please remove all personal belongings after each meeting.

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AA Program

Saturday March 15, 2025

6:00 PM
Sheraton Hall E
(Lower Concourse)

Maintaining a Positive Attitude
Chair: Sara D - Port Credit, ON
Panelists: Tyler L - Etobicoke, ON
Latifa A - Port Credit, ON

7:15 PM
Grand Ballroom WC 
(Lower Concourse)

AA - Open Speaker Meeting
Chair: Eddy G - Toronto, ON
Speaker: Marty J - Vancouver BC

7:15 PM
Grand Ballroom East
Osgoode Ballroom
Sheraton Hall E
(Lower Concourse)

Simulcast For Banquet Speaker
Attend these rooms if you do not have
banquet tickets

9:15 PM
Sheraton Hall BC
(Lower Concourse)

Relationship Panel
Chair: Anastasia W - Toronto ON
Panelists: Christa L / Peter B - Toronto ON

9:00 PM
Chestnut Room
(Mezzanine Level)

AI-Anon Workshop God Boxes
AA Members and Guest Welcome
Chair: Lisa P & Lisa B - Scarborough, ON

9:30 PM
Grand Ballroom WC
(Lower Concourse)

Dance
DJ: Marc A.

AA Program


Sunday March 16, 2025

7:30 AM
Chestnut Room
(Mezzanine Level)

Guided Meditation & Yoga
Facilitator: Lorraine T - Toronto, ON
Julie G - Markham, ON
Paige R - Unionville, ON

9:30 AM 
Grand Ballroom
(Lower Concourse)


AA - Open Speaker Meeting
Chair: Kyle M - Toronto, ON
Speaker: Jane B - Pembroke, ON

11:00 AM 
Grand Ballroom
(Lower Concourse)

AA - Open Speaker Meeting
Chair: Lynn E - Toronto, ON
Speaker: Bobby C - Philadelphia, PA

1:00 PM
Grand Ballroom
(Lower Concourse)

Sobriety Countdown
Chair: Jenn F - Toronto, ON

1:15 PM 
Grand Ballroom
(Lower Concourse)

AA - Open Speaker Meeting
Chair: Laura S - Aurora, ON
Speaker: June G. - Los Angeles, CA

2:30 PM

Closing Remarks
2026 ORC Chair: Laura S - Aurora ON

Please remove all personal belongings after each meeting.

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

AA Newcomer VIP Room

Friday March 14, 2025

11:00 AM

TBA

Chair: TBA

Host: TBA

1:00 PM

Sponsorship

Chair: Tracy A

Host: Fifth Tradition

3:00 PM

Speaker Meeting

Chair: Karen McC

Host: Newmarket Group

5:00 PM

Speaker / Discussion

Chair: Kelly C

Host: Midtown Group

7:00 PM

Discussion

Chair: Dave B

Host: Bloordale Group

AA Newcomer VIP Room

Saturday March 15, 2025

9:00 AM

Speaker & Discussion

Host: Beaches Group

Chair: Dave H

11:00 AM

Speaker / Discussion - Sponsors

Host: London Group

Chair: Patrick B

1:00 PM

Speaker & Discussion - H.O.W.

Host: Elliot Lake Group

Chair: Heather C

3:00 PM

Panel / Discussion - You Are No Longer Alone

Host: Caledon Village

Chair: Steph K

5:00 PM

Panel / Discussion - New to AA

Host: One Paragraph at a Time

Chair: Brian P

7:00 PM

Discussion: Secular AA; An Option?

Host: Freethinkers Group

Chair: Joe C

8:45 PM

Discussion - Big Book

Host: Birds of a Feather

Chair: Jenn F

Please remove all personal belongings after each meeting.

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

AI-Anon Program

Friday March 14, 2025

4:00 PM

Sheraton Hall BC
(Lower Concourse)

AI-Anon Discussion on Slogans

Chair: Brian C - Scarborough, ON

5:30 PM

Sheraton Hall BC
(Lower Concourse)

AI-Anon Panel on Service

Chair: Jordan H - Oshawa, ON

Speaker: Carole S - Milton, ON

Diane H - Scarborough, ON

8:00 PM

Sheraton Hall BC
(Lower Concourse)

Open AI-Anon Speaker

Chair: Evelyn B - Scarborough, ON

Speaker: Wendy C - Burlington, ON

9:15 PM

Chestnut Room
(Mezzanine Level)

AI-Anon Workshop God Boxes

AA Members and Guest Welcome

Chair: Kathryn P - Scarborough, ON

Please remove all personal belongings after each meeting.

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

Al-Anon Program

Saturday March 15, 2025

7:30 AM

Chestnut Room
(Mezzanine Level)

Guided Meditation & Yoga

Facilitator: Lorraine T - Toronto, ON
Julie G - Markham, ON
Paige R - Unionville, ON

9:00 AM

Sheraton Hall BC
(Lower Concourse)

Speaker Meeting

Speaker: Denise D - Chatham, ON
Chair: Kathryn P - Scarborough, ON

11:00 AM

Grand Ballroom 
(Lower Concourse)

Family Panel

Chair: Gord H - Toronto, ON
Panelist: Jim & Nora P - Alliston, ON

1:00 PM

Sheraton Hall BC- OPEN
(Lower Concourse)

Main Alateen Speaker

Chair: Maya T - London, ON
Speaker: Will M - Arnprior, ON

2:30 PM

Sheraton Hall BC
(Lower Concourse)

Al-Anon Workshop - On the 4th Step

Chair: Lisa B. - Scarborough ON
Panelists: Jennifer T - London, ON
Sonia A - St Marys, ON

4:00 PM

Osgoode Ball Room
(Lower Concourse)

Main Al-Anon Speaker

Chair: Jennifer S - Scarborough, ON
Speaker: Jenny P - Valrico, FL

5:15 PM

Sheraton Hall BC
(Lower Concourse)

Al-Anon Panel Meeting - Dual Winners

Chair: Tawn J - Scarborough, ON
Panelists: Susan C - Toronto, ON
Pat A - Toronto, ON

8:00 PM

Sheraton Hall BC
(Lower Concourse)

Al-Anon Speaker Meeting

Chair: Julie R - Scarborough, ON
Speaker: Wendy C - Burlington, ON

9:00 PM

Chestnut Room
(Mezzanine Level)

Al-Anon Workshop - God Boxes

AA Members and Guest Welcome
Chair: Lisa P & Lisa B - Scarborough, ON

Please remove all personal belongings after each meeting.

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

AI-Anon Program

Sunday March 16, 2025

7:30 AM

Chestnut Room
(Mezzanine Level)

Guided Meditation & Yoga

Facilitator: Lorraine T - Toronto, ON
Julie G - Markham, ON
Paige R - Unionville, ON

9:00 AM

Sheraton Hall BC
(Lower Concourse)

AI-Anon Panel - Daily Reader

Chair: Kathryn P - Scarborough, ON
Panelists: Evelyn B - Toronto, ON
Lisa P - Toronto, ON
Julie R - Toronto, ON

10:30 AM

Sheraton Hall BC
(Lower Concourse)

Closing AI-Anon Speaker

Chair: Lisa B - Scarborough, ON
Speaker: Jennifer T - Stoney Creek, ON

Alateen Program

Friday March 14, 2025

4:00 PM
Pine Room
(Mezzanine Level)

Meet and Greet
Closed Meeting
Alateen/AMIAS Only

4:30 PM
Pine Room
(Mezzanine Level)

Behavioural Requirements
Closed Meeting
Alateen/AMIAS Only

5:30 PM
Pine Room
(Mezzanine Level)

Workshop-Together we can make it
Workshop Closed Meeting
Alateen/AMIAS Only

6:45 PM
Pine Room
(Mezzanine Level)

Activity-Arts & Crafts
Workshop Closed Meeting
Alateen/AMIAS Only

7:45 PM
Pine Room
(Mezzanine Level)

Activity-Topic Boxes
Workshop Closed Meeting
Alateen/AMIAS Only

Alateen Program

Saturday March 15, 2025

8:45 AM Pine Room (Mezzanine Level)	Behavioural Requirements Review Meeting-Slogans Closed Meeting Alateen/AMIAS Only
10:00 AM Pine Room (Mezzanine Level)	Hugs for Healing OPEN AA/Alanon Members and Guest Welcome
1:00 PM Sheraton B/C (Lower Concourse)	Main Alateen Speaker, Open Meeting Chair: Maya T. - London ON Speaker: Will M - Arnprior, ON
2:30 PM Pine Room (Mezzanine Level)	Activity-Alateen Games & Fellowship Closed Meeting Alateen/AMIAS Only
4:00 PM Pine Room (Mezzanine Level)	Meeting-Serenity Closed Meeting Alateen/AMIAS Only
5:15 PM Pine Room (Mezzanine Level)	Alateen Advisory Committee Business Meeting
6:00 PM Pine Room (Mezzanine Level)	Alateen Pizza Dinner Closed Meeting Alateen/AMIAS Only
7:30 PM Pine Room (Mezzanine Level)	Karaoke

Alateen Program

Sunday March 16, 2025

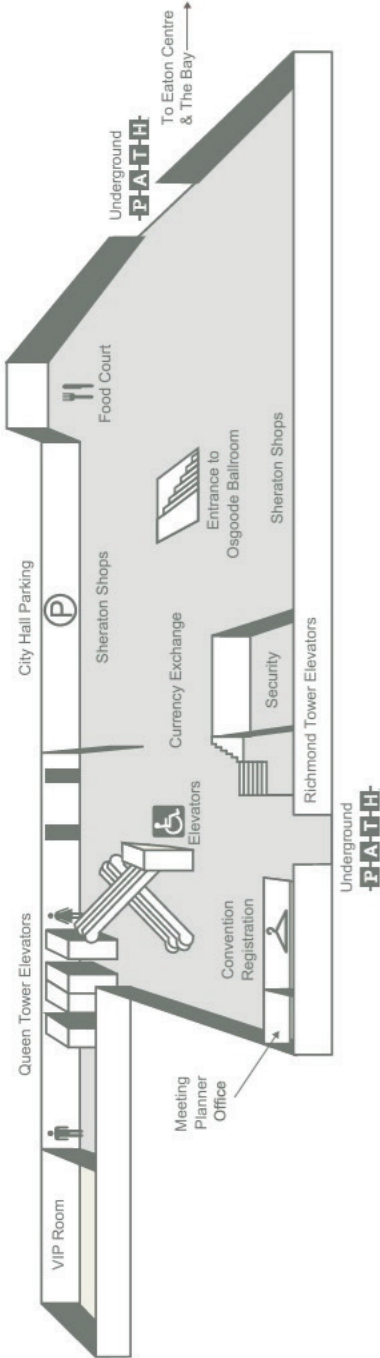
10:00 AM Pine Room (Mezzanine Level)	Meeting-Higher Power Closed Meetings-Alateen/AMIAS Only
11:00 AM Pine Room (Mezzanine Level)	Activity-The Friends We Make In Alateen Are Special Closed Meetings-Alateen/AMIAS Only
11:45 AM Pine Room (Mezzanine Level)	Meeting-Courage To Be Me Open Meeting-All Welcome
1:00 PM Pine Room (Mezzanine Level)	Wrap up & Reflections Closed Meetings-Alateen/AMIAS Only

Please remove all personal belongings after each meeting.

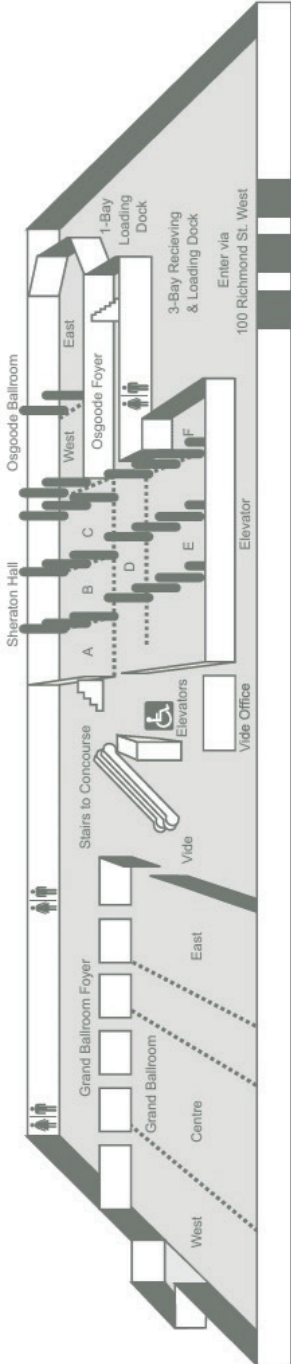
Admittance to meetings, banquet, and dance by Conference Registration Badge only.

SHERATON CENTRE HOTEL FLOOR PLAN

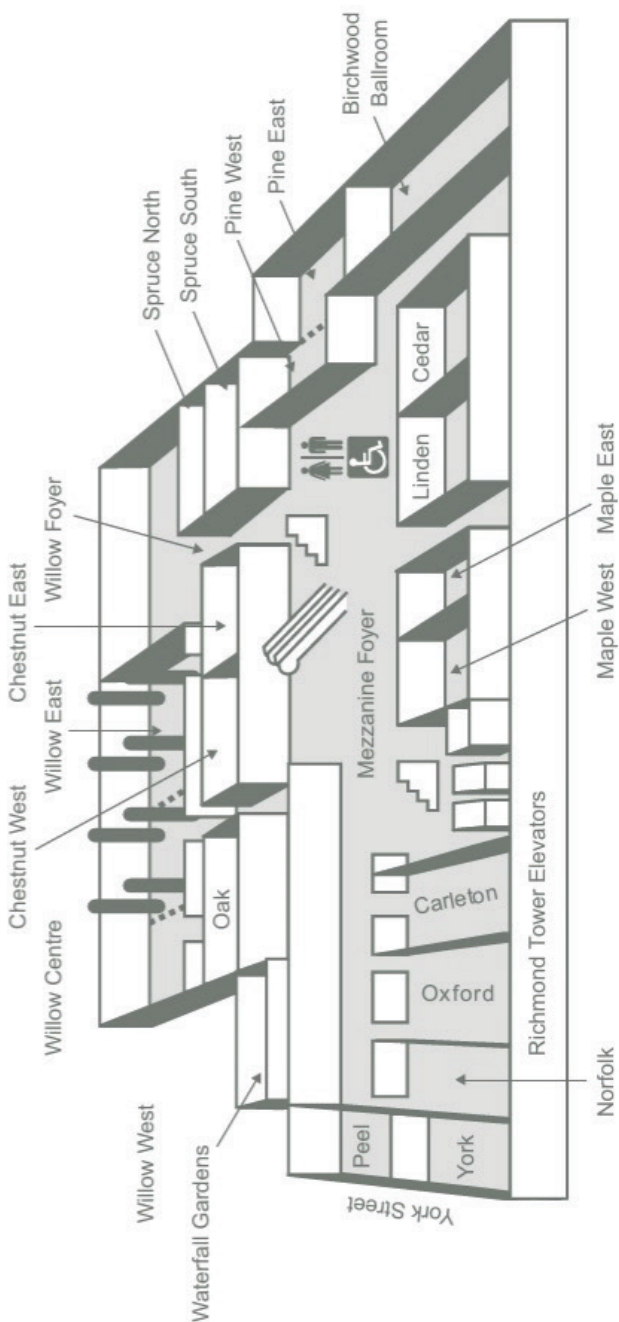
CONCOURSE (PRE-REG & REGISTRATION)



SHERATON CENTRE HOTEL FLOOR PLAN LOWER CONCOURSE



SHERATON CENTRE HOTEL FLOOR PLAN MEZZANINE LEVEL



SHERATON CENTRE HOTEL FLOOR PLAN FOOD & PARKING LOCATIONS

Food Court Hours:

★#1 Atrium

595 Bay St., Toronto, ON M5G 2C2

Sunday 10 a.m.–6 p.m.

Monday To Friday 10 a.m.–7 p.m.

Saturday 10 a.m.–6 p.m.

★#3 Queen's Cross Food Hall

220 Yonge St FA100, Toronto, ON M5B 2H1

Sunday 11 a.m.–8 p.m.

Monday to Saturday 7:30 a.m.–9:30 p.m.

★#2 Eaton Centre Food Court

444 Yonge St, Toronto, ON M5G 2B3

Sunday 12–3:30 p.m.

Monday to Saturday 11 a.m.–6 p.m.

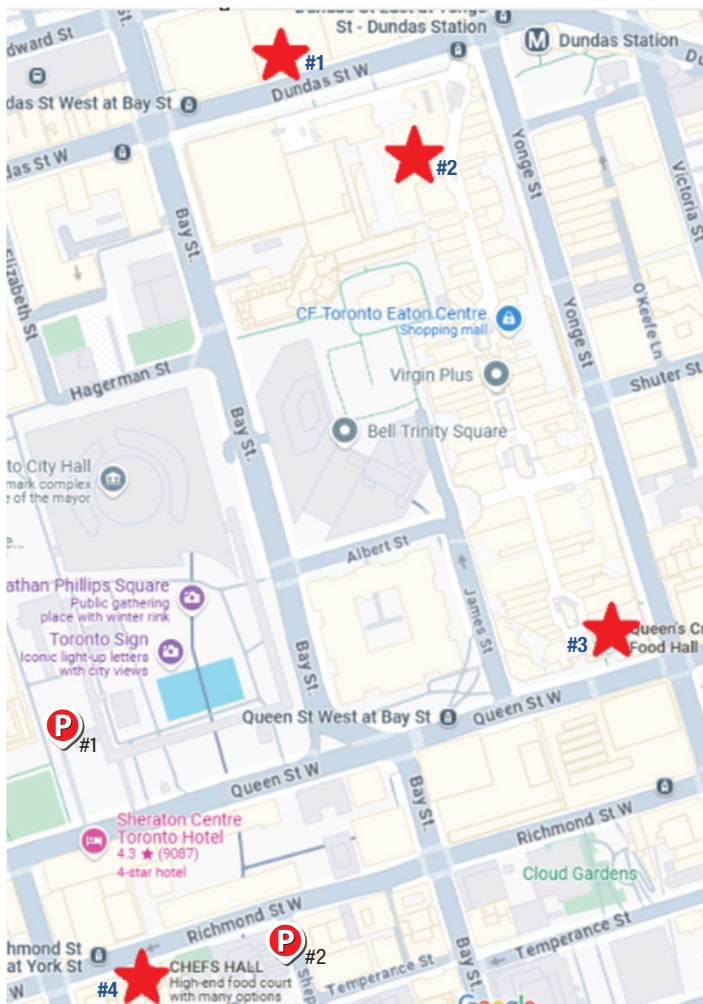
★#4 Chefs Hall

111 Richmond St W, Toronto, ON M5H 2G4

Sunday Closed

Monday to Tuesday 11 a.m.–9 p.m.

Wednesday to Saturday 11 a.m.–10 p.m.



Parking:

P #1 Green P Carpark 36

110 Queen St W, Toronto, ON M5H 2N5

P #2 EY Tower Parking - Lot #509

100 Adelaide St W, Toronto, ON M5H 1S3

"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,
courage to change the things I can,
and wisdom to know the difference.

Responsibility Declaration

I am responsible... When anyone, anywhere,
reaches out for help, I want the hand of A.A.
always to be there.

And for that: I am responsible.

2026 Ontario Regional Conference Theme:

A Revolutionary Change

March 20 - 22, 2026

Sheraton Centre Toronto Hotel