

70th Annual Eastern Ontario Conference “Archway to Freedom”

*** Schedule Subject to Change ***

Schedule - Main Conference Room

Friday October 18, 2024

- 10:00 AM – REGISTRATION MAIN ENTRANCE
- 11:00 AM – AA PANEL 1 “NO MATTER HOW FAR DOWN THE SCALE WE HAVE GONE, WE WILL SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS”
CHAIR – JULIE P. PANELISTS – BENJAMIN T., CARSON, MIRIAM P.
- 12:30 PM – AL-ANON DUAL MEMBERS PANEL
PANEL CHAIR – IAN S. PANELISTS – EUGENE B., ANDY S., CAROL D.
- 02:00 PM – AA PANEL 2 SECULAR SOBRIETY – “THE ONLY REQUIREMENT FOR A.A. MEMBERSHIP IS A DESIRE TO STOP DRINKING”
CHAIR – NICKI S. PANELISTS – MICHEL D., NICK D., STACY C.
- 03:30 PM – AA PANEL 3 “THY WILL NOT MINE BE DONE” THE POWER OF PRAYER AND MEDITATION.
CHAIR – LILLY W. PANELISTS – ROB C., PAM S., ERIC S.
- 5:00 PM – SHOTGUN MEETING – CHAIR – PEGGY F.
- 6:45 PM – CONFERENCE OPENING REMARKS
- 7:00 PM – OPENING SPEAKER MEETING: MARTIN A. HAMILTON, ONTARIO
- 9:00 PM – FRIDAY NIGHT ENTERTAINMENT FEATURING CHRIS PILSWORTH, YOUR AMAZEMENT EXPERT AND MUSIC BY JUL’S ENTERTAINMENT

Saturday October 19, 2024

- 08:00 AM – REGISTRATION MAIN ENTRANCE
- 09:00 AM – AA PANEL 1 “GOD AS I UNDERSTAND GOD”
CHAIR – ELIZABETH M. PANELISTS – MIKE M., CHRIS J., JAY S.
- 10:30 AM – A SPECIAL “CELEBRATE 70 YEARS OF OTTAWA CONFERENCE”
FEATURE M.C. – PEGGY F. - A SPECIAL FEATURE TALK SHOW CELEBRATION
- 01:00 PM – AA PANEL 3 “PRACTICING THESE PRINCIPLES IN ALL OUR AFFAIRS”
CHAIR – MARY ANNE H. PANELISTS – CAROLYN K., DENIS C., KIM A.
- 02:30 PM – AFTERNOON SPEAKER MEETING – HOLLY S. MONTREAL, QUEBEC.
- 4:30 to
5:30 PM – MAIN CONFERENCE ROOM CLOSED FOR BANQUET SETUP
- 5:30 PM – BANQUET DOORS OPEN
- 7:00 PM – SOBRIETY COUNTDOWN
- 7:30 PM – CLOSING REMARKS – INTRODUCTION OF VICE CHAIR, INTRODUCTION OF INTERGROUP CHAIR
- 8:00 PM – CLOSING MEETING – SANDY H., REIDSVILLE, NORTH CAROLINA.

Venue – The Hellenic Banquet Centre, 1315 Prince of Wales Drive, Ottawa, ON K2C 1N2

Parking – Free Parking is available on-site

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Schedule – Al-Anon Conference Room

Saturday October 19, 2024

- 08:50 AM – OPENING PAUL P.
REMARKS
- 9:00 AM – AL-ANON PANEL 1 “ADULT CHILDREN”
CHAIR – MIRANDA S., PANELISTS – CHRISANN R., SARAH Q.
- 10:30 AM – AL-ANON PANEL 2 “MOM’S”
CHAIR – JOCELYN G., PANELISTS – SUE M., ZILLAH W.
- 01:00 PM – AL-ANON PANEL 3 “AM I GOOD ENOUGH?”
CHAIR – Nathalie R., PANELISTS – SUE T., MEGHAN F.
- 02:30 PM – AL-ANON MAIN HEATHER P.
SPEAKER CHAIR – TOM W.

Schedule – Meetings – Senior Centre Room Downstairs

Friday October 18, 2024

- 11:00 AM – Speaker Meeting – Pinecrest Group
- 12:30 PM – Discussion Meeting – New Day Group
- 02:00 PM – Discussion Meeting – Attitude of Gratitude Group
- 03:30 PM – Speaker Meeting – Morning Glory Group
- 09:00 PM – Speaker Meeting – Men’s AA Newcomers Group
- 10:30 PM – Discussion Meeting – The Labyrinth Young Peoples Group

Saturday October 19, 2024

- 08:00 AM – Morning Guided Meditation – John A.
- 09:30 AM – Speaker Meeting – Hand in Hand Group
- 11:00 AM – Speaker Meeting – New Day Group
- 12:30 PM – Speaker Meeting – Lunch Bunch Group
- 02:00 PM – Speaker Meeting – Share and Care Group
- 03:30 PM – Speaker Meeting – Beacon Hill Group
- 06:00 PM – Speaker Meeting – Steps on Bank Group

Hospitality Suite – Downstairs Church Basement – Will be open Friday 11 am to 9 pm and
Saturday 10 am to 7 pm.