

Ottawa Spring Conference



Gratitude Through Humility

AA Speakers and Panels Main Hall Schedule

9:00 AM Panel 1 (Chair John P.)

Theme "Gratitude Through Humility" – Steps 1, 2 & 3

George W. – 12 Steps to Serenity

Christian S. – West End

Gordon G. – Westboro BB Study

10:30 AM Panel 2 (Chair Mary H.)

Theme "Gratitude Through Humility" – Steps 4, 5 & 6

Kimberley M. – Ajax Area Group

Rachel L. – Russell Goodwill Group

Derrick H. – Oasis

1:00 PM Panel 3 (Chair Mike B.)

Theme "Gratitude Through Humility" – Steps 7, 8 & 9

Joe DK. – Search for Serenity

Shirley B. – Saturday Morning Westboro

Patrick G. – Pinecrest

2:30 PM Afternoon Speaker

Fraser S. – Oshawa, Ontario

4:00 PM Panel 4 (Chair TBD)

Theme "Gratitude Through Humility" – Steps 10, 11 & 12

Christine S. – Hand in Hand

Nathan A. – 12 & 3 Discussion

Patrick O. – Serenity

6:30 PM BANQUET

Clear Main Hall for Set-up 5 PM / Seating Begins 6 PM

7:45 PM A Message from Intergroup

8:00 PM Evening Speaker

Robert F. – Whitby, Ontario

9:15 PM Sobriety Countdown

9:30 PM Live Band "Chris McCann Band" and Dancing

10:30 PM Celebrity DJ and Dancing Continues until 12 PM

Schedule Subject to Change

Venue

The 2018 Ottawa Spring Conference will be held **May 12** at

St. Anthony's Banquet Hall

located at 523 St. Anthony Street
(close to the Queensway
Overpass on Preston Street)

Doors open at 8:00 am

Parking

Free Parking is available on-site but is limited.

Additional parking may be available on the street or at the high school across from the venue.

Check signs carefully to avoid infractions as **most parking is paid**.

Buses

The venue is easily accessible via **Bus 14** (Gladstone/Preston Stop) or **Bus 85** (Preston/Young Stop)

Hospitality-Fellowship

will be located in the foyer from **10:00 AM – 4:00 PM** serving snacks and beverages while supplies last.

7th Tradition and snack food donations are appreciated.

Service Tables

will be stationed in the foyer throughout the day; including Ottawa Area Intergroup, Al-Anon AIS, Grapevine, Archives, Public Information and Cooperation with the Professional Community and Corrections & Treatment Facilities.

Questions? Please contact spring@ottawaaa.org

Ottawa Spring Conference



Gratitude Through Humility

AA Meditation & Discussion

Downstairs Hall Schedule

- 9:00 AM Guided Meditation**
Keir K. – Conscious Contact Group
- 11:30 AM Guided Meditation**
David T. – Namaste Group
- 3:30 PM Guided Meditation**
David T. – Namaste Group
- 5:00 PM Discussion Meeting**
- 6:30 PM Discussion Meeting**
- 9:30 PM Discussion Meeting**

Al-Anon Meetings Upstairs Hall Schedule

- 9:00 AM The Steps to Gratitude and Humility**
Discussion Meeting
Kira M. - Chair
- 10:30 AM Exploring Humility**
Panel
Adam F. - Chair
- 1:00 PM Main Speaker**
Lise W. – Oakville, Ontario
- 2:30 PM Exploring Gratitude**
Panel
Natalie R. - Chair
- 4:00 PM The Humility for Gratitude Exchange**
Discussion Meeting
Barb B. - Chair

Schedule Subject to Change

Registration

Registration without banquet is **\$10.00** (cash) in advance, **\$12.00** online or **\$15.00** (cash) at the door. Cash tickets available from committee members and your group's Intergroup or General Service Representative. Electronic tickets are available at <https://spring.ottawaaaa.org>.

Registration with banquet is **\$55.00** and can be made by **credit card** or by **cheque**. Printable forms (for cheque payments) and online payment options are available at <https://spring.ottawaaaa.org>.

Banquet tickets cannot be purchased at the door.

Accommodations

For reservations contact **Best Western Ottawa City Centre** at (613) 728-1951 or online at www.ottawabestwestern.com. Hotel located at 1274 Carling Ave.

Volunteer

If you would like to volunteer for setup, teardown, registration, as a greeter or with hospitality, register online or email us at spring@ottawaaa.org.

Please include your name, sobriety date and availability.

Contributions

We are grateful for any financial assistance towards covering the cost of our event. Group contributions can be given to Spring Conference Committee members or mailed to:

Spring Conference
211 Bronson Ave., Suite 108
Ottawa, ON K1R 6H5

Questions? Please contact spring@ottawaaa.org