

## ROUNDUP FOR RECOVERY - OA REGION 1 CONVENTION 2026

### FRIDAY - October 2

| START    | FINISH  | Ballroom A                                                                  | Ballroom B        | Triple Room              | Hospitality Suite<br>Glacier Room |
|----------|---------|-----------------------------------------------------------------------------|-------------------|--------------------------|-----------------------------------|
| 10:00 AM | 2:00 PM | <b>CONVENTION SETUP</b> - All welcome to come help!                         |                   |                          |                                   |
| 3:00 PM  | 7:00 PM | <b>REGISTRATION AND VOLUNTEER SIGN-IN</b> (Convention Area)                 |                   |                          |                                   |
| 4:00 PM  | 7:00 PM | <b>BOUTIQUE OPEN / SILENT AUCTION BASKETS / LITERATURE</b> (Fireside Room)  |                   |                          |                                   |
| 7:00 PM  | 8:30 PM | <b>WELCOME / ANNOUNCEMENTS /</b><br><b>KEYNOTE SPEAKER</b> (MONTANA MEMBER) |                   |                          |                                   |
| 8:45 PM  | 9:45 PM | <b>OPEN FOR FELLOWSHIP</b>                                                  | <b>OA MEETING</b> | <b>LGBTQ+ OA MEETING</b> | <b>OPEN</b>                       |

### SATURDAY - October 3

| START    | FINISH   | Ballroom A                                                                                                               | Ballroom B                                                                                    | Triple Room                                                                                          | Hospitality Suite<br>Glacier Room |
|----------|----------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------|
| 7:00 AM  | 7:50 AM  | <b>OA MEETING</b>                                                                                                        | <b>ANOREXIC/BULIMIC OA MEETING</b>                                                            |                                                                                                      | <b>MEDITATION</b> (7:00 to 7:30)  |
| 7:00 AM  | 9:00 AM  | <b>REGISTRATION OPEN</b> (Convention Area)                                                                               |                                                                                               |                                                                                                      |                                   |
| 8:00 AM  | 10:00 AM | <b>BOUTIQUE OPEN</b> (Fireside Room)                                                                                     |                                                                                               |                                                                                                      |                                   |
| 8:00 AM  | 8:50 AM  | <b>PICKING UP THE REIGNS</b><br><i>Owning your recovery</i><br><b>Steps 1, 2, 3</b><br><i>(Honesty, Hope, and Faith)</i> | <b>ONE DAY AT A TIME ON THE TRAIL</b><br><i>Living recovery in today's 24 hours</i>           | <b>FROM LONE RIDER TO PART OF THE WAGON TRAIN</b><br><i>How to implement the first 12 days of OA</i> | OPEN                              |
| 9:00 AM  | 9:50 AM  | <b>TAKING STOCK AND SPEAKING TRUTH AROUND THE CAMPFIRE</b><br><b>Steps 4, 5</b><br><i>(Courage and Integrity)</i>        | <b>UNLOADING THE SADDLE BAGS</b><br><i>Letting go of guilt and shame</i>                      | <b>KEEPING BOOTS ON THE GROUND</b><br><i>Food Plans / Abstinence / Food Sobriety</i>                 | OPEN                              |
| 10:00 AM | 10:50 AM | <b>CULLING THE HERD AND ROPING IN NEW HABITS</b><br><b>Steps 6, 7</b><br><i>(Willingness and Humility)</i>               | <b>WISDOM FROM THE TRAIL 1</b><br><i>Sponsor/sponsee panel</i>                                | <b>WIDE OPEN SPACES</b><br><i>Using tools to work the Steps and across our lives</i>                 | OPEN                              |
| 11:00 AM | 11:50 AM | <b>CLEARING THE TRAIL</b><br><i>Amends without causing harm</i><br><b>Steps 8, 9</b><br><i>(Discipline and Love)</i>     | <b>WISDOM FROM THE TRAIL 2</b><br><i>Sponsorship speed dating - Find a sponsor or sponsee</i> | <b>STRONG IN THE SADDLE</b><br><i>Building resilience beyond compulsive eating behaviors</i>         | OPEN                              |
| 12:00 PM | 1:30 PM  | <b>LUNCH BREAK</b>                                                                                                       |                                                                                               |                                                                                                      |                                   |
| 12:00 PM | 2:00 PM  | <b>BOUTIQUE OPEN</b> (Fireside Room)                                                                                     |                                                                                               |                                                                                                      |                                   |

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### SATURDAY - October 3

| START   | FINISH  | Ballroom A                                                                                                                                                  | Ballroom B                                                                                              | Triple Room                                                                                               | Hospitality Suite<br>Glacier Room |
|---------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------|
| 1:30 PM | 2:20 PM | <b>DAILY CHECK-INS AT THE HITCHING POST</b><br><i>Accountability and spiritual fitness</i><br><b>Step 10</b> (Perseverance)                                 | <b>THE 100 POUND RANGE RIDER</b><br><i>A member shares her strength, serenity, and recovery journey</i> | <b>STORMS ON THE HORIZON</b><br><i>Navigating stress, grief, and life changes without turning to food</i> | OPEN                              |
| 2:30 PM | 3:20 PM | <b>LISTENING FOR GUIDANCE ON THE OPEN RANGE</b><br><i>Deepening conscious contact through prayer and meditation</i><br><b>Step 11</b> (Spiritual Awareness) | <b>WHEN THE SADDLE IS CHAFING</b><br><i>Body image workshop</i>                                         | <b>SADDLING UP AFTER A SPILL</b><br><i>Returning to recovery after relapse</i>                            | OPEN                              |
| 3:30 PM | 4:30 PM |                                                                                                                                                             |                                                                                                         |                                                                                                           | <b>MEN'S OA MEETING</b>           |
| 3:30 PM | 6:45 PM | <b>FREE TIME / FELLOWSHIP</b><br><b>BOUTIQUE OPEN (Fireside Room)</b><br><b>DINNER ON YOUR OWN</b>                                                          |                                                                                                         |                                                                                                           | OPEN                              |
| 6:45 PM | 7:00 PM | <b>RAFFLE (LAST CALL) AND SILENT AUCTION CLOSES</b>                                                                                                         |                                                                                                         |                                                                                                           |                                   |
| 7:00 PM | 8:30 PM | <b>KEYNOTE SPEAKER (REGION 2)</b>                                                                                                                           |                                                                                                         |                                                                                                           |                                   |
| 8:30 PM | 9:45 PM | <b>ENTERTAINMENT - RAFFLE &amp; AUCTION WINNERS, LIVE MUSIC, LINE DANCING AND MORE...</b>                                                                   |                                                                                                         |                                                                                                           |                                   |

### SUNDAY - October 4

| START    | FINISH   | Ballroom A                                                                                                                     | Ballroom B | Triple Room | Hospitality Suite<br>Glacier Room |
|----------|----------|--------------------------------------------------------------------------------------------------------------------------------|------------|-------------|-----------------------------------|
| 7:00 AM  | 7:30 AM  |                                                                                                                                |            |             | <b>MEDITATION</b>                 |
| 8:00 AM  | 9:00 AM  | <b>REGISTRATION OPEN (Convention Area)</b>                                                                                     |            |             | OPEN                              |
| 8:00 AM  | 10:00 AM | <b>BOUTIQUE OPEN (Fireside Room)</b>                                                                                           |            |             |                                   |
| 9:00 AM  | 9:50 AM  | <b>RIDING BACK TO HELP THE NEXT TRAVELER</b><br><i>Serving on the range - Fellowship in action</i><br><b>Step 12</b> (Service) |            |             | OPEN                              |
| 10:00 AM | 12:00 PM | <b>KEYNOTE SPEAKER (REGION 3)</b><br><b>HOME ON THE RANGE AGAIN - RE-ENTRY AND RENEWAL</b><br><b>CONVENTION CLOSURE</b>        |            |             |                                   |
| 12:00 PM | 2:00 PM  | <b>CONVENTION CLEANUP - All welcome to come help!</b>                                                                          |            |             |                                   |