

*Serenity in Stamford - R6 2009*  
*Convention Tips for First Time Attendees*

Welcome! We have all been “convention newbies” at one time, and we know how scary that can be (after all this is not your comfortable home meeting). We hope these tips make it a little easier for you to settle in and enjoy your convention experience.

- ✓ Your nametag has a green dot on it. This is to let the rest of us know that you are a new friend we want to meet.
- ✓ Anyone wearing a badge and ribbon is here to help. Please come to us for information (or reassurance).
- ✓ Sharing and giving service is the best way to feel “part of”. Even though it may be scary, try to speak at a meeting early on. There are service opportunities for everyone. Check at the Service Table for open service slots.
- ✓ The menus for all meals in the meal plan are listed at the Hospitality Table. A weighing station is available if you weigh and measure your food. If you brought your own meals, a very comfortable Hospitality Area is available for eating and socializing. We want to make it easy for you to follow your plan of eating.
- ✓ About meetings...there are different types, but basically all are meetings. Some have speakers or panelists; most have sharing opportunities. There are several choices available at all times. Just pick one and don't worry...all sessions are taped, so you can buy the CDs for the sessions you wanted to attend but couldn't (or the ones you attended and loved). If you share and want to be anonymous on the tape, use a fictitious name.
- ✓ The Hospitality Table has lots of useful information on the Stamford area if you want to shop, eat out or sightsee, as well as emergency supplies. Stop by to say hi.
- ✓ There are no “musts” about the convention. Go to the sessions that attract you, go to a quiet place to write or meditate if you like (we have a room set aside for that), go to the dance or play bingo, use the hotel spa, have fun with your fellow OAs.

*This convention is for you, so feel free  
to make it your own.*

