

# **"What Can I Do?"**

(BT Chapter 5)

*"Minutes will grow to hours, and hours to days..." (page 54)*

## **Just Another Hour**

(at a time... to 15 years!)

### **15<sup>th</sup> Anniversary Speaker Jam & Fundraiser**

*\$JustAnotherHour*

**Saturday, March 23<sup>rd</sup> 12pm – 12am**

@ Jimmy's Place 6530 E 21<sup>st</sup> St, Tulsa OK

11:30 set up – potluck

**12:00 – Noontime Connection (hosting)**

**12:20 – Valerie M (Tulsa OK)**

**12:40 – Howard (Bear) W (Broken Arrow OK)**

1:00 break – potluck food cook-off!

**1:30 – Cassandra S (Tulsa OK/Houston TX)**

**2:00 – Rufus P (Joplin MO)**

2:30 break

**2:45 – Twana N (Ft Smith AR)**

**3:15 – Tanya R (OKC OK)**

3:45 break

**4:00 – Henry H (Dallas TX)**

**4:30 – Whitney T (Amarillo TX)**

5:00 break

**5:15 – Gwen C (Austin TX)**

**5:45 – Kelly M (Omaha NE)**

6:15 break – BBQ!

**7:00 – The Lie Is Dead (hosting)**

**7:20 – Sultan M (St Louis MO)**

8:00 break – games & fellowship!

**9:00 – 2<sup>nd</sup> Chance (hosting)**

**9:20 – Sabrina P (Tulsa OK)**

**9:40 – Brad B (Tulsa OK)**

10:00 break – games & fellowship!

10:30 50/50 raffle winner!

**10:45 Just Another Hour**

**11:00 – Everitt B (Pleasant Hill CA)**

**11:30 – surprise speaker**

Food Cook-Off! T-shirts! Pie throw? BBQ! 50/50 Raffle!

?s – Dwight D 918-809-5179, Leonard O 918-998-3342, Johnny B 918-202-3369, Stump 405-535-1675

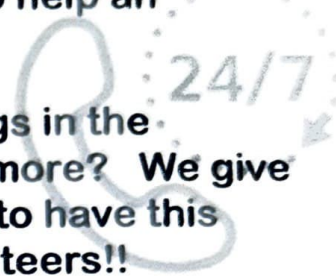


Looking for a way to be of Service, but not sure you have the time?

## Consider helping the EASC Phonenumber!!

If you have a cell phone, then you have what it takes to help an addict find a meeting.

Our EASC phonenumber provides a current list of meetings in the Eastern Area, but what if someone needs something more? We give them the option to speak to a live addict. Our goal is to have this service available 24/7. *How do we do that??.....Volunteers!!*



*“I am not sure I am ‘qualified’ to do that....”*

Each phonenumber volunteer must have at least 6 months clean and complete the phonenumber training to be sure we are all on the same page.

Phonenumber volunteers choose a time slot each week that they can be available to respond to calls. If your schedule changes, it is simple to update your phonenumber commitment.

*“OK, I’m willing, what is the next step?”*

- Attend a phonenumber training
  - (see EASCNA Family Facebook group for scheduled times)
- Questions??
  - Reach out to our Phonenumber coordinator at [phone@eascna.org](mailto:phone@eascna.org)





**OKRCNA XXXVIII**  
APRIL 12, 13 & 14, 2024  
TULSA, OKLAHOMA



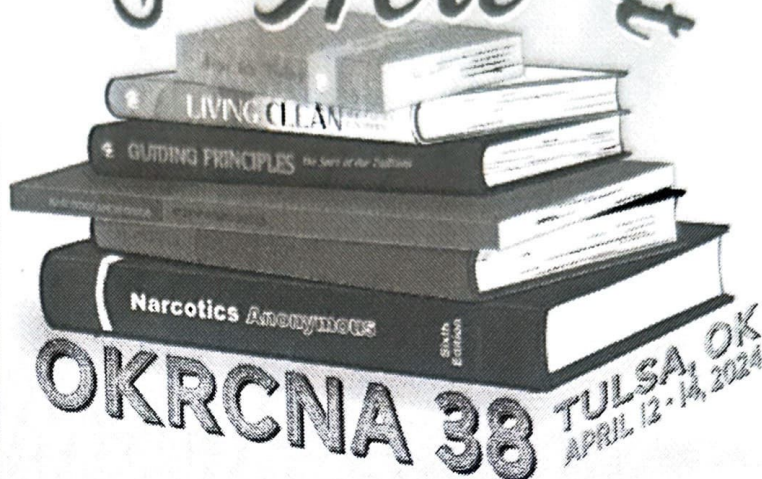
Marriott Tulsa Southern Hills  
1902 E. 71<sup>st</sup> St. Tulsa, Ok 74136  
918-493-7000



**USE THIS**  
**QR CODE FOR**  
**BOOKING ROOMS @**  
**CONVENTION RATE.**

If you call, mention OKRCNA  
for room rate of \$119 per night.

*Miracles Start Here*



**Use this code to register.** →

**Pre-registration** - \$30 until March 31. At door or after April 1 - \$35  
**Early Bird Bundle** (registration, shirt, mug) - \$60  
**Banquet Buffet** \$60 (Steak or Pasta with vegetables & dessert)  
**Comedy show** - \$10 until March 31. At door or after April 1 \$15



## WHY REGISTER?

Many convention participants ask the question, "Why should I register for the convention? What do they do with the money?"

The money collected from registration pays for all of the hotel & convention facilities that we use, as well as all the associated service expenses. These expenses include the meeting space, printing costs of flyers and programs, general supplies as well as entertainment.

All of the funds collected, after bills for the convention are paid, are used by the OK Region to further our primary purpose; to carry the message to the addict who still suffers.

**PRE-REGISTER BY MARCH 31, 2024**

## NEED INFORMATION?

**For questions, contact**  
**Tom at (610) 554-9869 or**  
**Shayla at (918) 457-7493**