

# 2023 OKsoberfest Programme

## Friday Night 29<sup>th</sup> September:

Speakers and fellowship:

7:00pm to 9:30pm

### Murray Sutton

Master of Gestalt therapy and certified addictions counsellor.

Murray has made a lifelong purpose out of empowering and helping others to develop viable change programs, through development of self-care awareness and choice.

### Lindsay Spencer-Matthews

Psychologist, Ted-x Speaker and author of the book “Why Clever People do Dumb Things”.

Lindsay has 27 years of experience as a psychologist and has developed a deep appreciation of what can be achieved through the AA program.

**Alanon and AA speakers to be confirmed.**

## Saturday 30<sup>th</sup> September meetings

Time	Details	Presented by
7:00am – 8:00am	Breakfast	
8:15am – 8:45am	Guided Meditation	Marc from Friday Beginners
9:00am – 10:00am	Hope	Silkstone Serenity ID
10:15am – 11:15am	Relationships in AA	Ipswich Topics Tuesday
11:30am – 12:30pm	Tradition 1	Ipswich Spiritual Concepts Sunday
1:30pm – 2:45pm	Participation Action	Chapter 6
3:00pm – 4:00pm	Unity Around Home Groups	Queens Park Ipswich Wednesday

## Saturday Night Dinner Dance

\$45 buffet dinner extravaganza 6:30pm – 7:30pm

Art auction conclusion

Live entertainment from 7:30pm.

## Sunday 1<sup>st</sup> October Meetings

Time	Details	Presented by
7:00am – 8:00am	Breakfast	
8:15am – 8:45am	Guided meditation	Marc from Friday Beginners
9:00am – 10:00am	The Promises	Boonah Tuesday
10:15am – 11:15am	Old Timers	Minden Sunday & Gatton Wed.
11:30am – 12:30pm	Our Common Welfare Comes First	Ipswich Daily Reflections Saturday and Ipswich Big Book Study Monday

Lunch from 12:30 to 1:30pm followed by festival conclusion and sobriety countdown.

## Alanon Program – Saturday 30<sup>th</sup> September

Welcome to Al Anon

9:00 - 10.30am – Al-Anon Meeting

Morning Welcome with the Serenity Prayer

A reading from - As We Understood, followed by an Al-Anon meeting.

### MEETING TOPICS

- Unity
- Concept Four -Participation is the Key to Harmony

10.30 - 11am Morning Tea - in the Al-Anon room or sharing with AA in the main hall.

11am-12.30pm - Al-Anon Meeting

- Step Twelve
- One Day at a Time

12.30-1.30 Lunch Barbeque

1.30 -3pm ALATEEN

- Alateen Meeting and Alateen Information session – To be confirmed.

3-3.30pm Afternoon Tea - in the Al-Anon room or with AA in the main hall

3.30 -4.30pm Al- Anon Meeting

- Focusing on Ourselves
- Joy

Closing with the Serenity Prayer