

# ALKATHON 2024 *The Gift of Sobriety*

## AL-ANON MEETINGS

The Alkathon provides a safe and sober environment for new and still suffering alcoholics and their families over Christmas and New Year's

December 24 and 25 noon to noon (24 hours)

December 31 and January 1 noon to noon (24 hours)

Bronson Centre – 211 Bronson Avenue, Ottawa, ON K1R 6H5 - **enter through door on Lisgar St.**

December 24th room 110	December 31st room 110
1:30 pm Royal Ottawa AFG Chair: Marie-France open discussion	1:30 pm How It Works AFG Chair: Linda McS. open discussion
3:00 pm Royal Ottawa AFG Chair: Natalie open discussion	3:00 pm Bells Corner AFG Chair: Jane F. open discussion
5:00pm dinner	5:00pm dinner
6:30 pm Newlife AFG Chair: Mélanie Al-Anon and AA speakers	6:30 pm Royal Ottawa AFG Chair: Ian and Shelly open discussion
8:00 pm Bells Corners AFG Chair: Annie M. open discussion	Dance starting at 8:00

All Al-Anon Alkathon meetings are open – Everyone Welcome

*the only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend*

## Ways to Help

### Attend a Meeting

Attend an Al-Anon meeting and ask the chair person if you can help in some way.

Attend an open AA meeting and listen to their experience strength and hope.

### Contribute Funds

Contribute to the Alkathon 7th Tradition box during Alkathon.

### Donate Food

Larger food items (hams, turkeys, potatoes, vegetables) need to be cooked and carved (no stuffing, no raw items). Donations of salads, sandwiches, fruit, desserts are all appreciated! Food accepted from 10am onwards.

### Volunteer

What makes the Alkathon amazing is not the venue or the food but the people! Volunteers are part and parcel of what make our annual event a spiritual experience for many people – be a volunteer: greeter, registration, setup, cleanup, coffee-maker, kitchen, serving help. Sign-up through AA Alkathon website

<https://www.alkathonottawa.ca/>