

# 2024 South Bay Family Roundup

## Alanon Marathon Schedule

### FRIDAY

Time	Leader	Topic
4:00 PM	Alya L., Rolling Hills	Be Good to Yourself
5:00 PM	Tiffany C., Redondo Beach	Parent Focus: Loving Your Alcoholic Child
6:00 PM	Ray S., Redondo Beach	One Day at A Time
7:00PM	Rhonda D., Redondo Beach	Parent Focus: Acceptance
8:00 PM	Pat L., Sherman Oaks	Al-Anon In All Our Affairs
9:00 PM	Jennifer M., Torrance	Leaving It Up to My Higher Power
10:00 PM	Erica S., Redondo Beach	Serenity During Turmoil
11:00 PM	Frank C., San Pedro	Just For Today

### SATURDAY

Time	Leader – Name & City	Topic
8:00 AM	Roni & Sue K., Palos Verdes	Parent Focus: The Courage to Change in Action
9:00 AM	Neena N., Torrance	Turning Around Resentment
10:00 AM	Vicki V., Arizona	Live and Let Live
11:00 AM	Debbie K., Torrance	The 12-Steps in Action
12:00 PM	Scott H., Torrance	All Changes Begin with Me
1:00 PM	John K., Torrance	I'm as Happy as I Make Up My Mind to Be
2:00 PM	Vanessa V., Arizona	Acceptance in the Key
3:00 PM	Barbara M., Torrance	Listen and Learn
4:00 PM	Margie R., Torrance	Recovery, Service, and Unity
5:00 PM	Keira O., Torrance	Discovering a Power Greater than Yourself
6:00 PM	Valerie M., Torrance	Progress, Not Perfection
7:00PM	Sheri L., Torrance	Compassion and Love
8:00 PM	Conna C., Torrance	Forgiving Ourselves
9:00 PM	Susan R., Torrance	Daily Life with an Attitude of Gratitude
10:00 PM	Jida S., Agua Ducle	Hocus Pocus: It's All Where you Focus
11:00 PM	Stephanie O., Torrance	Prayer and Meditation

### SUNDAY

Time	Leader – Name & City	Topic
8:00 AM	Shannon M., El Segundo	Parent Focus: We Didn't Cause It, Can't Cure it, Can't Control It
9:00 AM		Sharing Our Experience, Strength, and Hope
10:00 AM		Let It Begin with Me
11:00 AM	Jean K., Torrance	Awareness, Acceptance, Action
12:00 PM	Zoie C., Palos Verdes	Alcoholism – The Family Dis-ease

1:00 PM	Sandra D., Torrance	Higher Power in Our Lives
2:00 PM	Jon B., Redondo Beach	Detachment
3:00 PM	Denise M., Palos Verdes	LOVE – Letting Others Voluntarily Evolve
4:00 PM	Danielle W., Hermosa Beach	Recovery in Al-anon
5:00 PM	Karen G., Palos Verdes	Changed Attitudes
6:00 PM	Gayle K., Torrance	What Does the Serenity Prayer Mean to You
7:00PM	Tommy R., Torrance	Parents Focus: Changing What I Can
8:00 PM	Helen L., Torrance	Accepting Life on Life's Terms
9:00 PM	Mary F., Torrance	Changing Myself Instead of Others
10:00 PM	Wendy S., Lomita	Easy Does It
11:00 PM		Be Good to Yourself