



# 2025 South Bay Family Roundup

	<b>Friday, August 29, 2025</b>	
<b>Time</b>	<b>Meeting Topic</b>	<b>Leader</b>
4:00 PM	The 3 C's	Carmen L., Torrance
5:00 PM	Faith Over Fear	Tim B., Redonco Beach
6:00 PM	Let it Go	Valerie M., Torrance
7:00 PM	How Important Is It	Tommy M., Torrance
8:00 PM	Let it Begin with Me	Laurie C., El Segundo
9:00 PM	Live and Let Live	
10:00 PM	First Things First	Adriana K., Westchester
11:00 PM	Keep it Simple	Scott H., Torrance
12:00 AM	Setting Boundaries	
	<b>Saturday, August 30, 2025</b>	
<b>Time</b>	<b>Meeting Topic</b>	<b>Leader</b>
7:00 AM	This too shall pass	Debbie K., Torrance
8:00 AM	Listen and Learn	John K., Torrance
9:00 AM	Courage	Jean K., Torrance
10:00 AM	When I Got Busy, I Got Better	Deedee Z., El Segundo
11:00 AM	One Day at a Time	Nataly S., Carson, CA
12:00 PM	Consciou Contact with H.P	Jon B., Redondo Beach
1:00 PM	Easy Does It	Jennifer M., Torrance
2:00 PM	Restored to Sanity	Mark N., Carson
3:00 PM	<u>Progress, Not Perfection</u>	Keira O., Lomita
4:00 PM	Keep an Open Mind	Carol G., Hawthorne
5:00 PM	Take what you want and leave the rest	Rick G., Torrance
6:00 PM	THINK	
7:00 PM	Keep Coming Back	
8:00 PM	Living in the Present	Marybeth, Torrance
9:00 PM	Living with Sobriety	
10:00 PM	Peace	Frances G., Los Angeles
11:00 PM	Tradition 7, Happiness is an inside job	Jida, Agua Dulce
12:00 AM	Changing the Things I Can	

	<b>Sunday, August 31, 2025</b>	
<b>Time</b>	<b>Meeting Topic</b>	<b>Leader</b>
8:00 AM	Sponsorship	Marti C., Torrance
9:00 AM	It's Hard Asking for Help	Nataly S., Carson
10:00 AM	Don't Waste Another Minute Feeling Sorry for Myself	Ray S., Redondo Beach
11:00 AM	Came to Believe	Julie B., Inglewood
12:00 PM	Together in Al-Anon We Can Make It	Barbara M., Redondo Beach
1:00 PM	Having Had a Spiritual Awakening	Sandra D., Torrance
2:00 PM	Do Forgive	Wendy S., Lomita
3:00 PM	Do Be Humble	Laura N., Westchester
4:00 PM	Do Take It Easy-Tension is Harmful	Claudia B., Torrance
5:00 PM	Al-Anon in All Our Affairs	Sandy Z., Hermosa Beach
6:00 PM	Do Play-Find Recreation and Hobbies	Vanessa V., Torrance
7:00 PM	Do Keep Trying Even When You Fail	Katherine, Rancho Cucamonga
8:00 PM	Do Attend Al-Anon Meetings Often	Helen L., Harbor City
9:00 PM	Do Pray	
10:00 PM	Don't Be Self-Righteous	
11:00 PM	Don't Try to Dominate, Nag, Scold or Complain	
12:00 AM	Don't Lose Your Temper	