



ALRU 2023 – AlAnon Program:

Friday Night Opening Speaker

Linda R. – Source of Help AFG

Saturday Sessions

Recovery with Love and Service

Ken T. – Happy AFG

Liz T. – First Things First AFG

Our Journey In Service

Sue R. – Sun AFG

Susan C. – Morning Hope

Rita B. – Delta AFG

When I Got Busy I Got Better

Lisa – Thursday Morning AFG

Tim – Missing Links AFG

Unity, Recovery, and Service

Gwen – Ontario South Delegate