



**Al-Anon Quarterly Speaker  
Meeting**

**May 4, 2024**

**12:00pm Covered Dish Lunch**

**1:00pm Speaker - Cindy R.**

*(Wisdom B.A. home group)*

**Church of the Madalene**

**22<sup>nd</sup> & Harvard, Tulsa**

**Hosted by Changing in Alanon  
Saturday's**

**Please join us for great food, fun,  
and fellowship!**

**Al-Anon literature will be available.**

**Raffle Prizes**

**Zoom ID 490-017-6911 PW: 085950**