

Meeting Date:  
April 29, 2019

# Monday Night How it Works AFG Open Meeting

TOPIC: Principles and Virtues - Courage

DATE: April 29, 2019 7pm – 8pm

Al-Anon Speaker: Mike S, Waukesha

From How Al-Anon Works for Family and Friends pg 52

All of these Steps, including the Fourth, are means of positive change. They are not intended to create guilt or diminish an already damaged self-image. To the contrary, they allow us to observe ourselves as we are, see through our illusions, take care of unresolved issues from the past, make conscious choices here and now, and recognize where to turn for strength, support, and guidance. The Steps are here for our growth and betterment. Each one in turn has something important to offer, and each plays a crucial role in restoring us to physical, emotional, and spiritual wholeness.

Step Four takes courage.

**Waukesha State Bank  
Community Room  
S69W15273 Janesville Rd,  
Muskego, WI 53150**

**For more information: Call 414 688-6884**