

Meeting Date:
Dec 17, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 12 – It is a Process

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Al-Anon Speaker: Cheryl A, Waukesha

Book: Reaching for Personal Freedom, Page 65

Step Twelve speaks to me of a process (that I worked in the previous Steps) through which I have spiritual awakening. This awaking helps me to experience an inner peace that is reflected in a more harmonious life. However, I have to maintain my relationship with my Higher Power, seek humility, share with my sponsor, continue to work the Steps, read Al-Anon literature daily, and attend meetings.

I found that the best way for me to carry the message was through service. I carried the message within the fellowship, in order to expand are circle of hope. Later, I expanded the circle of hope to those outside the program.

1. What are the areas in my life where I hesitate to apply the Al-Anon principles?
2. In what ways can I practice the principles in all my affairs even when certain aspects of my life are still unmanageable?
3. How does engaging in service work help me to recover?

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