

Meeting Date:
Jan 15, 2018

Monday Night How it Works

AFG Open Meeting

TOPIC: Letting Go

DATE: Jan 15, 2018 7pm – 8pm

Al-Anon Speaker: Laura K, Pewaukee

Book: Reaching for Personal Freedom, page 11

Because I was affected by alcoholism in my family, my thoughts and feelings became distorted. I thought I knew what was best for others, but in Al-Anon I learned that many of my attempts to control others actually contributed to the problems I was trying to fix. I felt compelled to force solutions, but I ended up making many situations worse. My life became unmanageable, and I felt out of control. I was absolutely miserable before I came to Al-Anon.

Step One also helps me love the person and accept alcoholism as a disease. Alcoholism is like a spider web. It is almost invisible, yet it affects anyone who comes in contact with it. This disease spreads through families, twisting relationships and making everyone sick. In Al-Anon I have learned to detach with love and put my self first. Funny how that works – by letting go of others, I can experience an even greater personal power and freedom.

In what ways does denial hamper my ability to let go of people, places and situations?

How does Step One change my perspective about the disease of alcoholism?

Meeting Place:
Waukesha State Bank
Community Room
S69W15273 Janesville Rd,
Muskego, WI 53150

For more information: Call 414 688-6884