

Meeting Date:
Jan 22, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Finding acceptance in Step One

DATE: Jan 22, 2018 7pm – 8pm

Al-Anon Speaker: Jean H, Wauwatosa

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Finding acceptance in Step One

Knowing I am powerless, and accepting powerless are two different matters. I knew I was powerless when I walked into my first meeting. I was so angry about not being able to change someone else's behavior. Trying to change him made my life unmanageable, because I had no time for the house, my work, a spiritual life, or myself. I was obsessed with trying to fix the situation. However, once I learned about alcoholism and truly realized I was powerless, I set about making my life better. Acceptance has been my pathway to peace.

How do I determine I am powerless over someone else's behavior?

Meeting Place:

Waukesha State Bank

Community Room

S69W15273 Janesville Rd,

Muskego, WI 53150

For more information: Call 414 688-6884