

Meeting Date:  
July 9, 2018

# Monday Night How it Works AFG Open Meeting

TOPIC: Step 7 – I need to change, A turning point

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Al-Anon Speaker: Jim B, Hartford

Book: Reaching for Personal Freedom, Page 40

When I first came to Al-Anon, I had no idea how much the family disease of alcoholism had affected me. I was aware of the shortcomings of the alcoholics in my life, but it took some years in the program before I started to look at my own defects of character.

After a few years, I participated in a step study group. I flew through steps Six and Seven rather quickly the first time. Subsequently, after studying the Steps in depth, I was more aware of how my own defects were hurting my relationships. I knew that I needed to change.

Step Seven was a turning point for me. Did I dare ask God to remove my shortcomings? I had been unable to remove them by myself, no matter how hard I worked – but I was uncertain how this Power would work. What would I look like without my familiar, negative traits? A daily reading suggested that I stop worrying about my negative traits and focus on cultivating positive ones.

1. What experiences helped me be more open to the role of a Higher Power in my life?
2. How did I find the humility needed to ask God to remove my shortcomings?

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

For more information: Call 414 688-6884