

Meeting Date:  
July 10, 2017

# Monday Night How it Works AFG Open Meeting

TOPIC: ODAT January 17 – Changing what I can

DATE: July 10 7pm – 8pm

Al-Anon Speaker: Betsy S.

**Book: One Day at a Time pg 17**

I learn in Al-Anon that a frank, honest look at my way of handling the alcoholic situation may suddenly show me that I possess, and use, a whole armory of murderous weapons. They are the same weapons used by many spouses: indignation expressed in a strident voice; irresponsible accusations, nagging, tears and hysteria, self-righteousness and many more. These weapons are killers. They kill the alcoholic's desire to find a better way of life. They kill love and respect.

Today's Reminder:

I will try to clear out of my life and my mind all the tools of destruction I have been using. I know they can do nothing to improve my situation. I will make myself learn to use a new set of tools: tolerance, kindness, patience, courtesy, love and humor-and a firm determination to do what it necessary to improve my life.

“God, who is all good and all wisdom, provides me with the tools that are useful in overcoming my difficulties. May I be willing to use them.”

**Waukesha State Bank  
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**For more information: Call 414-257-2415**