

Meeting Date:
July 17, 2017

Monday Night How it Works AFG Open Meeting

TOPIC: Paths to Recovery - Step 7

DATE: July 17 7pm – 8pm

Al-Anon Speaker: Kelli T., Muskego

Book: Paths to Recovery pg 72-75

Humility is not a state of weakness, but of strength. When we are humble, we are totally willing to accept God's help, knowing that without it we cannot progress further. In humility we possess self-esteem, accept ourselves as we are, assets and defects alike, and extend the same acceptance to others. We keep asking our Higher Power for help, again and again. That is true humility. We no longer have to beg or demand things from God, we simply ask. We learn to trust God's way and pace as we go through our life.

However, we must take action on this step. Sitting back and behaving in all the same old ways while asking God to remove the defects is not effective. We cannot continue to do the same things over and over and expect different results. New situations will appear in our lives, giving us opportunities either to repeat our same old ways or to practice something new. Taking action in our recovery and allowing God to remove the traits that no longer serve us, gives us spiritual muscles to continue our spiritual growth.

We then know we can rely on a Power greater than ourselves to be with us in facing life's challenges.

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For more information: Call 414-257-2415