

Meeting Date:
July 23, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 7 – Finding Humility, Understanding Step 7

DATE: July 23, 2018

Al-Anon Speaker: Kathy B, Milwaukee

Book: Reaching for Personal Freedom, Page 41-42

I found it easier to blame the alcoholics in my life for almost everything that went wrong in mine until I took a good look at what I needed to change – the things that held me back from the serenity I most desired.

The first defect that I wanted God to remove from my life was the insane anger I felt as a result of living with alcoholism. Getting down on my knees, I humbly asked God to rid me of this anger. About Six months later, I awoke one morning and discovered that I hadn't been violently angry for a long, long time. When I do feel anger today, it is identified, spoken and released – not perfectly, but released.

Working Step Seven is ongoing as character defects are revealed to me. In maintaining rigorous honest about how I was affected by the disease growing up, new life experiences reveal underlying character defects that still play out in my adult relationships.

Humbly, suggest that I understand the significance of being connected to a God who has compassion and love for my humanity. It suggests that I am aware of my strengths and limitations.

1. How has the pain caused by my shortcomings brought me the humility I need to ask for help?
2. What has the common experience of other al-Anon members contributed to my understanding to Step Seven?

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