

Meeting Date:
June 19, 2017

Monday Night How it Works AFG Open Meeting

TOPIC: ODAT, June 12 – Humor

DATE: June 19th 7pm – 8pm

Al-Anon Speaker: Patty D.

Book: One Day At A Time pg 164

I want to remember, every time I'm tempted to take a heavy, somber view of a happening, that it may not be so bad after all. Maybe, if I look closely, it has an element of fun-fantasy, absurdity or even a relieving silliness. My mood makes it like black when I could spark it with a dash of rosy pink.

I'll try to look for the things that can add gaiety to my life to offset the solemn or troubling ones. I'll cultivate a knack for recognizing and enjoying humorous moments. This could be a really constructive way of detaching my mind from my daily difficulties.

"It is usually anxiety that bars us from seeing the lighter, brighter things of life. The anxiety exists within us, so we are free to reject its influence on the way we react to what happens to us."

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