

Meeting Date:
March 12, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Finding a God of my understanding

DATE: March 12, 2018 7pm – 8pm

Al-Anon Speaker: Edward, Waukesha

Book: Reaching for personal freedom, page 21 & 22.

I don't believe in a God in the usual way, but I can still take Step Three. I have a God of my own understanding. However, I don't understand much more than "I am not God". I don't know what is best for you and often I don't know what is best for me. When I remember this, my life is smoother. I only needed a tiny bit of willingness to do this, and that it would work, whether I believed it would or not. All I needed was to take the actions described in the Steps. Sometimes my fears surface, when that happens, I read about Step Three. I pray for guidance. I remind myself that I have decided to put my trust in a loving spiritual Power.

Even if I don't believe in a Higher Power the way other people do, how can I apply Step Three in my life?

What role did the support of other Al-Anon members play in helping me find a God of my own understanding?

How does practicing Step Three help to alleviate my fears?

In what ways do I struggle with giving my will?

What has been my experience when I turned my will over to the God of my understanding?

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For more information: Call 414 688-6884