

Meeting Date:
March 26, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: My relationship with "You", and Freedom

DATE: March 26, 2018 7pm – 8pm

Al-Anon Speaker: Becky K, Waukesha

Book: Reaching for Personal Freedom, page 24.

My understanding of "Higher Power" changed daily. My extreme thinking encouraged only two possibilities: A Higher Power who abandoned me, and a Higher Power who engulfed me. Any images of God between these extremes changed, altered, and slipped away. I longed to take Step three with a clear belief in a healthy positive, trustworthy Higher Power, but found myself unable to hold on to any one image. I believed that I could not work Step three unless I understood who or what my Higher Power was. Eventually I gave up trying to control, and surrendered my lack of understanding. I relaxed into an understanding of my Higher Power that carries me through my days.

What was my understanding of a Higher Power when I first came to Al-Anon?

How has my understanding of a Higher Power changed over time?

How did forcing my will onto others make the situation worse?

Meeting Place:
Waukesha State Bank
Community Room
S69W15273 Janesville Rd,

Muskego, WI 53150

For more information: Call 414 688-6884