

Meeting Date:
Nov 26, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 11 – Spiritual Poetry

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Al-Anon Speaker: Maureen L, Muskego

Book: Reaching for Personal Freedom, Page 60

Step Eleven is spiritual poetry. It calls me in the simplest way to transform my life. It defines my calling – to seek; and the means – prayer and meditation. It defines the intended outcome – to improve my contact with God; And my spiritual purpose – to know God's will for me and to receive the power I need. Step Eleven is magnificently simple.

I feel spiritually empowered as I reflect on this Step. The spiritual path of my recovery is clearly defined – to know God's will for me and be given the power to fulfill it. I relish its simplicity and clarity because life can be complex and demanding.

I am beginning to understand how Steps One through Ten have prepared me to be open, willing and capable of an intimate relationship with the God of my understanding. This relationship has transformed me from the hurting, fearful, and wounded child who struggled to make sense of life.

- 1. How has Step Eleven change my ideas about prayers and meditation?**
- 2. In what ways have I changed my idea of a Higher Power as a result of Step Eleven?**

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