

# Monday Night How It Works AFG Open Meeting

**Date:** Sept 20, 2021 - 7-8pm CST - In person only

**Topic:** Step 2 - Came to believe that a power greater than ourselves could restore us to sanity.

**Al-Anon Speaker:** Jean H, Wauwatosa

Paths to Recovery: Pgs: 19

In beginning to understand Step Two, we learn that we have choices. If the members of any group in the world surveyed, each person would respond differently with a personal definition of a Higher Power. If we resist the idea of "God" as our Higher Power, we can begin by using the group as a Power greater than ourselves. In the group we meet people like us who are coping with many of the same problems and finding creative solutions we had not considered or attitudes that make the similar situations in their lives more tolerable. We consider that many heads are better than one and draw on the groups' collective wisdom.

1. What would it take to allow my concept of my Higher Power to change?
2. Do I sense spiritual guidance in my life? How?
3. What does "Let Go and Let God" mean to me?
4. What does faith mean to me?
5. What does sanity mean to me?

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