

Monday Night How It Works AFG Open Meeting

Date: Dec 6, 2021 - 7-8pm CST - In person only

Topic: Just for Tonight - Bookmark.

Al-Anon Speaker: Rhonda P.

Just for tonight - Bookmark

Just for tonight, I will release me loved ones to my Higher Power's care. I will free myself from trying to do the impossible - changing the actions, attitudes or life of anyone other than myself.

Just for tonight, I will accept that I have done the best I could, remembering that my goal is spiritual progress and not perfection. I will let go of any expectation I had for this day, as well as any disappoint, shame or guilt I felt for not being perfect today.

1. How do I practice gratitude?
2. How do I accept?
3. Do I have a nighttime routine?
4. How do I let go of others?
5. Do I use my HP at night?

Waukesha State Bank
Community Room
S69W15273 Janesville Rd
Muskego, WI 53150