

Monday Night How It Works AFG Open Meeting

Date: January 10, 2022 - 7-8pm CST - In person only

Topic: We started from Where We Are

Al-Anon Speaker: Liz M.

Discovering Choices pgs 9-21

It isn't unusual to enter the doors of Al-Anon Family Group in a state of distress. Despite the confusion and chaos, we may be experiencing, the program offers us hope that by improving our attitudes, we can live better, happier lives.

An Al-Anon Family Group also offers opportunities to understand our own feelings better, and how to reach out to other people for support. Before we began attending Al-Anon meetings, many of us ignored our feelings and felt isolated by our problems. We focused primarily on trying to fix the alcoholic relationship or coping with the crisis of the day.

The Al-Anon program offers a range of tools that can help us. As we continue to attend meetings, we learn that it is possible to let go of old companions like failure, shame, and guilt. In time we can make progress, but we can only make it "One Day at a Time."

1. What am I doing to grow and mature?
2. If I were not so worried about someone else's situation, what would I be doing?
3. What are some of my favorite things to do?
4. What positive qualities do I contribute when I interact with others?

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