

Monday Night How It Works AFG Open Meeting

Date: January 31, 2022 - 7-8pm CST - In person only

Topic: Transformation

Al-Anon Speaker: Bridget B.

From Survival to Recovery 267-268

If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives can be transformed. We can become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder. Through we will never be perfect, continued spiritual progress can reveal to us our enormous potential. Many of us discover what our fellow members already know – that we are both worthy of love and loving. We learn to love others without losing ourselves and we accept love in return. Our sight, once clouded and distorted, can clear enough for us to perceive reality and recognize truth. Courage and fellowship replace fear. It becomes possible for us to risk failure and develop new, previously-hidden talents. Our lives, no matter how battered and degraded, will offer hope to share with others. We begin to feel and know the vastness of our emotions, without being slaves to them. Our secrets no longer have to bind us in shame. As we gain the ability to forgive ourselves, our families, and the world, our choices expand. With dignity, we stand for ourselves, without standing against others. Serenity and peace will have new meaning as we allow our lives and the lives of those we love to flow day by day with God's ease, balance and grace. No longer terrified, we discover that we are free to delight in life's paradox, mystery, and awe. We laugh more. Faith replaces fear and gratitude comes naturally as we realize that our Higher Power is doing for us what we can't do for ourselves. In what ways does denial hamper my ability to let go of people, places, and situations?

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