

Monday Night How It Works AFG Open Meeting

Date: February 20, 2023 - 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.

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The basic spiritual principle introduced in Step Two suggests that there is a Power greater than we are that provides hope for sanity, whether we are living with active alcoholism or not. Step Two reaffirms that we may be powerless, but we are not helpless, and we are not alone. For many of us, the introduction of a Power greater than ourselves is difficult to understand. Some initially believe we are speaking of a religious entity. We are not. We are speaking of a loving, caring, nurturing Power that provides us with guidance in dealing with the effects of the disease of alcoholism.

Like all the Steps, Step Two tells the experience of those who have gone before us and shows that over time we can find the answers to our own dilemmas. We listen to the experience of others and want what they have: peace, serenity, happiness, faith, and joy. Many members, though filled with plenty of doubts, are willing to seek other possibilities. Willingness to listen and consider an alternative - even a Higher Power - that others have tried opens a door to Step Two.

With Step 2 and the support of a loving fellowship, we begin to learn how to recognize and accept our own part in the family disease of alcoholism.

Acceptance of Step Two is paramount to working the rest of Al-Anon steps.

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. How do I describe the Higher Power I found in Al-Anon.
4. What does faith mean to me?
5. Have I allowed the alcoholic situation to become my Higher Power? How?
6. When have I done the same things over and over, yet expecting different results?

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