

Meeting Date:
Feb 26, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Finding Peace

DATE: Feb 26, 2018 7pm – 8pm

Al-Anon Speaker: Bridget C, Muskego

Book: Reaching for Personal Freedom, pg 17-18

I had a recent experience in practicing Step Two. A few months ago, I was camping for two nights with my husband, and my cell phone didn't work. I couldn't connect with my son, who is 20 and in recovery. Because I was so overwhelmed with fear and anxiety. I couldn't relax and seriously just wanted to go home. It was ruining my mini-vacation.

Sitting by the fire, I started writing in my journal. I wrote my Higher Power a letter explaining my worries and asking Him to help me. About 30 minutes later, I signed my letter, put my journal away, and felt the most peaceful feeling overwhelm me. I enjoyed the rest of the trip and never had another worry about my son. Thank you Higher Power.

In what ways has my thinking disturbed my own peace of mind?

How does Step Two help me find peace in stressful situations?

Which words in Step Two do I find especially meaningful?

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For more information: Call 414 688-6884