

Meeting Date:
July 2, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 7 – A humbling experience

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Al-Anon Speaker: Kate W, Oconomowoc

Book: Reaching for Personal Freedom, Page 39

It was a humbling experience to learn that I could not remove my own shortcomings. I appreciated how one speaker explained that character defects get in the way of our relationships with God and other people.

I strive every day to keep a close relationship with my Higher Power, especially when that old familiar anxiety creeps in, making me want to control what is going on around me. I ask God to help me accept my powerlessness and remove my need to control in order to feel valued and loved.

1. When I feel the need to control someone or something, what does it tell me about myself.
2. How do my shortcomings affect my relationships with my Higher Power and others?

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For more information: Call 414 688-6884