

Meeting Date:
Nov 12, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 11 – My daily “to do List, Talking with God

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Al-Anon Speaker: Mary Jo N., Brookfield

Book: Reaching for Personal Freedom, Page 57 & 59

I put prayer and meditation at the top of my daily “to do” list. I have a special place in my home where I keep my copy of One Day at a Time in Al-Anon, my bible, a family picture, and a prayer shawl that a loving Al-Anon member made for me. I read, and then I kneel in prayer. I begin with gratitude for my Higher Power’s continuous love and care working in my life. Next I spend time meditating.

Step Eleven suggests that I seek an ongoing relationship with the God of my understanding through prayer and meditation. This relationship with my Higher Power guides my actions and behaviors with my loved ones and friends.

1. In what ways does my self-will affect my abilities to follow my Higher Power’s will for me?
2. How does gratitude enhance my practice of Step Eleven?
3. How do I redirect my focus when I am distracted during prayer and meditation?
4. How do I determine God’s will for my life today?

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