

Workshop Title:

God Box: An Al-Anon Tool for Step Three, Releasing Fear and Letting Go.

God Box References in Al-Anon CAL:

Paths to Recovery, Pgs. 29-31.

Reaching for Personal Freedom, Pg. 22.

Hope for Today, Pg. 228, December 3rd.

Times Guided to the God Box:

As an Al-Anon Tool: Step Three & Surrender.

With my Sponsor.

With my Sponsee.

During COVID.

God Box: The Physical Structure & Personal, Spiritual Meaning.

The Spiritual Connection with HP through:

Writings placed in my God Box,

Rocks, & (Rock Drawing/Giveaway)

The Serenity Prayer.

The Third Step Prayer.

I can only change me.

Step Three.

Once we make the decision, we are faced with the question of how we do it?

There are as many ways to approach turning our will and our lives over as there are definitions of God --Paths to Recovery, Pg. 29.

It was in Step Three I learned of the God Box, working with my Sponsor.

Now, working with my Sponsee.

It's like walking with God hand-in-hand.

Turning Fear Over.

Releasing obsession, worry and fear.

Detachment with love: The bridge between Obsession and Indifference.

Placing my loved ones in God's hands through the God Box.

Two program stories of my past, finding empathy for myself.

Surrender.

The priceless gift of Al-Anon: Freedom from worry – everything happens for a reason.

Write my feelings to God, place in the God Box, & release.

The Three A's: Awareness, Acceptance, Action: The God Box is all Three!

Other Ways to Let Go and Let God.

The "Basketball" technique, Hope for Today, Pg. 338.

Serenity Prayer, Other Prayers/Phrases, Steps 1,2,3. Paths to Recovery, Pg. 29-31.

On-Line God Box, Hilltoppers AFG.

Ah, the Slogans: Let Go and Let God, One Day at a Time.