
THE BEACON

Al-Anon Family Group I District 159 I Naples, Bonita Springs, Immokalee & Marco Island

THE 12 STEPS, TRADITIONS, & CONCEPTS guide us in recovery and show us a better way to live.

“The Steps show me how to love myself; the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.”

-Paths to Recovery, pg 341

STEP 4

Made a searching and fearless moral inventory of ourselves.

TRADITION 4

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole

CONCEPT 4

Participation is the Key to Harmony



Life isn't about waiting for the storm to pass; it's learning to dance in the rain.

-Heard at a Meeting

Today I will involve myself in the joy of living.

-Hope for Today pg 159

I experience the world through smiles and laughter...

-Hope for Today pg 97

The time you enjoyed wasting is not wasted time.

-Courage to Change pg 198

SPRING FEVER !!



MARK YOUR CALENDAR!

District Meeting

April - no meeting

May 12, 2021 / 6:60 pm

Due to COVID-19 this is still a ZOOM meeting. Please check with your GR for the ID & Passcode or go on naplesal-anon.org & tap on events

All AI-Anon members welcome.



Spiritual Principle of the Month

COURAGE - is to tell your story of who you are with your whole heart.

-Heard at a Meeting

Courage is not the absence of fear. It's choosing to act with love in spite of the fear.

-Hope for Today pg 294



AS WE DEVELOP A WILLINGNESS to be receptive, we find unexpected wisdom and guidance in the words and actions of those around us. *Having Had A Spiritual Awakening pg 103

Slogans are wisdom written in shorthand.

FOG

I first heard this at a meeting in Carmel, CA during the summer of 2019. A speaker at the "Round-Up" shared it. I was taken with the simplicity of its message and its meaning to me.

"If you are making decisions based on: **Fear**, **Obligation** or **Guilt**, you are living in a **FOG**." I lived in unfounded fear often. The dynamics of my family of origin had created Obligations that today are clearly not mine. Guilt: yes, I am a former travel agent for guilt trips. Making decisions that "they have less is because I have more." Working the steps has brought clarity and sunshine. Trace it, erase it, replace it. ? Why was I quick to anger? Why did I react a certain way? Rather than punish myself for a lapse ...think back to my family history of growing up in an alcoholic home. Is this lapse a survival skill that is of no benefit today? I can erase it. What functioning, positive behaviors can I replace it with. I will move forward by identifying the cause. QTIP: Most of my life I was over sensitive. My mom confirmed it on more than 1 occasion. Being upset with a comment someone made. A need for praise when none was due me. Today: Compliments feel good when I've earned them. If rejection occurs: "Rejection is God's Protection. A new and better plan awaits me.

-Elyse



If you have a slogan that has a special meaning to you, please share it by emailing it to naplesal-anon.org/newsletter

QUICK !!

What is the acronym

J A D E ? *



70

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

ITS GETTING CLOSER!



*Justify, Argue, Defend or Explain



Lois W. once said, "It takes only one person to start something, but many others to carry it out".* The meeting's founder, Sandy Barger from up north, selected the book, *Having Had a Spiritual Awakening*, and created the meditation format. At first the 11th Step group was known only by word of mouth, a meeting at noon on Fridays in St. Williams' Ministry on Seagate (which has since been torn down). Neither the founder nor any beginning members attend the meeting now but there are many others who have come along since and continue to "carry it out."

Today the members of the **11th Step, AFG** know exactly what to do on Friday. At the stroke of noon, a member volunteers to chair the meeting. After the Opening is read, each person reads one of the 12 Steps and in a few words says how s/he feels. It is the group's tradition to read from the book, *Having Had A Spiritual Awakening* and meditate on the reading for 5 minutes. The group is then open for discussion.

In 2002 the group registered with the WSO and listed with the rest of the AI-Anon meetings in Naples as the **11th Step, AFG**. By 2012 the meditation meeting found a new home in The United Church of Christ on the corner of Seagate and Crayton Road.

While COVID has changed the format somewhat to accommodate the Zoom meetings, the theme of "living a life that has a deeper meaning than the search for daily necessities"** has not changed.

*Lois Wilson, MVOJ pg 262

**Had A Spiritual Awakening pg 5

AFIRMACIONES

Soy amado y merezco el amor.
Yo establezco mis límites para mí.
Buscaré amigos hoy.



INVITACION

Se invita a nuestros miembros bilingües o hispanoparlantes para que envíen sus Experiencias, Fortaleza y Esperanza a nuestra boletín mensual, "The Beacon".

naplesalanon.org/Newsletter



SERVICIO

Les recordamos que la de Latino Publico Outreach esta disponible. Requisito: El deseo de servir y llevar el mensaje de recuperacion a familiares y amigos de Alcoholicos



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

Suelta las riendas y entregacelas a Dios

Cuando "dejo ir y dejo a Dios", estoy más dispuesto a encontrar un lugar de compasión entre la obsesión y la indiferencia, con la serenidad de los pensamientos ordenados donde residen las emociones. Con la ayuda de Al-Anon, la esperanza de un término medio feliz puede convertirse en realidad. Cuando "Dejo ir y dejo que Dios" trabaje en mi vida, el péndulo oscila entre el blanco y negro de la obsesión y la indiferencia y encuentra el equilibrio en los colores pacíficos de la serenidad.

Este lema me da permiso para reemplazar el estrés, la preocupación y el sufrimiento con serenidad y fe. Cuando estoy dispuesto a "Dejar ir y dejar a Dios" (Paso 6), mi poder superior me proporciona un poder espiritual que necesito para tener éxito al hacer posible lo humanamente imposible (Paso 7). Tenemos la bendición de estar en recuperación.

-Naples / Nueva York



ESCUCHADO EN UNA REUNIÓN

La solución está ahí si quiero encontrarla; y disponible si quiero trabajar para ello.

Si muerdes el anzuelo, estarás en el anzuelo todo el día.

Si la única herramienta en su caja de herramientas es un martillo, entonces todo lo demás parece un clavo.

Mis reuniones tienen una vida útil de 24 horas.

La palabra "Nosotros" fue muy reconfortante cuando entré al programa por primera vez.

AFFIRMATIONS

I am loved, and I deserve love.
I set my boundaries for me.
I will seek out friends today.



Alateen Meetings

For meeting information,
days and time and to get the
Zoom ID & Passcode, please
email:

alateen@naplesal-anon.org



Al-Anon Beginner Meetings

ZOOM

Tuesday/Tranquility 7pm
ID# 85886453920 / 548499

Thursday/Al-Anon AFG 12pm
ID# 85602937416 / SPIRIT

IN-PERSON

Thursday/Al-Anon AFG 12pm
24 Hour Club
1509 Pine Ridge Road
Naples, Florida



In 1989, Ruth F. and Dee R. formed the Al-Anon Family Freedom, AFG group, meeting weekly at The Willough of Naples, a mental health facility for adults with a dual-diagnose and substance abuse. It was a way of introducing Al-Anon to the families as well as being open to the public. In 2010, as attendance began to fall off, the group made the decision to move to St. Peter's Ministry where the meeting began to attract new members.

Tuesday Freedom, AFG is a discussion group where each week of the month has a particular focus. The 1st week is the Tradition and the 2nd week is open topic. The 3rd week is Conference Approved Literature and the 4th week is a business meeting followed by an open topic. Tuesday Freedom offers a warm welcome to the newcomer as well as the long timer who are in search of serenity. In the words of one member, "I came into the room a stranger and immediately felt comfort. I literally felt myself relaxing... and I'm still coming back after 9 years!"

It is noted in the archives of District 159 that since the group's formation, its members have shown, year after year, a strong commitment to service; consistently showing up at District meetings and participating as various Chairpersons.

Today **Tuesday Freedom, AFG** offers the opportunity to meet in person as well as through Zoom. The physical meeting at St. Peter's Ministry is conveniently located for people who live on the east side of Naples.

For 32 years, **Tuesday Freedom, AFG** has continued to provide a place of safety, community and holds out the possibility of a better life.

OPPORTUNITIES

TO GROW

Tap into those skills that you think may have long been forgotten and be surprised at how you can help our District stay vibrant.

Open Positions

Qualification: GR for 3 years

- ALTERNATE DISTRICT REPRESENTATIVE
- AL-ANON INFORMATION SERVICES LIASON [AISL]
- AISL ALTERNATE

Qualification: Willingness

- ALATEEN CHAIRPERSON
- LITERATURE CHAIRPERSON
- PUBLIC OUTREACH CHAIRPERSON
- LATINO PUBLIC OUTREACH

Call your GR to get a description of each position. It's not hard!

Service is vital to the workings of AL-Anon.



SPOTLIGHT

REVIEW

On March 9th, the Courage to Change group, which meets on Tuesday at noon, had the pleasure of listening, via Zoom, to a passionate and moving guest speaker, Bryan G., a member of an Al-Anon group in Knoxville, Tennessee.

52 people from the Naples/Bonita Springs area as well as from Tennessee listened as he shared his journey of insanity, resentment, loss, compassion, & faith. A short question and answer period followed where the listening members identified with his experience, strength and hope and expressed their thanks.

With humility, Bryan said, "When we are asked to share our story, it is the highest form of service that we can do for each other".

Our appreciation goes out to Bryan with heartfelt gratitude for his gracious kindness in sharing his story.

-District 159 Speaker Seeker, Renee

WANTED!

Group Representatives (GR)

QUALIFICATIONS: Willingness, Caring

TIME REQUIRED: 2 hours a month. Can be seasonal.

JOB DESCRIPTION: Attend district meeting-via Zoom-and bring back any message to their group. Promote The FORUM

BENEFITS: Participation in a worthy cause. Opportunity to grow in self esteem. Life long friendships.

CONTACT: Volunteer at a meeting & then take a group conscious. Show up at the next District Meeting.

IN-PERSON AL-ANON MEETINGS

- MONDAY NOON, AFG - 12 pm, 24 Hour Club, 1509 Pine Ridge Road, Naples, 34109
- TUESDAY TRANQUILITY, AFG - 7:30pm, St Monica's Episcopal Church, Workroom off main office, 7070 Immokalee Rd., Naples, 34117
- TUESDAY FREEDOM, AFG - 7:30pm St. Peter's Ministry Center, Rm 101, 5025 Rattlesnake Hammock Road, Naples, 34114
- WEDNESDAY NOON, AFG - 12pm, 24 Hour Club, 1509 Pine Ridge Road, Naples 34109
- THURSDAY AL-ANON BEGINNERS MEETING, AFG 12pm. 24 Hour Club 1509 Pine Ridge Road, Naples, Florida
- FRIDAY NOON, AFG - 12pm, 24 Hour Club, 1509 Pine Ridge Road, Naples, 34109
- SATURDAY - ADULT CHILDREN SURVIVAL TO RECOVERY, AFG, 12pm 1509 Pine Ridge Road, Naples 34109
- SUNDAY - HOPE FOR TODAY, AFG 11am, 1509 Pine Ridge Road, Naples 34109
- If you know of other In-Person Meetings please let me know by emailing: Newsletter@naplesalanon.org
- CDC Guidelines are followed in all In-Person Meetings.

A QUICK 4th STEP

When we are triggered, we start our "Stinking Thinking". This is a time when a specific 4th Step might help by drawing on a piece of paper four columns. The question is - "What Is It About Me That This Person / Situation Bothers Me".

EXAMPLE:

TRIGGER	WHAT I DO	WHAT I NEED TO DO DIFFERENTLY	MY CHARACTER FLAWS
Sarcasm	Stuff my feelings Avoid Isolate	Bring up the behavior with the person Acknowledge my feelings Choose healthy friends	Insecure Fearful Feelings of less than; not worthy

HEARD AT A MEETING

The solution is there if I want to find it and available if I want to work for it.

If you bite the bait, you'll be on the hook all day.

If the only tool in your toolbox is a hammer, then everything else looks like a nail.

My meetings have a 24 hour shelf-life.

Feelings buried are feelings buried alive.



Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.

MARK YOUR CALENDAR



Big Island Of Serenity

FRIDAY AUGUST 20 – SUNDAY AUGUST 22

At The Beautiful

Bonaventura

Resort & Spa

250 RACQUET CLUB ROAD, WESTON, FL 33326

[LINK TO RESORT WEB PAGE](#)

FOR RESERVATIONS CLICK [HERE](#)

Quick Links

- Have questions about the 2021 convention? Email:
bioschair@gmail.com. <<—this changes every year

CONVENTION REGISTRATION FORM

[Alateen Travel and Medical Release Form](#)

[2017 Al-Anon Convention Alateen Behavioral Guidelines](#)



Big Island of Serenity

Friday, August 20 - Sunday, August 22, 2021

31st Annual AFG Florida South Area 10 Convention

With AA Participation

Bonaventure Resort & Spa

250 Racquet Club Road, Weston, FL 33326

CONVENTION REGISTRATION

Online: www.southfloridaal-anon.org

Email Questions: bioschair@gmail.com

Preferred language (circle one): **English** Spanish

Program (circle one) and check price box: **Al-Anon** Alateen A.A.

- | | |
|--|------|
| <input type="checkbox"/> Al-Anon or A.A. postmarked by July 31, 2021 | \$30 |
| <input type="checkbox"/> Al-Anon or A.A. at the door | \$35 |
| <input type="checkbox"/> Alateen Registration | \$15 |

Includes Saturday night pizza party. Notarized Travel and Medical Release Form is required.

Saturday Meal Options; all inclusive:

- | | |
|---|------|
| <input type="checkbox"/> Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner | \$80 |
| <input type="checkbox"/> Hot Breakfast Buffet: chef's choices with coffee & tea service | \$20 |
| <input type="checkbox"/> Lunch: sandwich, chips, cookie | \$20 |
| <input type="checkbox"/> Banquet Dinner: | \$55 |

(circle one entree) **Chicken** Vegan Gluten Free

Dinner includes: entree, salad, starch, veggie, roll, dessert, iced tea & coffee service

All food reservations must be made by July 31, 2021.

Paid by check # _____ Total Amount \$ _____

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

HOTEL ACCOMMODATION CHOICES

Please make reservations to the Bonaventure Resort & Spa by **July 30, 2021** to guarantee room rates.

Central Reservations: 1-800-327-8090

Be sure to mention "**Al-Anon Convention**" to obtain special rate of **\$119** per night plus 13% Broward County taxes.

King or 2 Queen bedroom, up to 4 guests welcome

Free in-room Wi-Fi

Free self-parking

\$16.95 resort fee is being waived for each night!

Enjoy same discounted room rates available 3 days before and 3 days after convention weekend.

Aloha,

"We look forward to seeing you at the Big Island of Serenity during the 31st Florida South Area 10 AFG Convention on August 20, 21 & 22, 2021 at the Bonaventure Resort & Spa in Weston, Florida."

- The Convention Committee



LINK: [2021 Convention Registration Form](#)

Hotel Reservation Info:

Bonaventure Resort & Spa 250 Racquet Club Road, Weston, FL (MAP)

FOR HOTEL RESERVATIONS CALL: 1-800-327-8090

Or Reserve on line. Click [HERE](#)