

THE BEACON

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Steps, Traditions and Concepts

Al-Anon's program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Steps are the foundation for personal recovery and the Traditions help groups sustain their unity and fellowship.

Step 1

We admitted we were powerless over alcohol -- that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Concept 1

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



Please NOTE:

Opportunities for Service in our Al-Anon Groups.

CPC Chairperson

(Cooperating with Professional Community)

Latino Public Outreach Chairperson

TAS

Telephone Answering Service Chairperson



Service: Is it time to let your light shine?



SLOGANS

- DAY AT A TIME
- EASY DOES IT
- FIRST THINGS FIRST
- LET GO LET GOD
- LIVE AND LET LIVE
- KEEP AN OPEN MIND
- THINK, THINK, THINK
- COUNT YOUR BLESSINGS
- HOW IMPORTANT IS IT?
- KEEP IT SIMPLE
- LISTEN AND LEARN
- BUT FOR THE GRACE OF GOD
- JUST FOR TODAY
- PRINCIPLES ABOVE PERSONALITIES
- PROGRESS NOT PERFECTION
- TOGETHER WE CAN MAKE IT

Slogans

Unlike some of Al-Anon's practices and principles that take a while to learn and apply, the Al-Anon slogans are easy to learn and remember. You may have heard some of these slogans hundreds of times before without ever taking them seriously or trying to put them to work. After all, they are clichés and easy to disregard. But it is their very simplicity that makes them so powerful.

When confronted with a confusing or upsetting situation, a slogan can be a lifesaver. If we are at a loss for what to do, these simple yet profound sayings can clarify our thinking. For example, when fears about the future cloud our ability to make a pressing decision, we can apply the slogan "One day at a time" and focus on this day only, remembering that our fears may not reflect reality because the future has yet to be written. When suddenly faced with a complex seemingly overwhelming problem, we can put "First things first", knowing that some actions are more important than others and that we cannot do everything at once.

Slogans serve as gentle, calming reminders that our circumstances might not be as impossible or as desperate as they at first appear. These concise expressions of wisdom offer quick reassurance that we really are able to cope with whatever life brings, prompting us to take constructive action and to treat ourselves and others with compassion and respect. Even when we are too new to Al-Anon or too overwhelmed by our circumstances to recall one of the many Al-Anon principles that may apply, a simple slogan can put the entire situation into perspective.

Something Personal shared by someone in our AFG...

I have always loved a new year, a new calendar, a new journal. The blank page beckoned brightly. New beginnings felt clean and fresh. A few weeks into the New Year, my calendar would be full of messy, scratched-out plans and my journal scribbled with ancient resentments and regrets. These symbols of errors and indecision would be a source of shame and sadness. After years of working the Al-Anon program I now understand why I hated making mistakes!

I wandered onto February 29 in Courage to Change (long story) and I want to share it 'cuz we don't have a Leap Year 'til 2020. Did you know that the automatic pilot in an airplane doesn't lock itself firmly and rigidly onto a flight plan and stick to that plan come hell or high water? Instead, it steers back and forth over the path of an assigned course and makes the necessary corrections once it senses it has strayed. There is something about that aircraft wobbling around that feels like my life.

I give up trying to understand the jiggedy-jagged line of my LIFE. I remind myself that FIGURE IT OUT isn't a slogan. " ...I have stopped expecting myself to be on course. I am bound to make plenty of mistakes, but with the help of the Al-Anon program, I am learning to accept mistakes as an inevitable part of the adventure of living."

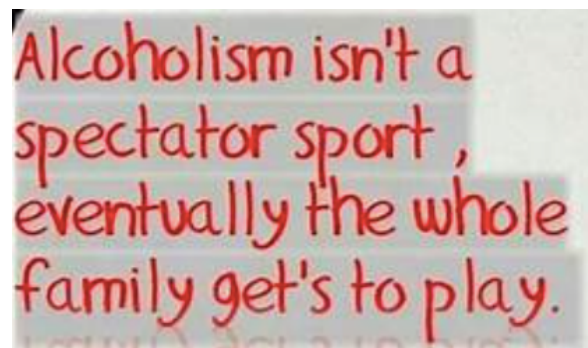
My mantra for 2019; "A person who makes no mistakes usually does not make anything."

(Alcoholism, the Family Disease)



Heard at a meeting...

"It's hard to 'Hula' with more than one person in my hoop!"



District Mtg. Schedule:
January 9th and Feb. 6th 6:30 p.m.



If you have Information you'd like printed in The Beacon please
Email me at: newsletter@naplesal-anon.org
Remember: Together we Can Make It.

Gratefully in Service,

Share'n'Grow



