

Al-Anon Family Groups- District 159- Naples, Bonita Springs, and Marco Island

## THE BEACON

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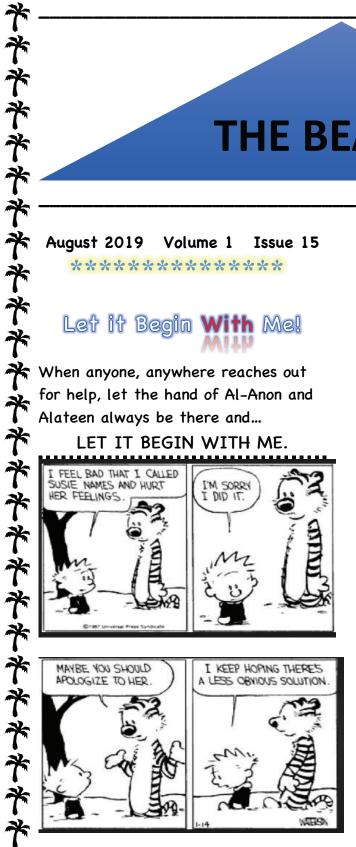
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# Let it Begin With Me!

When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and...

LET IT BEGIN WITH ME.





### 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.

Made a list of all persons we Step 8 had harmed, and became willing to make amends to them all.

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Tradition 8 Al-Anon Twelfth-Step work should remain forever non-professional, but our service centers may employ special workers.

Concept 8 The Board of Trustees delegates full authority for routine management of the Al-Anon Headquarters to its executive committees.

Synonyms for "Willing" amenable, disposed, fain, game, glad, inclined, minded, ready

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Heard at a meeting

Once I have made an amends, "I may be guilty of the offense but I don't have to go to prison!"

Someone seeking answers as to what to do in their situation. This person asked self: "How will I feel if I stay?

How will I feel if I leave?"

I try not to underestimate the value of self-expression. What someone else thinks of

me is none of my business!

<del>\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*</del> If you have Information you'd like printed in The Beacon, please Email me at: newsletter@naplesalanon.org

Remember: Together we Can Make It.

Gratefully in Service,

