

THE BEACON

August 2019 Volume 1 Issue 15

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.

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

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

'Tis August

The August convention is
About to Happen.

Will You Be There?

Don't miss the opportunity
to be part of the memories
made this year!



Looking Ahead...

Summer AWSC- August 9-11

Convention- August 23-25

Fall Assembly- September 13-15

Area Day of Workshops-

October 19, Ft. Myers

District Mtg. Schedule.

Wednesday, August 14 at 6:30 p.m.

Wednesday, September 11 at 6:30 p.m.

FLORIDA SOUTH AREA 10



August 23 – 25, 2019

Bonita Springs, FL

Hyatt Regency Coconut Point, 5001 Coconut
Rd, Bonita Springs, FL 34134

Have You Pondered A Slogan Lately?

Just for Today...

- Smile at a stranger.
- Listen to someone's heart.
- Drop a coin where a child can find it.
- Learn something new, then teach it to someone else.
- Tell someone you're thinking of them.
- Hug a loved one.
- Don't hold a grudge.
- Don't be afraid to say "I'm sorry."
- Look a child in the eye and tell them how great they are.
- Don't kill that spider in your house, he's just lost, so show him the way out.
- Look beyond the face of a person into their heart.
- Make a promise, and keep it.
- Call someone, for no other reason than to just say "Hi."
- Show kindness to an animal.
- Stand up for what you believe in.
- Smell the rain, feel the breeze, listen to the wind, enjoy the sun.
- Use all your senses to their fullest.
- Cherish all your **TODAYS!**

Great advice for today, any day, and EVERYDAY.



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!

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,



Share'n'Grow

