

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

THE BEACON

December 2019 Volume 1 Issue 19

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.



Keep it Simple



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 12

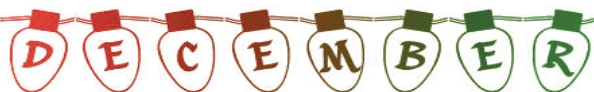
Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept 12

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference.



Gratitude Dinner

The annual Gratitude Dinner was held in November. We were treated to a delightful evening. The event was highlighted by shares from six wonderful young people of the Alateen groups here in District 159 as well as an Alanon speaker. Thank you to all who assisted with the planning and details. Thank you to all who attended. What a wonderful "family" to be a part of.

Alateen

Thank You to Deborah S. for being our Alateen liason. In Deborah's words: "Alateen sponsors facilitate the Alateen meeting by modeling how to share our experience, strength and hope. But, ultimately, it's the kids' meeting and they choose the topic to discuss."

Alateens... Words of Wisdom

"If I get in to a silly argument with a friend or family member, I have learned to stop and think and use the slogan, How Important Is IT, and it's usually not important."

"When somebody calls me names, I put it in my pocket and when my pocket gets full, I change my pants."

We currently have 2 Alateen meetings in District 159. They are Thursday evening in East Naples and Sunday morning at the Twenty-Four-Hour Club. Suggestions for new locations are always welcome.

There is a request to start an Alateen meeting in Immokalee. We are looking for Al-Anon members who are willing to become Alateen sponsors or existing Alateen sponsors to volunteer to facilitate that group.

Great opportunity for service...
We are Always looking for more Alateen sponsors.



Monday night 8:00 p.m. Acceptance meeting at The Club could use support.

District Mtg. Schedule.
There will be NO Meeting in December
Next Mtg. January 8th 2020-6:30 p.m.
Naples Community Church
Address: 849 7th Ave Street
(Suite 696), Naples, FL 34102





Heard at a meeting...

Managing one's own life is complex enough, managing the lives of others is impossible.

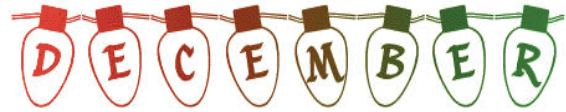
The steps are a guide to help us feel comfortable in our own skin. The Traditions are a guide to help us feel comfortable in our relationships. The Concepts are a guide to help us feel comfortable in the world.

I can't put closure on my feelings. Closure is something that happens with houses, not feelings.

If I'm growing and he/she/they are staying stuck with no desire to grow...
Do I abandon myself in order to stay?
Do I have the courage to move forward?

Being stuck, what a waste of life.

Get out of my "stucked-ness!"



As I've joyfully and gratefully been working on this December Newsletter, there has been one recurring theme streaming through my monkey mind brain. **Keep it Simple...**

As we celebrate this festive season with the accompanying anxiety, expectation and opportunity for emotional highs and lows may we all take time to be still. Be with self.

There is a peace in winter solstice. The earth is at rest. The earth is at peace. May we find that same stillness.

Have you Pondered a Slogan Today?



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



Share'n'Grow