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

THE BEACON

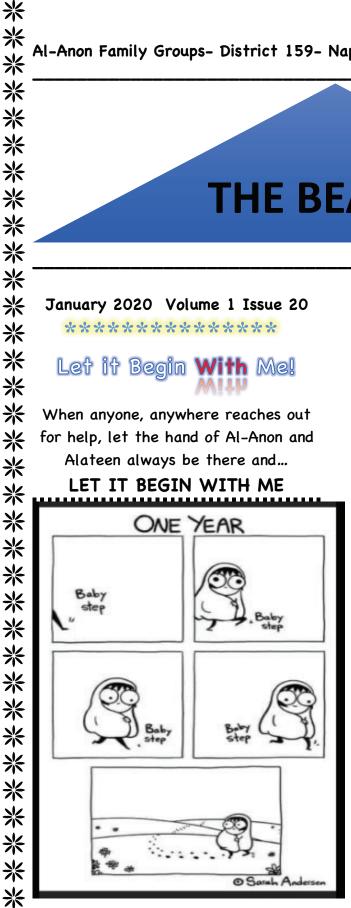
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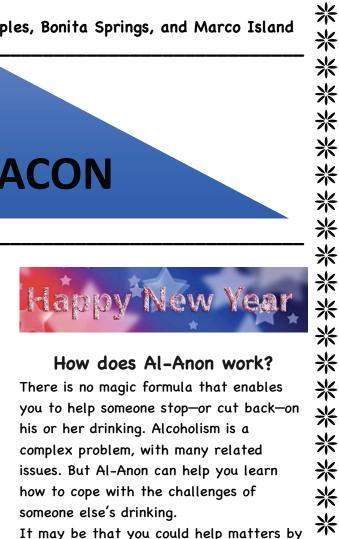




When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and...

LET IT BEGIN WITH ME





How does Al-Anon work?

There is no magic formula that enables you to help someone stop—or cut back—on his or her drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

It may be that you could help matters by changing some of your own behaviors that make things worse. It may be possible for you to find a healthier way to respond to these challenges. Again, there are no easy answers. But Al-Anon meetings offer the opportunity to learn from the experiences of others who have faced similar problems.

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While simple problems may have simple solutions, the solution to complex problems is more difficult to explain. Al-Anon simplifies a complex problem by suggesting a "One Day at a Time" approach, which takes things one step at a time.

At every Al-Anon meeting, you can hear people explain how Al-Anon worked for

***************** 💥 them. That may be the best place to start to learn about Al-Anon—One Day at

a Time.

Al-Anon members come to understand 🔭 problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this 💥 family illness. This insight put them in a better position to play a positive role in the family's future.

Some research shows that when problem drinkers enter a recovery program, their chances for success are improved when they are supported by family members who are in a family recovery program such as Al-Anon



Alateen

Notes From Alateen Chair

At Alateen meetings, kids experience the power of Unity by respectful listening, learning, and sharing their strength and hope...

As spoken by an Alateen learning, and sharing their experiences,

"At the beginning of my first Alateen meeting I was scared; at the end of the * meeting I felt Happy."

Steps, Traditions and Concepts

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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

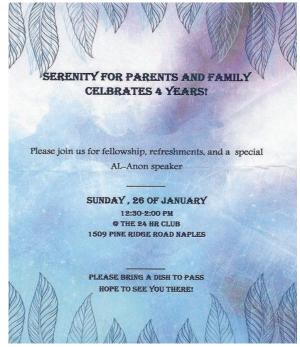
We admitted we were powerless over alcohol—that our lives had become unmanageable.

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.



* Have You Pondered a Slogan Today?



Slogans serve as a gentle, calming reminder that our circumstances might not be as impossible or desperate as they first appear.

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These concise expressions of 💥 wisdom offer quick reassurance that we really are able to cope with whatever life brings, prompting us to take constructive actions and 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.

Heard at a meeting...

Progress not perfection.

I thought that was for people who were not perfect.

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Perfection was the goal. It was so exhausting.

Between stimulus and response is choice.

This program has given me the tools to be happy.



District Mtg. Schedule. January 8th 2020-6:30 p.m.

Naples Community Church Address: 849 7th Ave Street (Suite 696), Naples, FL 34102

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
