

THE BEACON

March 2020 Volume 1 Issue 22

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



How does Al-Anon work?

Reminder

It is suggested that groups close in a manner that is agreeable to the group conscience. Many groups say the Al-Anon Declaration after their closing.

The Declaration begins with:

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.

(Pg. 4 2018-2021 Service Manual)





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

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 1

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concept 1

The right of decision makes effective leadership possible.



Celebrations and Events



Come Help Us Celebrate



The
Serenity Wednesday AFG *

8th Anniversary



WHEN: Wednesday, March 18th, 2020
TIME: 10:15 A.M.
WHERE: St. Peter's Ministry
2nd Floor Conference Room
5025 Rattlesnake Hammock
Naples, FL 34113

* - Formerly: East Naples Library, 8787 Tamiami Trail



"COME JOIN US"

34th Anniversary
Luncheon



Date: Monday, March 23, 2020
Time: 11 AM
Place: Disseler Hall
The United Church of Marco Island
320 N Barfield Dr., Marco Island

Luncheon will follow
guest speakers



Save The Date

Rumor has it... April 5
Anniversary for Sunday Morning
11:00 a.m. Hope For Today Meeting
Details to Follow



Convention coming up in August.
Looking for volunteers,
many opportunities for service.
More shall be revealed!



Have You Pondered a Slogan Today?

I am powerless, not helpless

No is a complete sentence

Progress not Perfection

The journey is the destination

Life begins right outside your comfort zone

Expectation is premeditated resentment

One Day at a Time

Let go and Let God

You didn't cause it, you can't control it, you can't cure it

Keep an attitude of gratitude!

ONE DAY AT A TIME

THIS TOO SHALL PASS



EASY DOES IT

DO THE NEXT RIGHT THING

"Today the slogans offer me healthier ways to reflect. Along with the other Al-Anon tools, the slogans allow me the option of being serene and happy whether the alcoholic is still drinking or not."

Hope For Today, p.318



Heard at a meeting...

Progress not perfection.

Reacting and responding are not the same thing.

Words expressed regarding my right and the ability to say no:

*Learn to practice disappointing one person every day.

*I'm _____, (insert name) and I'm Preparing to be disappointed every day without being resentful

I wore my friends out with my complaining

I can choose to be an awfulizer, or an optimizer.

District Mtg. Schedule.

March 11 2020-6:30 p.m.

April 8, 2020- 6:30 p.m.

Naples Community Church

Address: 849 7th Ave Street

(Suite 696), Naples, FL 34102

Let it Begin With me.

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Let it Begin With Me.



We, the Al-anon Family Group of District 159 in Naples held a surprise gathering on Sunday, February 22nd at The Twenty-Four Hour Club in honor of our Dear fellow member, Kay H.

Kay is a familiar friendly face and a loving heart and presence at our meetings. She is loved by all.

We celebrated Kay on her 90th Birthday and we shower her with love her as a longtime member of our fellowship.

Kay asked me to say thank you individually and collectively for the love and kindness bestowed upon her. When asked how she has done fifty-five years in Alanon, she replied: "I can do all things through Christ. The greatest blessing has been to do it one day at a time and every day in gratitude."



Happy Birthday Kay



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