

THE BEACON

May 2020 Volume 1 Issue 24

Let it Begin **With Me!**
With Me!



Friendship is born at that moment when one person says to another, "What, You too! I thought I was the only one." C.S. Lewis

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?

From my perspective...
Al-Anon works miraculously.
That we have stayed connected and used technology and the telephone to be in touch and of service during this trying time of Covid-19 has truly been

a blessing.

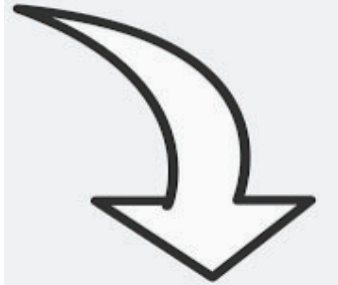


Hats off to all of us...

We are doing the best we can with what we are being given-
And we're still standing!

Together- We Can Make it!
Celebrations and Events

Take Note



**DUE TO THE CURRENT STATE OF
SOCIAL DISTANCING AND
CAUTIOUS SELF CARE...**

**There are no Anniversaries or
celebration notices or updates
to post. And On that note....**

Have you pondered a slogan lately?

This too shall pass...

One Day at A Time

**Take what you like and leave
the rest!**

Insert your favorite slogan here:

District Mtg. Schedule

May 13, 2020 6:30 p.m.

**Due to Covid19/Safe Distancing,
Please check schedule before attending.**



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 5

**Admitted to God, to ourselves, and to
another human being the exact nature of
our wrongs.**

Tradition 5

**Each Al-Anon Family Group has but one
purpose: To help families of alcoholics. We
do this by practicing the Twelve Steps of
A.A. ourselves, by encouraging and
understanding our alcoholic relatives, and by
welcoming and giving comfort to families of
alcoholics.**

Concept 5

**The rights of appeal and petition protect
minorities and insure that they be heard.**

Heard at a meeting...

Acronym.

L.G.L.G/Let Go, Let God

Put it all in God's hands.

I have faith but I have to work on trust.

You don't have to look for bad news.
It will find you!

Having you all in my home
(via zoom meetings) gives it such a
feeling of intimacy.

Thank You for letting me be a part
of this "Framily."

New normal. What is it?
"It is what it is!"

New Normal- I have all these little
"play stations" all around my house.

There is a fine line between a
Nervous Breakdown and surrender.
I've learned to take a look
at the difference between being
emotional vs. sensitive

When I feel anxiety, where have I
mis-stepped?

To withhold forgiveness is a goofy
way to try to control.

The virus has become the Alcoholic.

This quote was spoken regarding the
joy of being Program People:

"The people who don't have the 12
steps talk about it. The people who
do have the 12 steps don't talk
about it due to honoring anonymity.
"A lot of people talk about things
they don't know anything about!"

I find joy in reaching out to people
who don't have what we have in the
twelve steps. Be of service.

What I love about program is it
gives me the capability to create
change in me.

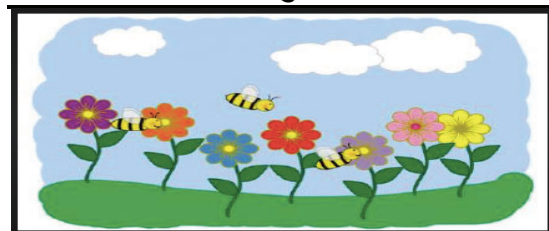
My Character Defects were like
weapons. I used them to be safe.
I'm learning to use them as tools,
to be safe and live.

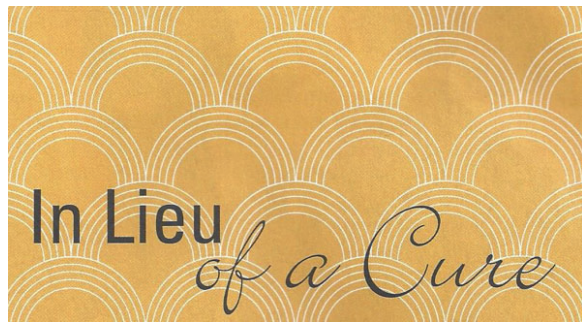
With program, I am able to live
alone without living lonely.

What am I thinking...
What are my beliefs, regarding what
I am thinking?

My Prayer: Help Me with what is.

Here we GROW again...





I sometimes think of Al-Anon meetings as an emergency room or infirmary where I can get treatment for my anxiety, anger, fear and uncertainty. I come when I need a dose of AL-Anon medicine. I come because I need to hear someone share their problem, which may resemble mine. It helps to know that I'm not the only one who has it. I want to hear and feel members' experience, strength and hope if they are up for it. And if not, it's okay to hear about their hurting, too, because we can bond through our pain, as well as our joy. I know I will feel better after the meeting- no matter what I hear or say. I think of it as a treatment to help me deal with the effects of the family disease of alcoholism. It is good medicine that helps me get better. As I listen to people share and get healthier, I get healthier. I try not to forget that this is not a short-term healing process. Even though I will make more trips to the emergency room, I don't need to call for an appointment- I can just walk in to attend an Al-Anon meeting.

By Robert H., Virginia

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Virginia Beach, Va.



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If you have Information you'd like printed in The Beacon, please Email me at: newsletter@naplesalanon.org

Remember: Together we Can Make It.

MAY-BEE...

WHEN THE NEW NORMAL NORMALISES,
WHEN LIFE IS REFORMED AND WE ARE
FREE OF THIS QUARANTINE...

WHO KNOWS-

THE BEAUTY THAT MAY BE FOUND.

LET US NOT GROW WEARY.



Share'n'Grow