

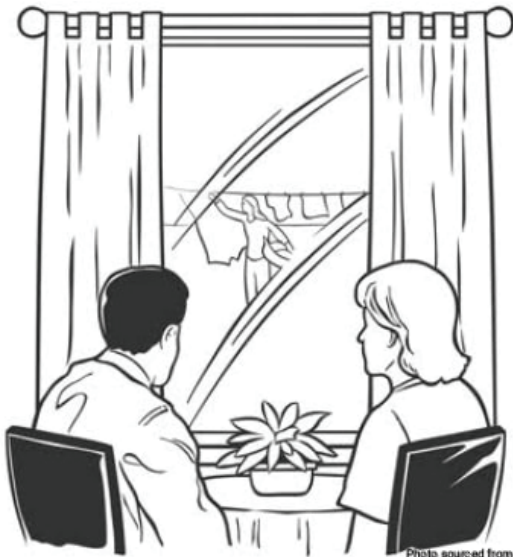
THE BEACON

June 2020 Volume1 Issue 25

Let it Begin **With Me!**
M!TP

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?

A young couple moved into a new neighborhood.

The Next morning while they were eating breakfast, the young woman saw her neighbor hanging the washing on the line. That laundry is not very clean; she doesn't know how to wash correctly.

Her husband looked on, remaining silent. Every time her neighbor hung her washing out to dry, the young woman made the same comments.

A month later, the woman was surprised to see a nice clean wash on the line and said to her husband, "Look, she's finally learned how to wash correctly. I wonder who taught her this?"

The husband replied, "I got up early this morning and cleaned our windows."

And so it is with life...

What we seen when watching others depends on the clarity of the window through which we look.

So don't be too quick to judge others, especially if your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires.

"Judging a person does not define who they are. It defines who you are."

By Paul Coelho

Together- We Can Make it!

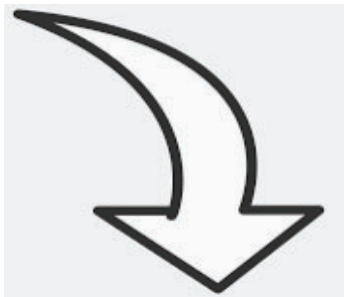


Note: District Mtg. Schedule

June 10, 2020 6:30 p.m.

Due to Covid19/Safe Distancing,
Please check schedule before attending.
This May be a zoom meeting.

Take Note



As of Monday, May 25th, it was confirmed that the August Convention is still planned to take place. The complete registration and information page is included in this newsletter.

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 6

Were entirely ready to have God remove all these defects of character.

Tradition 6

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money divert us from our spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

Concept 6

The Conference Acknowledges the Primary Administrative Responsibility of the Trustees.



Reminder: Concept 4.

Participation is the key to Harmony.
(Even in Zoom-time)



SERVICE- Please be Thinking Ahead...

It is June already. Due to the fact that we are all socially distanced, it may be out of sight and out of mind that the end of the current panel is coming up this fall. All service positions at the District level will be open for new people to do service. If you are interested in doing service at the District level, please contact your group rep., or email me for information. Service is still the basis for our functioning, even in our current zoom-world.

More Zoom News...

We've been hearing the question "is Alateen meeting during this time?" The answer is yes. After a recent conversation regarding Alateen in our district, I received this feedback:

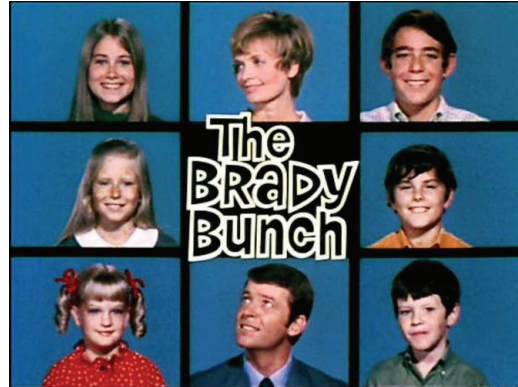
What's it like to be an Alateen Sponsor?

I have the privilege of being in zoom meetings with kids who are affected by someone else's drinking. I often hear sharing of fear, anger, confusion, and betrayal from the very ones they should be able to trust. It can be heartbreaking.

That said, I also hear from these very same kids, expressions of personal empowerment, as they come to understand the White Elephant in their home called Alcoholism. Once they come to understand that they did not cause it, cannot control it and cannot cure it, what a relief to them.

After coming to Alateen feeling quite shy, one Alateen member spoke quite eloquently recently at their zoom meeting. The share expressed positive ways the program has taught them to deal with challenging situations at home and at school. This Alateen shared with self-confidence and from a place of empowerment, which was an inspirational gift to all of us present. Alateen does produce opportunity for miracles to take place...

Our Higher Power is present at every meeting.



Also Sent in from a local Al-Anon Member The Gift of Al-Anon Friendships

A newcomer and I exchanged phone numbers after a meeting. When she called the next day, she said my share had helped her. It occurred to me that I don't really remember exactly what I shared at that meeting, and I often don't!

So, I asked her what she had specifically identified with. She said she heard me say that I too, had been lonely and frustrated as a newcomer, but that in Al-Anon, I found people who understood what I was going through. And now they have become loving sisters and friends.

She shared that she was not only new to Al-Anon, but new to our area. She had heard me say that in my Al-Anon family we share more than our experiences with the disease of Alcoholism and our recovery. We share meals, coffee, stories, laughter and tears. We walk together; go to movies, sunsets, and each other's homes. I now have a new network of friends that I can call at any time who will support me, without judgement, no matter what. And I am there for them.

How wonderful is it to encourage a newcomer that she too may have a whole new network of friends? That two or three-minute share gave her encouragement, strength and hope that she is in the right place, and that this miracle may happen for her, too. That is one of the precious gifts of the Al-Anon program.



Heard at a meeting...

I have to be careful. Everything I think is creating my future.

Recovery: Lifelong Learning

Humility: Perpetual quietness of the heart.

Arrow prayers-
specific to every incident.

The importance of a sponsor:
With a lot of meetings, you get meeting recovery.
Doing the work with a sponsor you gain Self Awareness.

If I don't know who I am, how can I be very authentic.

I had to stop playing God Before I could believe in God.

When I helped, I felt good.
I learned this was a form of manipulation. I had to step away and let the lessons come.

The hardest thing...
is to NOT DO anything!

The addict has not done anything TO ME. It is their journey.

Working with a sponsor is not necessarily easy, but it's freeing.

I came to Al-anon not because of the drinkers. I came for my behavior to their drinking.

Does what I think, what I say and what I do match up? Congruency.

I don't have to please all of them if it is a recovery behavior for me.

"Ninety meetings in Ninety days was like Miracle Grow for my program."

Conversation with my higher power:
I said I am helpless. HP said yes, Help- Less.
I said I am hopeless. HP said yes, Hope- Less. Trust me more.

I cannot imagine my life without recovery.

June 14
FLAG DAY



"Let it begin with me!"

Have you Pondered a Slogan Today?

Let It Begin With Me.
One Day At A Time
It IS What It IS
Together we can make it
How Important Is It?
Keep IT simple
First Things First
LET GO AND LET GOD
Healthy Boundaries
But for the Grace of God

Leaving space for you to pause and perhaps make a few notes on your "go-to" slogans.

Reminder/Humor

"Figure it out" is not one of the slogans!

"Let it begin with me!"

When anyone anywhere reaches out for help, let the hands of Al-anon and Alateen always be there, and

Let it Begin With Me.

If you have Information you'd like printed in The Beacon, please Email me

at: newsletter@naplesalanon.org

Remember: Together we Can Make It.

LET US NOT GROW WEARY.



Share'n'Grow

