

THE BEACON

July 2020 Volume1 Issue 26



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

LET IT BEGIN WITH ME



"ALCOHOLISM IS A FAMILY DISEASE-

THE WELL-BEING OF ANYONE LIVING WITH AN ALCOHOLIC IS AFFECTED EMOTIONALLY, PHYSICALLY, & SPIRITUALLY."

al-anon.ora

How does Al-Anon work?

Since 1951, Al-Anon Family Groups has been helping families and loved ones of people who are struggling with alcoholism.

Al-Anon knows the struggles of people that may feel despair, hopelessness and other feelings that may result in a feeling that things will never change. There are multiple ways that Al-Anon can help. Whether its meetings, talking to other people going through the same struggles, or resources for growth, Al-Anon is there. One aspect that helps, are Al-Anon slogans. We have compiled the 31 most helpful slogans. Great for everyday life and reassurance, Al-Anon slogans help when one is in need of a little help. Also below, (later in this newsletter) are the 10 most common Al-Anon acronyms. Very helpful to help conquer anything that you are dealing with in life. Which Al-Anon slogans and acronyms are your favorite?

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.

<u>Step 7</u>

Humbly asked Him to remove our shortcomings.

Tradition 7

Every group ought to be fully self-supporting, declining outside contributions.

Concept 7

The trustees have legal rights while the rights of the Conference are traditional.

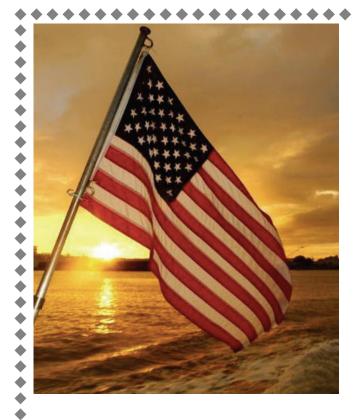


At last report, the August Convention is still planned to take place. The registration sheet is attached at end of this newsletter. Please follow up if you are interested in attending.

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The Twenty Four Hour Club has reopened. Reduced capacity in the rooms. Check with your meetings to see how they are proceeding.



Service Notice:

The current panel of District officers is set to hold elections in September. This means that all District offices will be open to anyone looking to do service. Because we have been operating in Zoom world, this has not been announced and made public as would have been in our regular, room meetings. Please know that the workings of our Al-Anon groups are dependent upon our members stepping up and doing service. Please Consider doing District Service

District 159 Service Position Guidelines

These Guidelines contain information about District 159's Service Positions and their roles and responsibilities. In addition to the information contained here most position Guidelines can be found on the Al-Anon Member's webpage (http://alanon.org/members/servicestructure/arearesources/item/365-guidelinesand-other- service-tools.) In addition to the 12 Steps and particularly the 12 Traditions, it is important to note:

- Our service officers and leaders are trusted servants; they do not govern.

- Rotation gives all members the privilege of serving.

- Qualifications and terms of service are suggestions, not mandatory.

(Please note Al-Anon restrictions on certain positions.)

<u>Reminder: Concept 4.</u> Participation is the key to Harmony. (Even in Zoom-time)

Note: District Mtg. Schedule Wednesday July 8, 2020 6:30 p.m. Due to Covid19/Safe Distancing, Please check schedule before attending. This May be a zoom meeting. Sent in from a Naples Al-Anon member: To The Beacon: Please share how the ZOOM meetings have kept everyone from all over connected. Before Covid, some of us lost touch with our Naples Community and our Recovery circles during the summer months. Having these ZOOM meetings has been a boon to continuous recovery and support. Hearing a fellow member share about this in a recent meeting again made me think how important the ZOOM connection has been in regards to fighting the isolation we are susceptible to during this time.





Heard at a meeting...

"Sometimes thinking gets in the way of intelligence."

When one member of a family is thinking sanely then the whole situation can change.

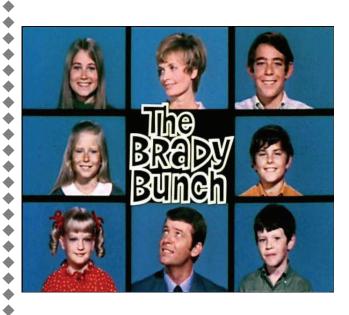
Statement at end of a meeting: "I feel like I've been wrapped in a warm blanket for an hour."

Someone told me to ask myself this question...

"How much fun am I to be around?"

I don't want to spend my time being unhappy about things I cannot do anything about!





FROM SURVIVAL

epressed them during childhood and continued to do so as dults. Learning to feel the full range of our emotions again akes trust. We can only learn to trust in increments by doing t one day-sometimes one hour or one minute-at a time. ٠ Slogans are very useful to newcomers and longtime mem-٠ bers alike. They remind us to "Keep It Simple" and are short and easy to remember. Some of us with well-developed intel-٠ lects may resist what seem like simplistic platitudes, but we ٠ can remind ourselves to "Keep an Open Mind." No one has asked us to throw away all we have learned, or to accept ideas as true until we have tested them out in our own lives. In fact, in Al-Anon we are encouraged to take what we like and leave ٠ the rest. "Think!" and "Listen and Learn" are also slogans. ٠

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In the beginning, it can be useful for the scientificallyminded among us to view practicing the program as an experiment or a working hypothesis. We may not even be conscious of how many thoughts—how many *negative* thoughts—are already running around uncontrolled in our minds. Since only one thought can occupy the mind in any given moment, slogans are handy ways to substitute a positive thought for a negative obsession.

If we react physically to our stresses with ailments, tense muscles, sleeplessness, or exhaustion, focusing on a single idea can help us relax. We can "Let Go and Let God," or we can "Turn it over."

We should not underestimate the difficulty of trying to follow this counsel. The more agonizing the problem is, the harder we may try to hold onto it. We are often only too ready to admit we're desperate. What we fail to realize is that we are also powerless. We're afraid to let go. "What would happen if I did?" we think.

The answer is nothing, except what would have happened anyway. Perhaps something wonderful will happen that we "Let it begin with me!"

Have you Pondered a Slogan Today? These two pages from our Conference Approved Literature were the topic at a recent zoom meeting. The shares were extremely powerful. Heartfelt. Sincere. Thought provoking. Since I make an effort to include something of the slogans in every release of The Beacon, I am going to use this opportunity to highlight the use and the importance of the Slogans, as was discussed after reading these two pages.

TO RECOVERY

haven't even imagined. The reality of our powerlessness over alcohol and alcoholics must be accepted before any progress can be made. Once we stop trying to control the uncontrollable, we can leave it to God. We don't collapse and do nothing for ourselves; we cooperate by doing whatever we can and accepting that the outcome is not in our hands. Acceptance is a challenging but rewarding spiritual discipline.

Those of us who are perfectionists are often overwhelmed by the magnitude of what we imagine recovery to be. "Easy Does It" and "First Things First" help us to keep moving, but remind us we need only take small steps. Setting our goals too high can lead to frustration and despair. "Progress Not Perfection" gives us permission to be human and a realistic aim to substitute for our unreasonable demands on ourselves and others.

Those of us who drown our feelings in alcohol or drugs, or bury them in food, work, or relationships, can start working with "Live and Let Live." We know at some level that we can't really live when we are driven by compulsions and addictions. Tolerance for others is tied to tolerance for ourselves. We can love the person without encouraging the disease.

If we attend meetings regularly, listen, and share our own truth, we are on our way to recovery. The Steps and Traditions provide the framework. We use the slogans as a handrail to climb the Steps toward serenity. "Together We Can Make It," says we don't have to do it alone. We have the group, our Sponsors, and a God of our understanding to show us the way. Events in our lives will change or they will not, but our attitude can be altered if we practice these principles in all our affairs. Joy and peace of mind are among the rewards we seek when we decide to "Let It Begin with Me." ٠

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31 Most Helpful Al-Anon Slogans 1. How Important Is It? 2. Easy Does It 3. Keep an Open Mind 4. Progress Not Perfection 5. Keep Coming Back Acronyms 6. But for the Grace of God 7. One Day at a Time 8. Listen and Learn DETACH: 9. Together We Can Make It 10. Keep It Simple Him/Her. 11. First Things First FEAR: 12. Let It Begin with Me 13. Just for Today THINK: 14. Let Go and Let God 15. Live and Let Live 16. Anger Is Just One Letter Short Of Danger 17. An Expectation Is A Resentment Waiting To Happen 18. Detachment, Not Amputation 19. Feelings Aren't Facts 20. If In Doubt, Don't 21. Keep The Focus On Yourself 22. Live At Peace With Ourselves And Others be there, and 23. Look Back Without Staring 24. Obedience To The Unenforceable 25. Principles Above Personalities 26. Quiet The Mind, Open The Heart 27. Take Care Of Yourself 28. Take Your Own Inventory (Not Someone Else's) 29. The Healing Is In The Hearing 30. Think (Stop And Think) 31. This Too Shall Pass



HOPE: Happy Our Program Exists HALT: Hungry, Angry, Lonely, Tired Don't. Even. Think. About. Changing. False. Evidence. Appearing. Real. (Is it?) Thoughtful. Honest. Intelligent. Necessary. Kind. STEPS: Solutions. To. Every. Problem NUTS: Not. Using. The. Steps QTIP: Quit. Taking. It. Personally LOVE: Let. Others. Voluntarily. Evolve HOW: Honest. Open. Willing.

Let it Begin With me.

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

