

# THE BEACON

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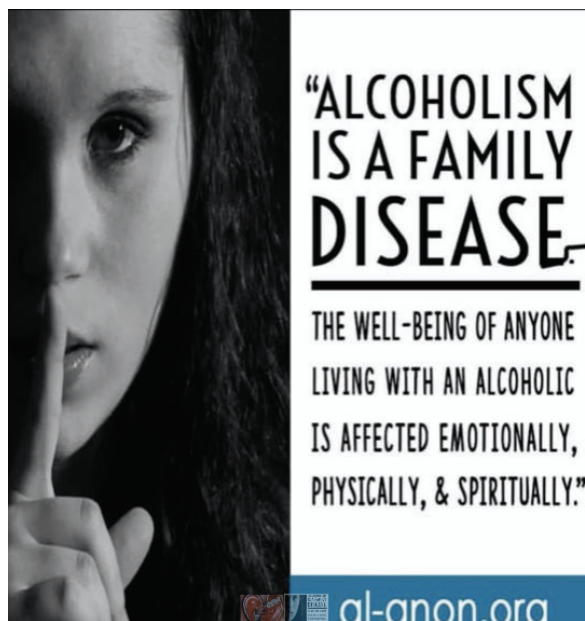
July 2020 Volume1 Issue 26

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

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

**LET IT BEGIN WITH ME**  
.....



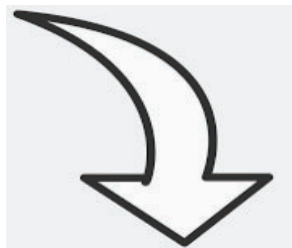
## How does Al-Anon work?

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?



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.

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

## 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 7

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.





### 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://al-anon.org/members/service-structure/area-resources/item/365-guidelines-and-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.)

### Reminder: Concept 4.

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.  
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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?"

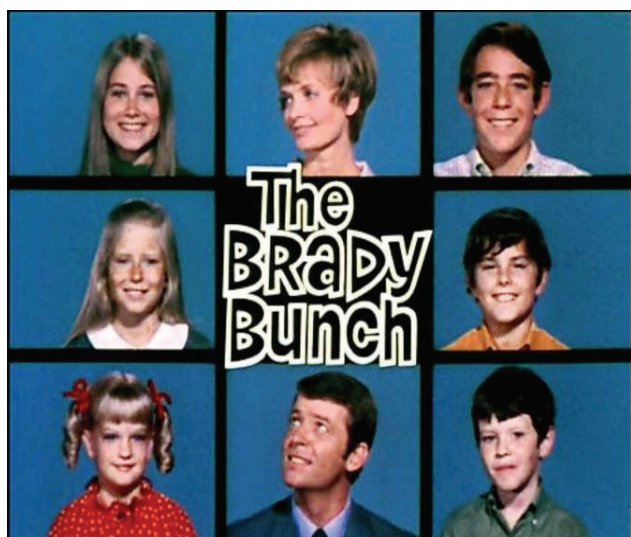
I don't want to spend my time being unhappy about things I cannot do anything about!

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## Happy Summer



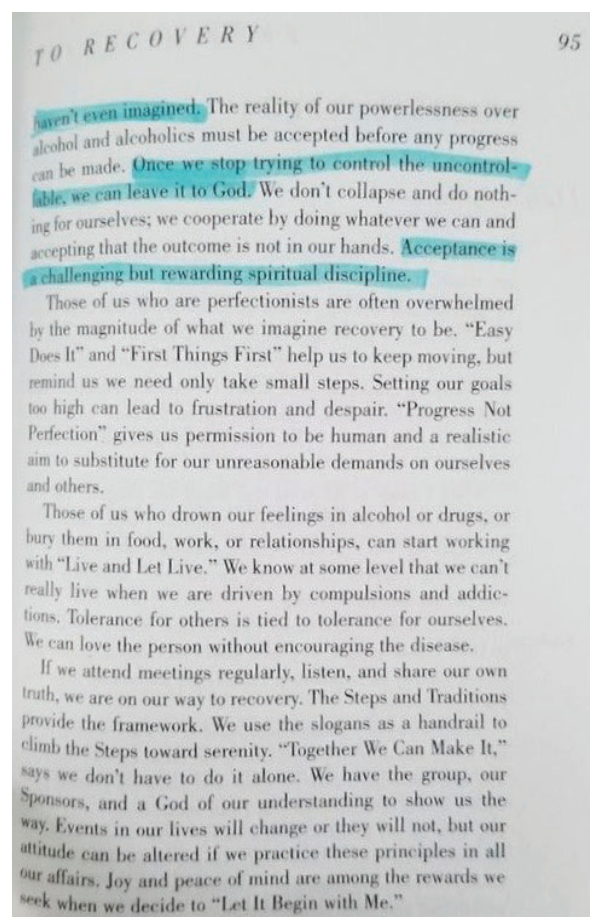
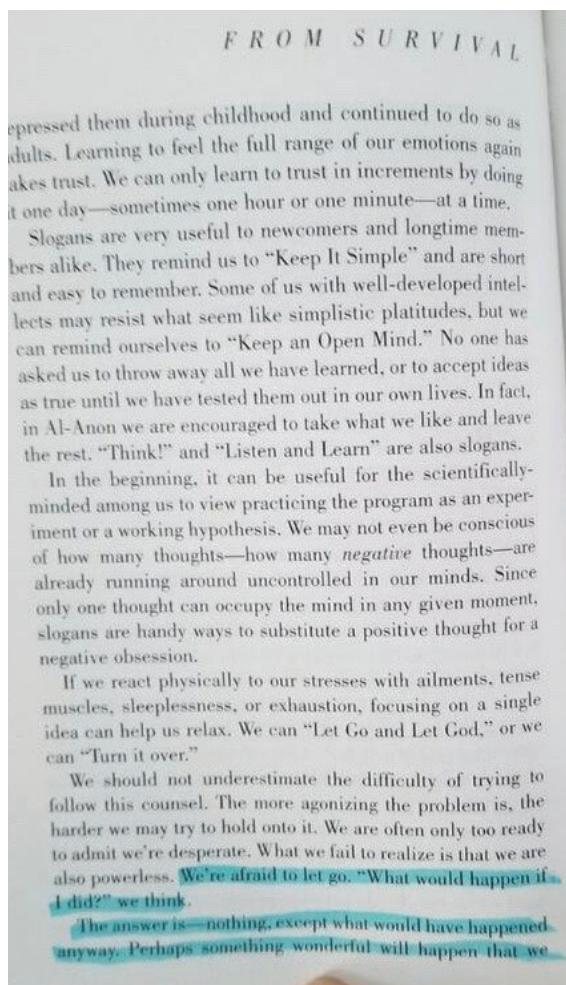




## "Let it begin with me!"

### 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.



## 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
6. But for the Grace of God
7. One Day at a Time
8. Listen and Learn
9. Together We Can Make It
10. Keep It Simple
11. First Things First
12. Let It Begin with Me
13. Just for Today
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
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



## Acronyms

**HOPE:** Happy Our Program Exists

**HALT:** Hungry, Angry, Lonely, Tired

**DETACH:**

Don't. Even. Think. About. Changing. Him/Her.

**FEAR:**

False. Evidence. Appearing. Real.

**THINK:**

(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.

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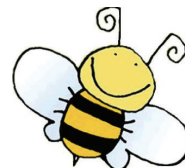
Let it Begin With me.

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](mailto:newsletter@naplesalanon.org)

Remember: Together we Can Make It.  
LET US NOT GROW WEARY.



Share'n'Grow