

THE BEACON

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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

"Say, Pooh, why aren't you busy?" I said.
"Because it's a nice day," said Pooh.
"Yes, but ---"
"Why ruin it?" he said.
"But you could be doing something Important," I said.
"I am, " said Pooh.
"Oh? Doing what?"
"Listening," he said.
"Listening to what?"
"To the birds. And that squirrel over there."
"What are they saying?" I asked.
"That it's a nice day," said Pooh.
"But you know that already," I said.
"Yes, but it's always good to hear that somebody else thinks so, too," he replied.

Stop and take time to listen today! It's a beautiful day!



How does Al-Anon work?

While reading the Local "Up North" newspaper, this popped out at me:

I found this gem while going through Mom's old Forums. This one is from August 1976.

A photograph of a newspaper clipping with a white background and black text. The title is "WHAT AL-ANON WON'T DO". The text lists several things Al-Anon will and will not do, such as "Al-Anon will not change your spouse, but it will help you to change yourself and your attitude." and "Al-Anon will not get you back to church or religion, but it can help you find the 'God' of your understanding and then you can take it from there." The clipping is slightly tilted and has some shadows, suggesting it was scanned from a physical document.

WHAT AL-ANON WON'T DO

Al-Anon will not change your spouse, but it will help you to change yourself and your attitude.

Al-Anon will not work for your spouse, but it will work for you if you keep coming to meetings and keep an open mind.

Al-Anon will not help you unless you remember you are powerless over alcohol and the alcoholic.

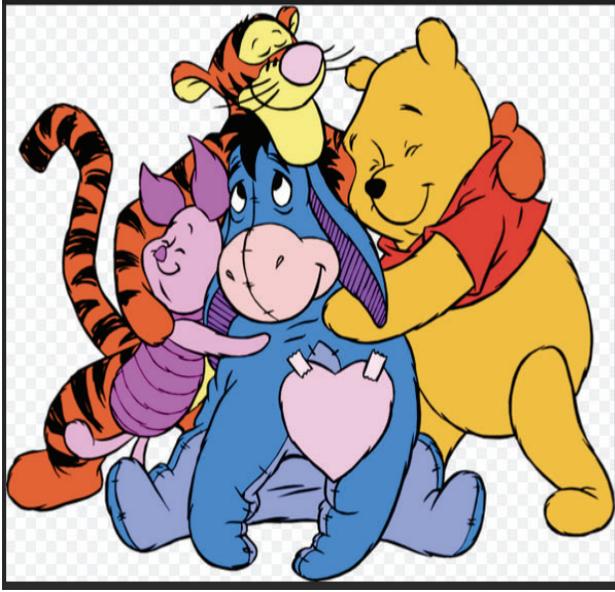
Al-Anon cannot be worked in a week, a month or even a year, but working the program one day at a time will help you to realize one day is just about all you can handle at one time. So be prepared for a lifetime with Al-Anon.

Al-Anon will not get you back to church or religion, but it can help you find the 'God' of your understanding and then you can take it from there.

Al-Anon does not control the alcoholic, but you can learn to *Let Go and Let God* take control.

There are seven little words that have a very big meaning for the first three Steps. They are: 'I can't. He can. So let Him.' I can't take credit for these words: I borrowed them from a recovering alcoholic. They have helped me so much. I hope they help you too. S.M.B., Balto, MD

HUGS Hugs and more Hugs



A word from Alateen:

The Alateen chair wanted to pass on an important resource for parents of children who seek help explaining addiction in their lives. It is geared towards youngsters under the age of seven.

Sesame Street, in partnership with The Hazelden foundation, has created short videos using new Muppet Karli and young children to explain parental addiction. These lessons may help a child transition into Alateen when older.

The Website

is: sesamestreetincommunities.org

Please check it out and pass info on to others.... Together we can make it!

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 8

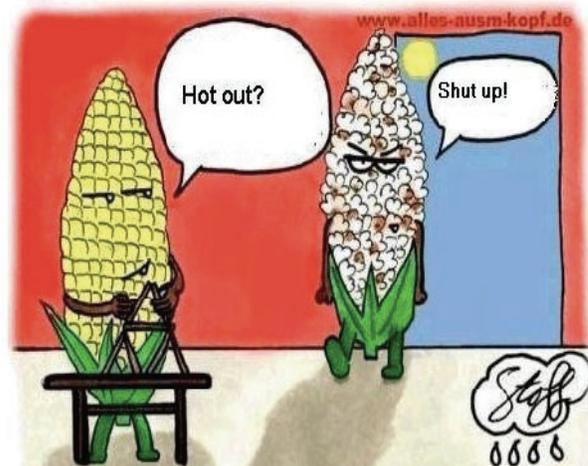
Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8

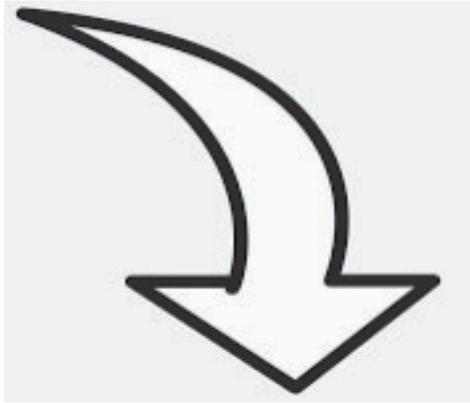
Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Concept 8

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.



Do Take Note:



The 31st Annual AFG Florida South Convention with A.A. Participation has been *postponed* until August 2021. The convention committee is committed to having the best convention ever and looks forward to welcoming everyone in 2021. Please stay safe and stay in touch.



District Mtg. Schedule

Wednesday August 12, 2020 6:30 p.m.
Due to Covid19/Safe Distancing, this may again be a zoom meeting.
Please check schedule before attending.
All Al-Anon members welcome.



Service Notice/Reminder

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 be aware that the workings of our Al-Anon groups depends upon our members stepping up and doing service. Please consider doing service at the District Level.

Reminder: Concept 4.

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

Hollywood Squares



I don't know about you but I'm beginning to feel like I live in a little square. Will we even recognize one another when we meet up in the outside world again...



Heard at a (Zoom) meeting...

One of the gifts of Al-anon is that I'm starting to value my own time.

In looking at the acronym O.D.A.T.
(One Day at A Time)

I ask myself:

is it an Opportunity

Do I have the Desire

Do I have the Ability

Do I have the Time

I'm not going to be walked on anymore. I can put my hand in God's hand and walk away.

Change is very confusing.

Change and Gratitude fit together in a very strange way.

"I love coming to this meeting.

I always get a laugh and something-Good!"

And this acronym Sent in by an Al-Anon Friend: PAUSE

Payer

Accountability

Understanding

Serenity

Easy Does it.

Alanon works- in all my affairs



...And just because so many people commented on how helpful it was to see the full list of slogans during this alternate reality time we are living in, I decided to run it again....

"Let it begin with me!"

Have you Pondered a Slogan Today?

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.

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.



Share'n'Grow