

THE BEACON

September 2020 Volume 1 Issue 28

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



How does Al-Anon work?

As we are scattered hither and yon and yet remain connected "via our squares..." this depiction of The Serenity Prayer seemed apropos. Though we are separated by circumstances, miles and geography, thru The Al-Anon Family we remain together, in Heart.

SEPTEMBER



How Does Al-anon Work?

From One of us, Locally....

What a wonderfully rich time of review and honing of my Al-anon skills the past five months have been! Please take note, I'm choosing an "attitude of gratitude." In all honesty, this has been a strenuous time of remembering and using my program.

The most prevalent emotion I've been feeling when leaving my home is anger. I'm not proud of it, and yet I've grown from this. It took me a very short amount of time to realize I had loosened my grip on Step One. I felt it my duty to correct other shoppers who went the wrong way down a store aisle, or if they were not wearing a mask and getting within 10 feet of my masked self. After a few unpleasant responses, and some wonderful input from my sponsor, I finally remembered I can only control myself.

So, now I wear my mask and patiently wait for other shoppers to either move, or I go a different way, or I pass them quickly at as much of a distance as I can manage.

All that is not to say I don't speak up for myself when in a position where I cannot easily do any of those things. I employ Tradition Seven when, for example, I have entered a small elevator and a third or fourth person starts to also enter. I politely ask them to wait for another elevator. Every time that person has agreed. If necessary though, I would step off.

Yes, I still want to speak up and quiz people as to why they won't wear a mask to protect me, but I don't. I just shake my head at myself and say "Silly old me, not yours to control" and go on my way, fully supporting myself. (Submitted)

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 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

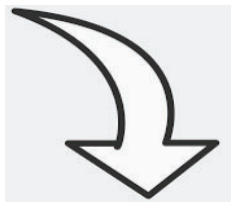
Tradition 9

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9

Good Personal Leadership at all National Levels is Necessity Levels is a Necessity. In the Field of World Service the Board of Trustees Assumes the Primary Leadership.





Note: District Mtg. Schedule
Wednesday Sept. 9, 2020 6:30 p.m.

Wednesday Oct. 14, 2020 6:30 p.m.

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

This May be a zoom meeting.

Service Notice/Reminder

Concept 4. Participation is the key to
Harmony. (Even in Zoom-time)



Announcements...

As you have been hearing in the announcements at meetings you have been attending, whether by



or in person, we are set to have election and turnover of our panel of leadership. These positions are vital to our existence and function as per Al-Anon guidelines. Please consider where your time and talent may fit in and serve for the highest good of Al-Anon as a whole. We need each and every talent we have been blessed with as a whole. Let your light



shine.

Please consider sharing something of yourself that we may not know about you. ☀️

Speaking from personal experience, I can say that volunteering and taking on an Al-Anon task has been like super-food for my personal growth. Please consider sharing your light!



I recall something heard early on in my recovery journey:

Higher Power does not call the qualified. Higher Power qualifies the called.





Things I wish I knew as a newcomer.

1. Nothing I do or don't do can change another person. The only thing that can change is me. Once I change, they may or may not come along for the joy ride.

2) Worry never got me anywhere. It was suggested I take my worries, fears and concerns, write them down and stick them in a box. Every single one of them! As I stuck them in a box, I had a faith that something greater than me would take that worry, fear or concern and do what was necessary. In 30 days, I opened the box. I learned my fears, worries and concerns didn't pan out the way my head thought they would. Mostly, things worked out and I got happier by living in the moment and focusing on me.

3) Enabling is disabling. Let that sink in. It takes away the ability of another to learn from the consequences of their actions.

4) Long time members may not say what you want them to. They say what worked for them and countless others. Get a sponsor, even a temporary one. Pick up the phone and call someone in Al-Anon. It was the key to my success and my happiness.

5) Just because they get sober doesn't mean things will be instantly better. Just like when we are HALT (Hungry, Angry, Lonely and Tired) we can have mood swings, they can too. It's part of recovery. This too shall pass.

6) None of the "He will say, then I will say" stuff ever works out like I thought it would. I learned that I can clearly state my concern and let go of the outcome. "Say what you mean and mean what you say but don't say it mean" has great value.

7) I don't have to fight back. I can say "Thanks for sharing", or "Let me think about that". "I never considered that" or something along those lines. I don't have to go to every movie I'm invited to.

8) $6+3=9$ as does $5+4$.

As long as we get to 9, how important is it that we do it my way?

Can anyone else add to the list?

(Submitted)



Heard at a meeting...

Recovery is like stringing pearls on a necklace. If I keep stringing them together (O.D.A.T), I might end up with a beautiful strand of pearls.

In Recovery, the steps are the scaffolding for rebuilding.

The only inventory I am responsible for is my own.

I believe it's important to Have a sponsor who has a sponsor so we're both moving up

When you change, there is always loss.
When you don't change, there is also loss.

Regarding relationships: As I've grown and changed in Recovery,
It's not the quantity, is the quality.

I cannot want his/her recovery more than he/she wants it.

Every single multiple personality I have is real at the time.



"Let it begin with me!"

Have you Pondered a Slogan Today?

Looking at Hope...

Definition:

A feeling of expectation and desire for a certain thing to happen.

A feeling of trust.

Want something to happen or be the case.
(v.)

How to establish and nurture HOPE using the slogans:

- ** Listen and Learn
- ** Quiet the Mind, Open the Heart
- ** Let It Begin with Me
- ** The Healing Is in The Hearing
- ** Progress Not Perfection

Acronyms

HOPE: Happy Our Program Exists

Hold on, Pain Ends

Hold on, Peace Exists

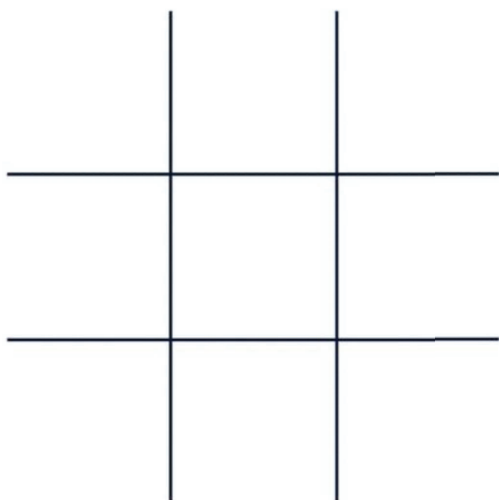
Heart Open Please Enter

Have Only Positive Expectations

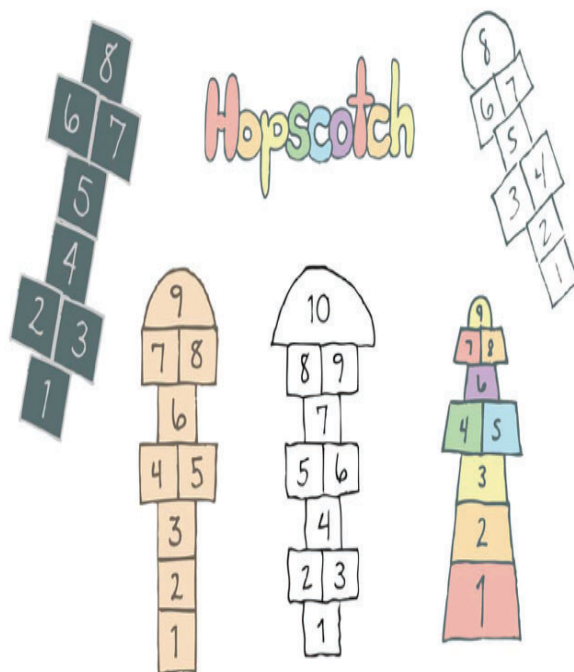
HOW: Honest. Open. Willing

Beginning to worry... I find myself thinking only in squares. Here's a little diversion in case you are fighting boredom. Find someone/safe distance... and share some games, squares, laughter, fellowship.

Tic Tac Toe



In true Al-Anon fashion,
There are multiple layouts.
Different perceptions.
It's all still called Hopscotch.



I still can't believe people's survival instincts told them to grab toilet paper.

I'm going to stay up on New Year's Eve this year. Not to see the New Year in, but to make sure this one leaves.

If I had only known in March it would be my last time in a restaurant, I would have ordered dessert.

At the store there was a Big X by the register for me to stand on... I've seen too many Road Runner cartoons to fall for that one.

Having some states lock down and some states not lock down is like having a peeing section in a swimming pool.

Until further notice, the days of the week are now called, thisday, thatday, otherday, someday, yesterday, today & nextday.

**THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE
THEY LIED. EVERYBODY ELSE HAD CLOTHES ON**

The dumbest thing I've ever purchased was a 2020 planner.

When Does Season TWO of 2020 Start?
I Do Not Like Season ONE.

Keep in mind, even during a pandemic, no matter how much chocolate you eat, your earrings will still fit.

The buttons on my jeans have started social distancing from each other.

I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are

Let it Begin With me.

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

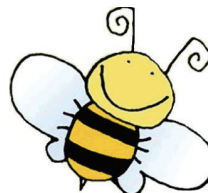
Let it Begin With Me.

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

Remember: Together we Can Make It.

S'n'G

LET US NOT GROW WEARY.



Share'n'Grow

AL-ANON SERVICE POSITIONS

SERVICE AVAILABLE TO EVERYONE	AL-ANON MEMBERS (NOT DUAL MEMBERS)
<p><u>GROUP</u> <i>Qualifications: The Willingness to Serve</i></p> <p>Treasurer Secretary Literature Monthly chairperson (optional) Weekly Topic Leader (optional) Greeter (optional)</p> <p><u>DISTRICT</u> <i>Qualifications: The Willingness to Serve</i> Secretary Treasurer</p> <p><u>INFORMATION SERVICE</u> <i>Qualifications: The Willingness to Serve</i> Chairpersons Alateen Archives Group Records Literature PUBLIC OUTREACH CPC (Cooperating with the Professional Community) Institutions Public Information Latino Public Outreach Newsletter Speaker's Bureau Telephone Answering Service Webmaster</p> <p>Updated 8/24/20</p>	<p><u>GROUP</u> <i>Qualifications: The Willingness to Serve and an understanding of the Steps, Traditions and Concepts</i> Group Representative Alternate Group Representative</p> <p><u>DISTRICT</u> <i>Qualifications: Previous Group Representative for three years</i> District Representative Alternate District Representative</p> <p><u>INFORMATION SERVICE</u> <i>Qualifications: Previous Group Representative for three years</i> Al-Anon Information Service Liaison (AISL) Alternate AISL</p>

DISTRICT 159 POSITIONS FOR ELECTION

Qualifications: Previous Group Representative for three years

District Representative

Alternate District Representative

Qualifications: The Willingness to Serve

Secretary

Treasurer

INFORMATION SERVICE

Qualifications: Previous Group Representative for three years

Al-Anon Information Service Liaison (AISL)

Alternate AISL

Information Service Positions

Qualifications: The Willingness to Serve

Information Service aids the groups in the common purpose of carrying the Al-Anon message to families and friends of alcoholics as the link to the public.

Information Service is made up of Officers and Committees. Each committee has a Chairperson who works with the Al-Anon Information Service Liaison (AISL). It is suggested that each Chairperson gather several members to form a committee. The size of the committee depends on the job; some committees have one person, while others may need more. Below are the committees and a brief description of what the position does.

Alateen: The Alateen Chairperson coordinates Alateen activities regarding Alateen meetings current and new, group sponsors, and ensures compliance with the Area 10's Safety and Behavioral Requirements.

Archives: The Chairperson is responsible for preserving and maintaining historical documentation pertaining to our District that has been collected over the years and current group information.

Group Records: The Group Records Chairperson maintains the District 159 Where and When meeting schedule and confidential list. All group records' paperwork is processed through this Chairperson.

Literature: This Chairperson provides information on new literature being developed by WSO. The "Forum " is also promoted and requests for members sharing are made known.

Newsletter: "The Beacon" is developed by the Newsletter Chairperson and distributed to all groups or group contacts. This is an important tool used to update group members about upcoming events: District events, Area Assemblies, workshops, conventions and group anniversaries.

Public Outreach:

- **Cooperating with the Professional Community (CPC)** - The CPC chairperson and committee contact various professionals such as doctors, therapists, counselors, clergy, attorneys and other helping professionals to educate them about Al-Anon and Alateen.
- **Public Information** - Brings an awareness of Al-Anon and Alateen to the public via the media, Public Service Announcements, newspapers, public agencies, and libraries.
- **Latino Public Outreach:** Brings an awareness of Al-Anon and Alateen to the Latino public via the media, Public Service Announcements, newspapers, public agencies, libraries and professionals.

- **Institutions** – Coordinates with rehab facilities to bring Al-Anon informational meetings to clients and families.

Speaker's Bureau: This Chairperson maintains a list of Al-Anon members willing to speak at events with Al-Anon, Open AA meetings, schools, etc., and arranges for those speakers at these events when requested.

Telephone Answering Service (TAS): This Chairperson is responsible for overseeing the operation of the answering service, keeping recorded messages updated with current meeting times and locations. Maintains a list of volunteers to follow up with individuals who want to speak with an Al-Anon member.

WebMaster: This chairperson will maintain the website for functionality and content. If the website chairperson has the expertise, this is ideal. If not, the chairperson can seek a member volunteer or contract with a web design company. Top priority for the website is to serve as a public outreach tool to attract newcomers and help them find a meeting and serve as a communication tool to provide current information to the Al-Anon and Alateen members. The chairperson may also elect to have a committee of volunteers to review content and assist in updating content.