

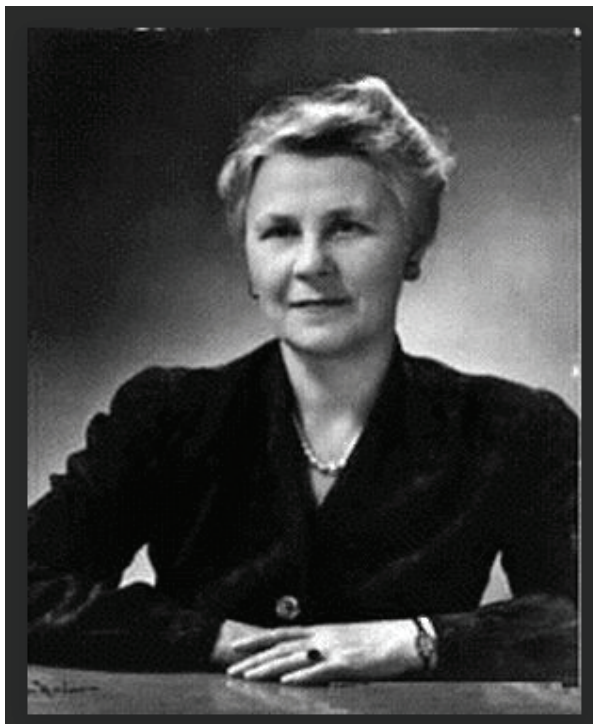
THE BEACON

October 2020 Volume1 Issue 29

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



Lois B. Wilson
March 4, 1891-October 5, 1988

How does Al-Anon work?

A bit of history.

Lois Wilson (née Burnham; March 4, 1891 - October 5, 1988), also known as Lois W., was the co-founder of Al-Anon Family Groups, a 12-Step fellowship for the friends and family of alcoholics. She was the wife of Alcoholics Anonymous (AA) co-founder Bill W. They both followed their respective groups' tradition of anonymity until The New York Times revealed their full names upon Bill's death in 1971. However, she continued to be known as Lois W. within Al-Anon until her death.

William Griffith Wilson died late Sunday night (January 24th, 1971) and, with the announcement of his death, was revealed to have been the Bill W. who was a co-founder of Alcoholics Anonymous in 1935. His age was 75.

The retired Wall Street securities analyst had expected to die or go insane as a hopeless drunk 36 years ago but - after what he called a dramatic

spiritual experience — had sobered up and stayed sober. He leaves a program of recovery as a legacy to 475,000 acknowledged alcoholics in 15, 000 A.A. groups throughout the United States and in 88 other countries.

Mr. Wilson, whose twangy voice and economy of words reflected his New England origin, died of pneumonia and cardiac complications a few hours after he had been flown by private plane to the Miami Heart Institute in Miami Beach from his home in Bedford Hills, N.Y.

At his bedside was his wife, Lois, who had remained loyal during his years as a "falling down" drunk and who later had worked at his side to aid other alcoholics. She is a founder of the Al-Anon and Alateen groups, which deal with the fears and insecurity suffered by spouses and children of problem drinkers.

From Hope For Today (September 22)

Talking openly and honestly with my family members is difficult and at times downright painful. Saying to people I love that I am no longer willing to be around their intense negative energy is a frightening experience. Sometimes I'm afraid I'll have to separate from my family members to maintain my quest for healthy living, especially when they deny and justify their unacceptable behavior. I'm aware that I still want the people I love to change and mature, so I can be more comfortable. I am also aware that

this may or may not happen. Today it's okay for me to want this to happen. However, I am slowly learning that trying to change someone else's behavior to suit my needs is an exercise in futility and frustration. Truly profound power and peace lie in the ability to change my behavior to suit my needs.

Thought for the Day

With the help of AL-Anon, I can accept people as they are and find serenity, even if I am the only one who changes.

"We need to recover, and when we do, we sometimes find that others are motivated to get better, too."

Does She Drink Too Much?, P. 4

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 10

Continued to take personal inventory and when we were wrong promptly admitted it.

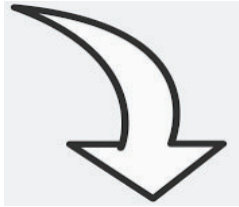
Tradition 10

The Al-Anon Family Groups have no opinion o outside issues; hence our name ought never be drawn into public controversy.

Concept 10

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

Do Take Note:



District Mtg. Schedule

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

Due to Covid19/Safe Distancing, this is still a zoom meeting. Please check schedule before attending.

All AI-Anon members welcome.

Elections will take place at this meeting. Have you considered where you might do service work?

S - stepping up, serenity, strength, sharing.

E - events, experience, encouragement

R - respect, recovery

V - victory, value, variety

I- I can. I will. integrity, Independence.

C - Calling to make a difference, change.
Courage, Choices.

E - every new opportunity, effective,
eager, effort.



Reminder: Concept 4.

Participation is (Still) the key
to Harmony.

(Even in zoom world)



Stepping

into a service position is a fantastic opportunity to learn and grow. Talk to someone in a service position and see what might be available for you to do, offer, and learn. Step up.

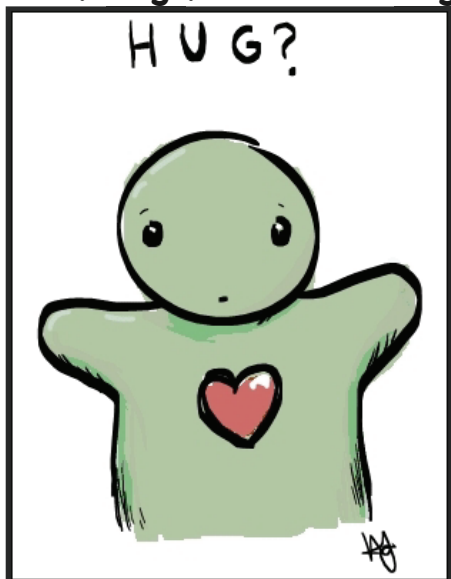


Stretch...

What have you got to lose?



HUGS, Hugs, and more Hugs



Heard at a (Zoom) meeting...

When I live in a negative mindset, I wake with the idea, "OMG, another day." (Negativity)

It takes a while to start a new habit. I need to reprogram the thought process. Once I've been at it for some time, I wake up thinking: "ok God/H.P., what are you going to show me today?"

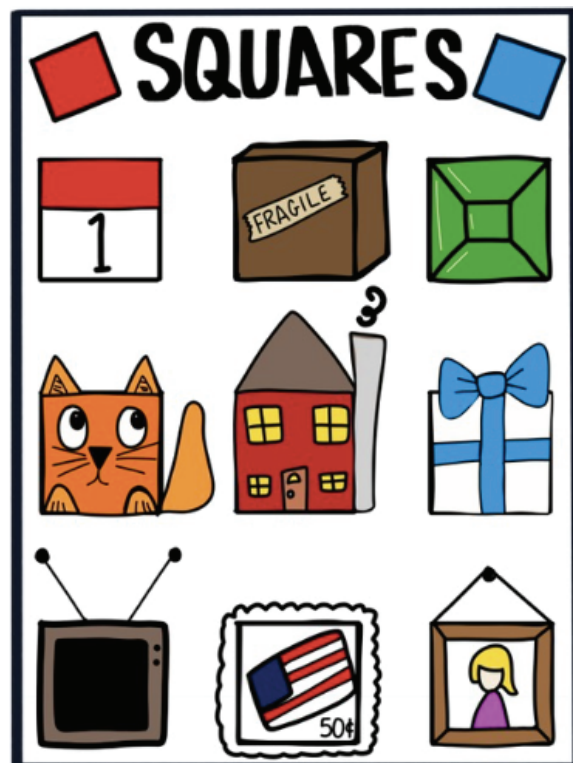
I used to be about fitting in. Now I know what it feels like to belong.

I had religion. I found love, acceptance, forgiveness and peace through program.

Recovery. The process of self-discovery. Honesty. Vulnerability. Trust. Program- Thank you for introducing me to:

(Insert your own name here.)

What goin' on in your little square of the world...?



Announcement. Announcement!

Beacon... Looking for new publisher starting Jan. 2021. I'm betting there is someone out there looking to rock this little project.

Email me...



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