

THE BEACON

November 2020 Volume1 Issue 30

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

.....

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith, open-mindedness
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Brotherly love; discipline/self-discipline; action
- Step Nine: Justice; forgiveness
- Step Ten: Perseverance; acceptance
- Step Eleven: Spiritual awareness; awareness of God; spirituality
- Step Twelve: Service; gratitude

HAPPY
THANKSGIVING! 

How does Al-Anon work?

Welcome to Al Anon
Where we keep the focus
on ourselves and our own
recovery. We use "I statements"
to share our recovery in Al Anon.
We call this Experience, Strength
and Hope (ESH)

- ☆ *Twelve Steps*
- ☆ *Twelve Traditions*
- ☆ *Twelve Concepts*
- ☆ *Three Obstacles to Success*

Al-Anon.org

gratitude:

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.



I am just beginning to understand how to pray. Bargaining with God is not real prayer, and asking Him for what I want, even good things, I've had to learn is not the highest form of prayer. I used to think I knew what was good for me. Therefore I, the captain would give my instructions to my lieutenant, God, to carry out. That is very different from praying only for the knowledge of God's will for me and the power to carry it out.

Today's living is so involved that much time for meditation is hard to find. But I've set aside a small amount of time night and morning. I am so filled with thankfulness to God that gratitude is one of my principal subjects for meditation; gratitude even for the hard days of long ago that has taught me so much. Thus, I have made a start toward improving my conscious contact with God.

(How Al-anon Works. Pg. 159)

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 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

Concept 11

The World Service Office is composed of selected committees, executives and staff members.



HUGS, Hugs, and more Hugs



As of January 1, 2021

The Beacon is looking for A new publisher.

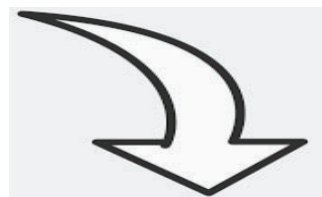


It's a fun way to do service.

When you've been thru a lot and built many layers to protect your heart



Do Take Note:



District Mtg. Schedule

Wednesday November 11, 2020 6:30 p.m.

All Al-Anon members welcome.

These meetings are still taking place in



From the District Rep. of District 159

Thank you to all who participated in the first virtual assembly. It was a new experience. Our district will be represented by Juliette L., Archives. Kathleen L. – Treasurer.

Mike S has stepped up to be District Rep. for panel 61. Thank you to all of them.

Positions still open:

- *Alt. DR
- *Secretary- Kerry R.
- *Literature Distribution-
- *Alternate AISL *Alateen
- *Archives *Group Records
- *CPC- Kay S. *Institutions
- *Latino Outreach *Literature
- *Public Info- Debby D *Webmaster
- *Speakers- Renee W. *Newsletter
- *TAS- Lisa C

Please speak to your Group Rep. for info.

*****Heard at a meeting*****

If you are NOT doing service, you are doing yourself a Dis-service.



Gratitude.

In honor of it being November and Thanksgiving month, I am Leaving room for you to do your own alphabet gratitude list.

A.

B.

C.

D.

E.

F.

G.

H.

I.

J.

K.

L.

M.

N.

O.

P.

Q.

R.

S.

T.

U.

V.

W.

X.

Y.

Z.



Obstacles to Success

All Al-Anon discussions should be constructive, helpful, loving and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.

1. Discussion of Religion: Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome, no matter of what affiliation or of none. Let us not defeat our purpose by entering into discussions concerning specific religious tenets.

2. Gossip: We meet to help ourselves and others to learn and use the Al-Anon philosophy. In such group therapy, gossip can have no part in the program. We do not discuss members of others, and particularly the alcoholic; our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purpose for which we are joined together.

3. Dominance: Our leaders are chosen not to govern, but to serve. No member of Al-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, rotation of leadership. Each person makes progress in his or her own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.



Seriously- who knew...



The Jetsons were ahead of the times...

Heard at a (Zoom) meeting...

The most important thing I have is my self respect.

All we can do is scatter the seeds (of recovery.) We are not the gardener.

I've learned to become aware of people who just need me, when the NEED me.

With program, I learned to go forward with positivity.

I've learned to lower my expectations, not my values.

When I turned my life over to other people, I got what they thought I should get. When I turned my life over to my Higher Power, I started getting good, for me.

If you are in program, your family is in the program.

Amends:

To compensate for loss or injury

Apology:

Admission of error or expression of regret.

Resentment is quiet anger.

I came from a family where not all of my feelings --- were allowed.

If I had all the answers, I wouldn't be here.

Recovery can be a lonely journey...
(But) It gets better.

How can you be happy/healthy without talking to your family?

Anger and resentment are like an adult temper tantrum.

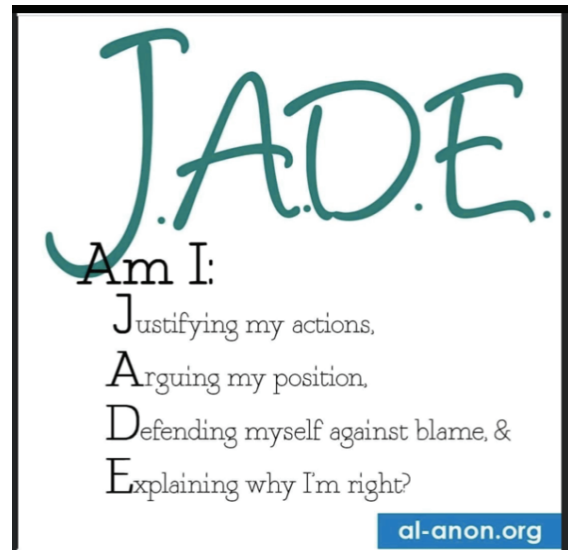
Don't ever pass up the opportunity to say- Nothing!

When I surrender to a H.P.

When I let go, God can do for me what I cannot do for myself.

My Loved ones still doing it their way
-And that is the way of the disease.

When it comes to grief/life:
I take the lessons I've learned in program and practice them in all my affairs.

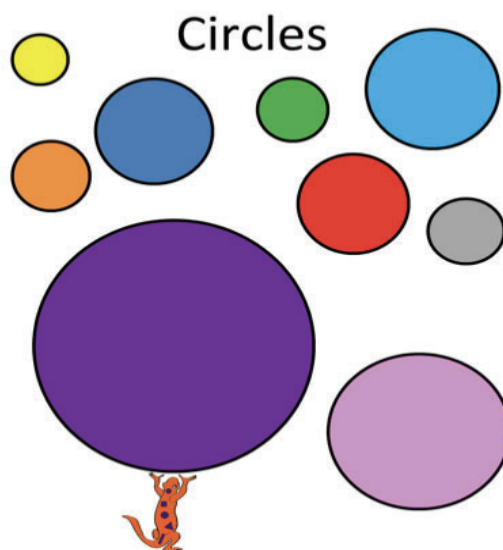


I've realized I am the only person I am never going to leave, and is never going to leave me.

While sitting listening to meeting shares, I'm reminded how painful this disease can be.

I'm Missing the Fellowship after the meetings...





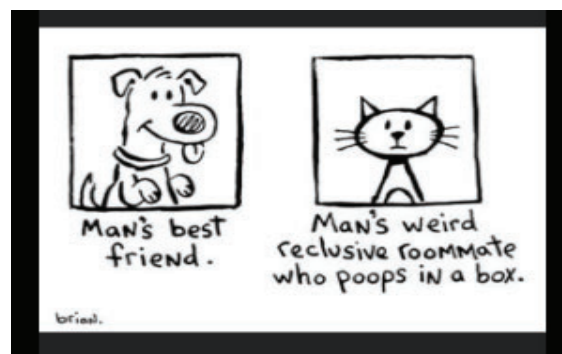
Just checking to see if you are
paying attention...



"Let it begin with me!"

Have you Pondered a Slogan Today?

Write in one that resonates with you at
this time. _____



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