

THE BEACON

December 2020 Volume1 Issue 31

Final Edition

Let it Begin **With Me!**
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

.....

al-anon.org/for-alateen

My family will recover,
or they won't. Regardless, I like
the new me, and I'll never go back
to way I lived my life before.



How does Al-Anon work?



The Gift of A Tool BOX

Al-Anon has given me a toolbox.

The Serenity Prayer

Meetings

Steps Slogans

Conference approved Literature (CAL)

Phone lists

Program contacts

Sponsorship

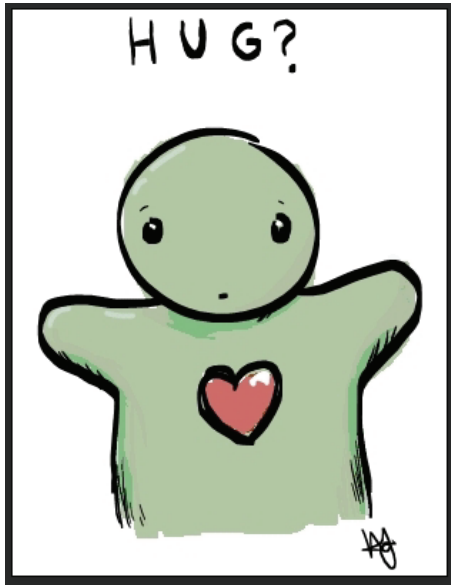
Service

Learning to listen

Experience, Strength and Hope

Changed Attitudes

HUGS Hugs and more Hugs



Keep Coming Back...

AL ANON IS FOR OUR OWN HEALING.

AL ANON IS NOT HELPING THE ALCOHOLIC
GET SOBER; HELPING FIND REHAB,
DISCUSSION OF DRUGS, FINDING AA
MEETINGS OR OTHER WAYS TO "HELP"
OUR LOVED ONES.

WE USE THE 12 STEPS AND TRADITIONS TO
RECOVER FROM THE AFFECTS OF
ALCOHOLISM OURSELVES.

KEEP COMING BACK



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 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition 12

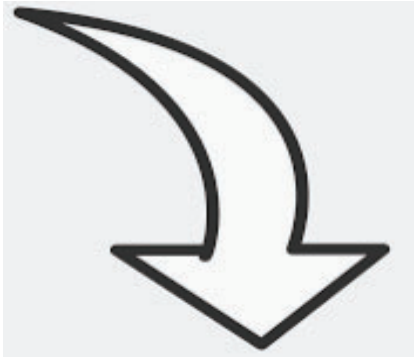
Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept 12

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of The Conference, Article 12 of the Charter.



Do Take Note:



District Mtg. Schedule

The next District Meeting will be in January, 2021. Please check schedule before attending.

All Al-Anon members welcome.



Please note:

There are still positions open for service on the new panel.

Open positions:

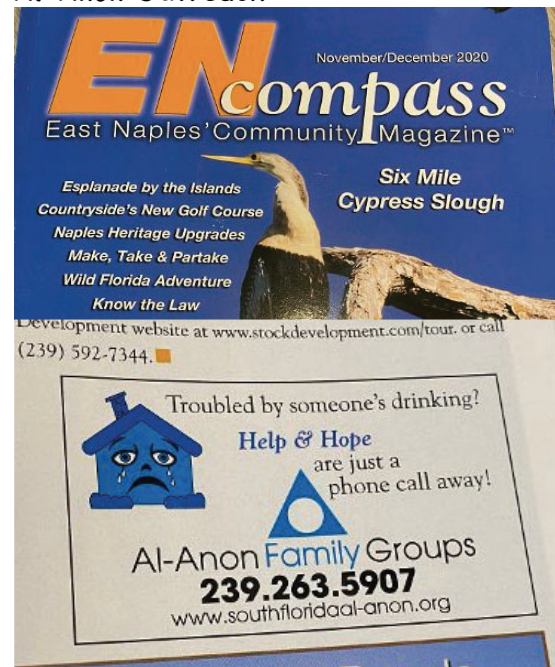
Alt DR	AI SL
Treasurer	LDC
Alateen	Institutions
Latino Outreach	Literature
Newsletter	

If you have interest, curiosity or a burning desire to know more, please reach out to your group rep.

Service is vital to the workings of Al-Anon. Service, the growth it will provide personal growth, is immeasurable.



Al-Anon Outreach



Al-Anon is being included in the Nov./Dec. Issue of Encompass Magazine. It will also appear in eBella Magazine of Southwest Florida. Thank you to Outreach for doing the footwork!



**On this sheep-scale,
how do you feel today?**



I can't help but think in Squares...



Boundaries,
boundaries,
boundaries . .
don't leave home
without them.



Grateful for The Gifts of Al-anon

Personal Shares...

As the end of Panel 58 nears, I am taking time to reflect on the 3 years I have spent as DR.

It was a journey I never envisioned for myself, yet my High Power had plans for me. I was blessed to have wonderful friends who served with me guiding me with their individual experience, strength, and love.

I was asked to be the speaker for the 2019 Gratitude Dinner and, once again, I rose to the occasion though I never dreamed that was something I would or could do.

I was published in the Forum, in the Al-Anon Faces Alcoholism, and humbled that people around the world were sharing with me in my journey.

This has been such an experience that I will hold dear to my heart with each and every one of you a part of who I am today.

I am definitely a work in progress and I look forward with hope and promise to the direction my recovery takes me.



Newcomers

I recently sat in a meeting with a newcomer present. It took me back...

The pain I saw was raw and real.

It was palpable, even as it was Justified, Argued, Defended and Explained.

It reminded me to be thankful.

It made me fully take stock of where I have been, and how far I've come.

It may not be perfect, nor has it always been pretty, but it is my journey.

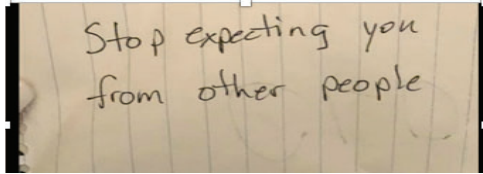
It has been my walk. I am grateful to program rituals, ideas and friends.

I have not had to walk it alone.



Heard at a (Zoom) meeting...

The truth will set you free
(but first it will piss you off!)



I don't "have to, I get to."

I get to keep practicing these principles in all my affairs.

Before program...

I could complicate a glass of water.

If someone would ask me the time,

I'd tell you them how to build a watch.

NOW: I keep it simple!

When I started Al-Anon,

Someone accused me of being a meeting-a-holic.

The presence of a newcomer in the meeting-

It helps me remember ME- when I first came to Al-Anon.

My trying to help the addict in my life made me ill. Physically, mentally, and spiritually.

It did NOTHING for the addict.

I no longer have to paint my family black so

I can be white.

I can Live and Let Live

Alcoholism has no logic.

Little by slowly, I began to wake up.

In Al-Anon, I've been able to grieve the loss of the dreams that didn't come true.

I can grieve without wallowing.

Meetings give me balance.

One meeting a week doesn't do it. The rest of the week, I'd go crazy...

(Re: world, program, COVID.)

It's like We're all holding hands in this, together.

When I first came to Al-Anon

I was an Al-a-nut.

I became an Al-A-Not.

Not controlling.

Not tracking.

Not measuring.

Not raging.

Not engaging.

Not judging.

In recovery, I get to practice new behaviours.

Keep coming back...

I didn't like the woman (person) I became when I was talking to (around) them.

PAUSE: Pray and use spiritual Energy!

WAIT: Why am I Talking
What am I Thinking



I'm Missing the meetings
after the meetings!

Keep Coming Back...



Alanon works- in all my affairs

"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.



Parting Thoughts...



These are a few of the things I have on computer desktop as The Beacon lovingly becomes "what I have done," in service, for these past years.

These seem too good to **not** share.

I am grateful for the experience shared with each of you.

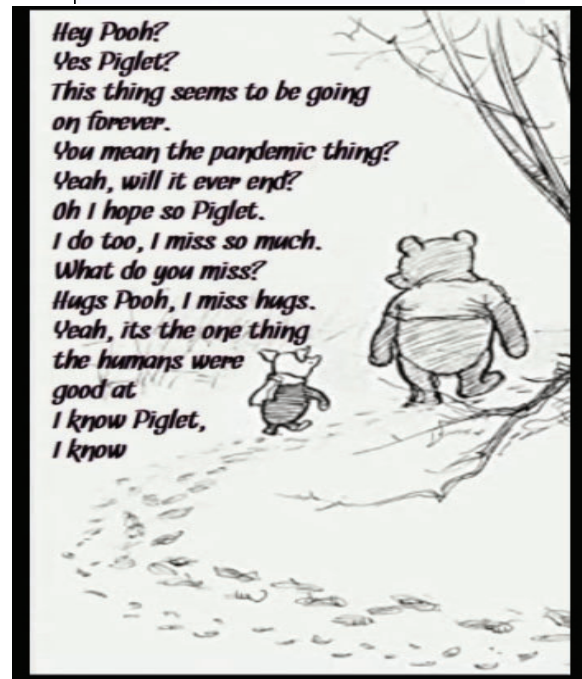
May we all continue to "Sharen'n'Grow."

Sometimes we expect more from others because we would be willing to do that much for them.

Stop expecting YOU from people.



Has a bee ever landed on you, and instead of getting scared, you appreciate the possibility that you got confused for a flower



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.

Remember: Together we Can Make It.



Share'n'Grow



The End.