
THE BEACON

Al-Anon Family Group | District 159 | Naples, Bonita Springs, Immokalee & Marco Island

The 12 STEPS, TRADITIONS, & CONCEPTS guide us in recovery and show us a better way to live.

“The Steps show me how to love myself; the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.” *Paths to Recovery, Page 34!*

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one authority—a loving God as He may express Himself in our group Conscience. Our leaders are but trusted servants—they do not govern.

CONCEPT 2

The Al-anon Family Groups have Delegated Complete Administration and Operational Authority to their Conference and its Service Arms.



The perfection of **love** is that it's not perfect.

-Taylor Swift

...try to recognize **love** whenever and however it is offered.

-Courage to Change, pg 2

In the end, nothing we do or say in this lifetime will matter as much as the way we have **loved** one another.

-Daphne Rose Kingma

The beginning of love is to let those we **love** be perfectly themselves.

-One Day at a Time, pg 165

Love opens me up and heals me. -Hope for Today pg 104



MARK YOUR CALENDAR!

District Meeting
March 10, 2021/6:30pm
Due to COVID-19 this is still a
ZOOM meeting. Please check
with your GR for the ID &
Passcode or go on
naplesal-anon.org & tap on
events
All Al-Anon members welcome.



BE THE FIRST TO GET YOUR OWN COPY...

of *The Beacon* each month
delivered to your email
address by going online to

naplesal-anon.org

and follow the Newsletter link
at the top of the page. Tap on
it and it will bring you to The
Beacon; fill out the contact
form and tap SEND.



WHENEVER we are on the brink of reacting, we
can reach into our toolbox for a slogan.

Slogans are wisdom written in shorthand.

LET IT BEGIN WITH ME

As I've "matured" with the aid of being a program person...I
am becoming more willing and able to look at my own self/
stuff.

I know not another persons perception, reality or what the
depth of hurt is.

If I acknowledge my part in my life, I can acknowledge my
character defects and short comings.

Then, once aware, I have choices.

Before I had choices, I mostly had anger, and resentments.

-Naples/ND

LET GO AND LET GOD

When I "Let Go and Let God" I am more apt to find a place
of compassion between obsession and indifference, with the
serenity of ordered thoughts where emotions lie. With Al-
Anon's help, the hope of a happy medium can become a
reality. When I "Let Go and Let God" work in my life, the
pendulum swings between the black and white of obsession
and indifference and finds balance in the peaceful colors of
serenity. This slogan gives me permission to replace stress,
worry and suffering with serenity and faith. When I become
willing to "Let Go and Let God" (Step 6), my higher power
supplies a spiritual power that I need to succeed by making
the humanly impossible possible (Step 7). We are blessed for
being in recovery.

-Naples/New York

If you have a favorite slogan and would like to share why, or how you
have used it, please email us newsletter@naplesal-anon.org

70 !

WAIT FOR IT...

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12 STEPPERS

The 12 Steppers was formed 10 years ago and found a home at the then new Naples Hazelden treatment center. It was initially formed to introduce family members from the center to Al-Anon but was always open to the public as well, with an emphasis on healing all who love an alcoholic.

Because a lot of people were coming in 'in crisis' it was agreed that the Conferenced Approved Literature *How Al-Anon Works* would be a good match for the group. At the same time it would be a nice refresher for people already familiar with the program. The 5:30 pm time slot on a Thursday evening promoted quick growth.

The group has continued to grow mainly by word of mouth regarding the strength of commitment to recovery and the healing of lives that all who come can feel.

Hope is the hallmark of the group.

-Naples/Minn/PA

Zoom ID 907290227. Password 34113

QUICK !!

What are the 4 R's ?



LOOKING FOR A GIFT?



The
FORUM
is a gift
that
keeps
on
giving
12 times
a year.

It features timely sharings from
Al-anon & Alateen members,
suggested meeting topics and the
latest information on world wide
Al-anon recovery

You can receive the FORUM
through the mail or get the
electronic version by ordering
either one online at

e-comm.al-anon.org

For \$11 a year-12 issues- it's less
than a \$1 a month. It is said that
the FORUM is like a meeting in
your pocket.



*Retreat, Rethink, Regroup, Re-enter

EL RINCON LATINO de ALANON

The Latin Corner of Alanon

We have long known that there is a great need to be
able to reach our Spanish speaking neighbors whose
loved ones suffer from the disease of Alcoholism.
Spanish meetings bring experience, strength and hope to an
underserved population. Please help spread the word!



**Llegue a Alanon por curiosidad;
me queue por necesidad.
Y sign aqui por Agradecimiento.**

Se invita a nuestros miembros bilingues or
hispanoparlantes para que envien sus Experiencias,
Fortaleza y Esperanza a nuestra boletin mensual, "The
Beacon.

Les recordamos que la posicion de Latino Publico
Outreach esta disponible. Requisito: El deseo de servir y
llevar el mensaje de recuperacion a familiares y amigos
de Alcoholicos



HEARD AT A MEETING

Someone's discomfort is not my emergency

In Alanon we stop comparing and start identifying

More meetings, more chances, more choices

OPPORTUNITIES

TO SHINE

Tap into your skills that you think have been long forgotten and be surprised at how you can help our District stay vibrant.

Positions Opened

Qualification: GR for 3 years

- ALTERNATE DISTRICT REPRESENTATIVE
- ALANON INFORMATION SERVICES LIASON [AISL]
- AISL ALTERNATE

Qualification: Willingness

- ALATEEN CHAIRPERSON
- LITERATURE CHAIRPERSON
- TELEPHONE ANSWERING SERVICES [TAS]
- PUBLIC OUTREACH CHAIRPERSON
- LATINO PUBLIC OUTREACH
- PUBLIC INFORMATION
- COOPERATING with the PROFESSIONAL COMMUNITY [CPC]

Call your GR to get a description of each position. It's not hard!

Service is vital to the workings of Alanon.



The book *Discovering Choices- Recovery in Relationships* became the impetus for a new meeting five years ago. The book embraced what the program is all about-self discovery and making new, positive choices; so it was agreed to start a new meeting based on *Discovering Choices*. Scheduling it for Thursday mornings at 10:30 would be convenient for many members.

The first meeting started with four members and had grown to 40 members just before COVID forced us to start meeting on Zoom where we continue to see familiar and new faces. The popularity of this meeting is due to the amazing people who come together to share their experience, strength and hope.

"I have always loved the personal stories in the book. These stories offer insight into what others are thinking, feeling and going through and gave us opportunities to share on how we can relate".

"I learned in Al-anon that I had choices in my relationships which offered me hope".

We are so blessed to have a safe place to meet and share our own stories. *Discovering Choices* meeting continues to provide endless opportunities for spiritual growth.

-Susan Kae & Tracy H

ZOOM ID. 800 691 628. PASSWORD 121121

Spiritual Principle of the Month

Hope - a desire for things to change for the better. Alanon helps us to learn that it is safe to feel, to hope, even to dream. In the hands of a Higher Power, sanity and serenity become realistic hopes.



ANNIVERSARIES & CELEBRATIONS

In this time of COVID when we can't celebrate anniversaries in the traditional way, we can still acknowledge each group.

Let us help you celebrate your group's Anniversary! Send your information - date, & anything else you would like to share about your group to:

naplesal-anon.org/Newsletter



SERVICE AT THE DISTRICT 159 LEVEL

HOW "SERVICE" ENRICHED MY AL-ANON PROGRAM

As I look back over the few years that I've been in Al-anon, I realize how much my program is enriched by devoting some of my time to being an active and contributing member of Al-Anon. Being a sponsor, presenting a workshop at the 2019 convention, becoming Group Rep for my home group, and lastly assuming **Speaker Chair for District 159**, has given me a deep feeling of belonging.

Being **Speaker Chair** has brought me into contact with groups and other members in areas far from my home. I've made friends that I love in those groups. Because of Covid, my job of providing speakers for meetings and events has temporarily been put on hold, but I'm looking forward to the day when we get back into "The Rooms" and share our lives with one another in person.

A member can still do service while restricted to meetings on Zoom. Chairing a meeting, presenting a topic, or simply sharing your experience, strength, and hope are all beneficial to your program and considered of service to all.

I know how important participation is for me. It helps me to say "Thank You" to this miracle program for emotional management and to those of you who are always there for me. I love all of you.

-Renee W.

reneewolff1@gmail.com (always looking for speakers)🦋



Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.
