
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 341*

STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood him.

TRADITION 3

The relatives of alcoholics when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

CONCEPT 3

The right of decision makes effective leadership possible.



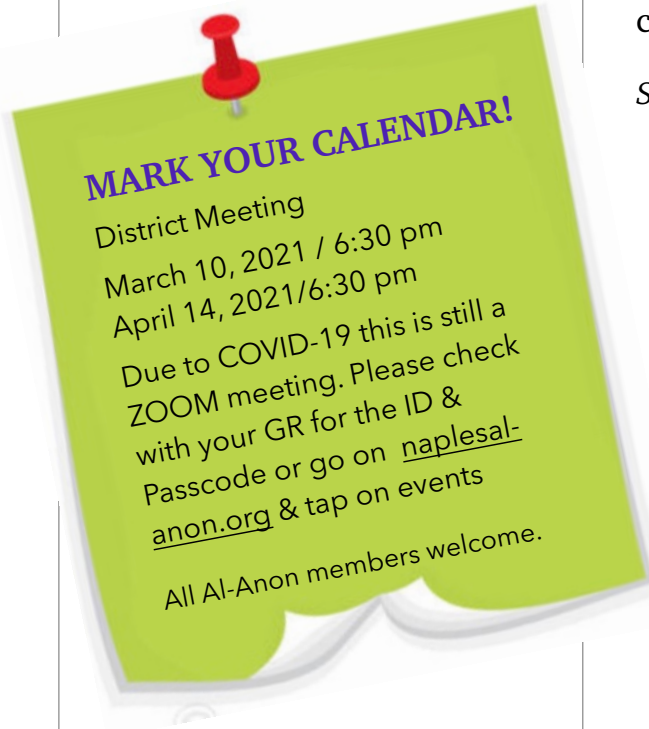
Laughter has a way of making us realize we're all going through the same stuff. -Heard at a Meeting

Happiness is an inside job. -Hope for Today pg 182

You grow up the day you have the first real laugh-at yourself. -Courage to Change pg 205

I will be happy. JUST FOR TODAY

Irish Alzheimer: they forget everything but the grudges! -Heard at a Meeting



SPOTLIGHT

SAVE THE DATE

The impressive Al-Anon Speaker Bryan G. from Tennessee is coming to our area via Zoom on **March 9th, Tuesday at Noon.**

If you want to be
WOWED!
BOWLED OVER!
INSPIRED!
Then join us !

ID: 599 988 9899
Password: 211 411



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

Slogans are wisdom written in shorthand.

KEEP IT SIMPLE

Why do I continue to complicate my life, filling it to overflow with tasks and commitments? Do I unknowingly try to set myself up for failure, to have reasons to achieve martyrdom and wallow in self pity?

That was an easy path to follow in the days when living with an alcoholic made it difficult to sort out my own responsibilities from those of others. Now when I find myself overwhelmed with an impossible list of duties to perform. I step back, look realistically at my capabilities, and lighten the load by asking for help from my Higher Power and others, and remembering to *Keep It Simple.* - Naples/Minnesota

HOW IMPORTANT IS IT?

My need to control and always be right was exhausting and frustrating, often coming across as critical and judgmental, and getting in the way of me being able to enjoy life in the moment.

Since coming to Al-Anon I have come to realize that I don't have the answers. There are many ways to doing things and more importantly, I realized that we all have our own paths to follow.

Now, whenever I feel the need to insert myself in a situation, I step back and ask, "How Important Is It?" I ascertain that most things are not my responsibility. Many things resolve themselves when I get out of the way, pause and turn them over to my Higher Power. -Naples/Illinois

If you have a favorite slogan and would like to share why or how it has helped your recovery, please email it to naplesal-anon.org/newsletter

QUICK !!

What are the 4 M'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.



*Mothering, martyring, managing, manipulating

HOT OFF THE PRESSES !!!

News from Naples...

While everyone has been staying safe in their bubble, The 24 Hour Club has undergone a surprising (under CDC Guidelines) make over!!! All rooms have been scrubbed clean, painted and prepared for social distancing. The restrooms-both men's and women's -got new stalls with new toilets, granite topped vanities and new mirrors all pleasingly color coordinated. The kitchen also has new granite countertops for easier sanitizing and the Couch Room has a huge television hung for Zoom Hybrid Meetings.

Two new meeting rooms are set up for small groups on the south side of the building in the lanai type rooms and two new outside paved areas for fresh air meetings also on the south side.

There are very few cities that have club houses designated solely for people in recovery where support & comfort, encouragement & understanding can be found unconditionally. We are one of the lucky ones!



HEARD AT A MEETING ...

Life use to be so heavy, so serious, so gripping that I couldn't let go; because of Alanon I am now "Living Light".

Wait a week and a day, and if a solution doesn't come, then wait another week and a day.

All our "setbacks" are "setups" for something better.

My old habits tend to take me to places I should not go.



OPPORTUNITIES

TO SHINE

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

Open Positions

Qualification: GR for 3 years

- ALTERNATE DISTRICT REPRESENTATIVE
- AL-ANON INFORMATION SERVICES LIASON [AISL]
- AISL ALTERNATE

Qualification: Willingness

- ALATEEN CHAIRPERSON
- LITERATURE CHAIRPERSON
- PUBLIC OUTREACH CHAIRPERSON
- LATINO PUBLIC OUTREACH
- PUBLIC INFORMATION

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

Service is vital to the workings of AL-Anon.



Come Help Us Celebrate The Serenity Wednesday AFG 9th Anniversary

Guest
Speaker



Wearing Of
The Green

WHEN: Wednesday, March 17th, 2021
TIME: 10:15 A.M.
WHERE: ZOOM MEETING: 346 420 653
Password: 384 801



FEELING OFF KILTER?

Maybe a little out of step today?

To those of you who are looking for a way to enhance and deepen your recovery by seeking new insight into continued growth and serenity, we invite you to join our **Step & Study AFG**.

We use the book *Paths to Recovery* to guide us in our understanding of how to "work the program" as we learn new ways to handle our lives, love ourselves and heal our relationships through questions, suggestions and personal stories.

Come join us Thursday evening at 7pm for our **Step & Study** Zoom meeting ID 8753 917 8115
Password 314437

IN CASE YOU WERE WONDERING...

...about the positions still open in District 159. Here is one description that will help convince you that you can do the job.

LITERATURE CHAIRPERSON

The Chairperson provides information on new literature being developed by WSO. The WSO provides this information to you. Promotion of new literature and accessories would be made to the various groups in our District through the Group Reps. For example, in the recent past *Just for Tonight* was printed as a bookmark and the chairperson would have handed them out to the GR's for their group members.

The Chairperson would also be responsible for encouraging the GR's to promote *The Forum* at their meetings and requests for members sharing in the Forum to be made known.

The Chairperson would meet *once a month* at the District Meeting via Zoom (for now).



42 YEARS !!!

Today's 10am **SATURDAY DISTRICT 159 AFG** began as a 4th Step Group meeting at the 24 Hour Club on Pine Ridge Road. As the original members moved on to other towns and states, it was decided that the Naples community would be better served with a general discussion group. The Saturday Al-anon Group was registered with WSO in February, 1979. In 1981 the meeting moved to the North Naples Methodist Church located at the time on the corner of Seagate and Clayton Rd and then in 2000 moved with the church to its present location on Goodlette-Frank north of Pine Ridge.

The Saturday Al-anon group was the answer for people who could not make a meeting during the week because of work or family obligations but they could make a Saturday meeting. An Alateen meeting was available at the same time in the same building making it even more convenient.

From the very beginning the Saturday meeting attendance was large. People filled the room; every chair and floor space was taken. And to the credit of the people who came before them, today's members have kept the meeting going strong with shared experience, strength and hope reaching out to new comers as well as long timers.

The warm welcome, the inviting smiles, the hearty laughter as well as the heartfelt tears and the nodding of heads upon hearing and identifying with a member's share is the reason why so many people keep coming back after 42 years.

-Naples/NY



AFIRMACIONES

Hoy tengo confianza.
Soy una persona fuerte y capaz.
Opto muy bien.



INVITACION

Se invita a nuestros miembros bilingües o hispanoparlantes para que envíen sus Experiencias, Fortaleza y Esperanza a nuestra boletín mensual, "The Beacon".



SERVICIO

Les recordamos que la de Latino Public Outreach está disponible. Requisito: El deseo de servir y llevar el mensaje de recuperación a familiares y amigos de Alcohólicos



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

VIVIR Y DEJAR VIVIR

Cuando llegué por primera vez a Al-Anon, llegué acompañando a mi esposo un alcohólico con 8 años de sobriedad en busca de un grupo base. Pensé que era mi deber acompañarlo a encontrar un lugar al que se sintiera perteneciente. Todavía no podía entender que el que realmente estaba buscando su propio lugar al que pertenecer fuera yo mismo.

¡Y lo encontré! También encontré una serenidad e incluso una felicidad que en ese momento no tenía, a pesar de que mi pareja no bebía. Empecé a dejarlo vivir, al principio con indiferencia, mientras intentaba empezar a vivir mi vida según el programa Al-Anon.

Hoy sé que puedo permitir que mis seres queridos vivan sus propias vidas lo mejor que puedan si realmente me enfoco en vivir de acuerdo con mis valores (*Courage to Change*, 25 de marzo) y me hago cargo de mis propias responsabilidades. Cuando comencé a vivir mi propio programa, ¡también comencé a dejar realmente vivir a los demás

-Labelle, FI



ESCUCHADO EN UNA REUNIÓN

Más reuniones, más oportunidades, más opciones

Ser impotente es libertad

La verdad te hará libre, pero primero te cabreará.

70
?

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

WAIT FOR IT...

LOOK FOR THE
BIG REVEAL
IN THE
APRIL BEACON



In March of 1986, a half dozen women gathered with their friend Kay (Catherine G from Ohio, an Al-Anon member since 1977) in the choir room of the United Church of Marco Island for the very first Monday Mornings AFG subsequently changed to **M&M AFG** .

Kay's love, experience and understanding of the program helped guide the members in structuring the meetings. She believed that while each group is autonomous, maintaining a healthy group adherence to the WSO Al-Anon Guidelines was essential. Service was stressed as a means of creating unity and trust among the members. This perhaps is part of the secret for the lasting success of this meeting.

At times, meetings would grow to 50 or more people during season and whittle down to a half-dozen during the dog days of summer. The meeting before and the after-meeting provided an opportunity to get to know fellow members on a different level and eliminate cross-talk during the meeting. In recent years, the annual anniversary, with a speaker and lunch, would at times attract 80 or more people from all over the globe.

Kay passed away 3 years ago. The dedication of its members to keeping **M&M AFG** vibrant and their commitment to recovery in the Al-Anon program keeps alive the memory of those who came before them. **M&M AFG** continues to meet and support each other during COVID through Zoom. We look forward to resuming face-to-face meetings.

Spiritual Principle of the Month

FAITH - is not about everything turning out ok. Faith is about being ok no matter how things turn out.

-Heard at a Meeting

We receive, through spiritual enlightenment, the gift of faith.

-ODAT pg 311

(Faith) is the source of confidence and strength that will help me face life in an entirely new way.



ANNIVERSARIES & CELEBRATIONS

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

Send us your info and anything you would like to share about your group to:

newsletter@naplesal-anon.org



SERVICE IN DISTRICT 159

What is an AMIAS?

An AMIAS is an acronym for *Al-Anon Member Involved in Alateen Service*, also known as an *Alateen Sponsor*. I am an AMIAS, which means I've been certified with a background check and trained by South Florida Area guidelines. I became an AMIAS to help the often ignored and vulnerable to the affects of alcoholism . . . our kids.

Guiding young people with the same program principles as adults can be very rewarding. Generally speaking, they are more open minded than adults, less in denial, and crave to understand what's happening in their homes. Alcoholism is a family disease whereby kids are affected by what they see and hear . . . thus causing anxiety and fear in them.

Lucky are those kids who make it into the rooms of Alateen. Most kids enter meetings with great apprehension. Alateens get to learn about the disease of Alcoholism, and share their feelings and concerns with other kids with the same problem. This awareness and understanding of the disease begins to ease their discomfort. I start to see smiles and hear laughter.

This is the joy of being an AMIAS. Yes, I hear heartbreaking stories, but there's so much hope that Alateen is helping to ease their pain. Being an AMIAS is a very special service for my personal growth as well as for the kids.

-Deborah S.



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.

MARK YOUR CALENDAR



Big Island Of Serenity

FRIDAY AUGUST 20 – SUNDAY AUGUST 22

At The Beautiful

Bonaventura

Resort & Spa

250 RACQUET CLUB ROAD, WESTON, FL 33326

[LINK TO RESORT WEB PAGE](#)

FOR RESERVATIONS CLICK [HERE](#)

Quick Links

- Have questions about the 2021 convention? Email:
bioschair@gmail.com. <<—this changes every year

CONVENTION REGISTRATION FORM

[Alateen Travel and Medical Release Form](#)

[2017 Al-Anon Convention Alateen Behavioral Guidelines](#)



Big Island of Serenity

Friday, August 20 - Sunday, August 22, 2021

31st Annual AFG Florida South Area 10 Convention

With AA Participation

Bonaventure Resort & Spa

250 Racquet Club Road, Weston, FL 33326

CONVENTION REGISTRATION

Online: www.southfloridaal-anon.org

Email Questions: bioschair@gmail.com

Preferred language (circle one): **English** Spanish

Program (circle one) and check price box: **Al-Anon** Alateen A.A.

- | | |
|--|------|
| <input type="checkbox"/> Al-Anon or A.A. postmarked by July 31, 2021 | \$30 |
| <input type="checkbox"/> Al-Anon or A.A. at the door | \$35 |
| <input type="checkbox"/> Alateen Registration | \$15 |

Includes Saturday night pizza party. Notarized Travel and Medical Release Form is required.

Saturday Meal Options; all inclusive:

- | | |
|---|------|
| <input type="checkbox"/> Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner | \$80 |
| <input type="checkbox"/> Hot Breakfast Buffet: chef's choices with coffee & tea service | \$20 |
| <input type="checkbox"/> Lunch: sandwich, chips, cookie | \$20 |
| <input type="checkbox"/> Banquet Dinner: | \$55 |

(circle one entree) **Chicken** Vegan Gluten Free

Dinner includes: entree, salad, starch, veggie, roll, dessert, iced tea & coffee service

All food reservations must be made by July 31, 2021.

Paid by check # _____ Total Amount \$ _____

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

HOTEL ACCOMMODATION CHOICES

Please make reservations to the Bonaventure Resort & Spa by **July 30, 2021** to guarantee room rates.

Central Reservations: 1-800-327-8090

Be sure to mention "**Al-Anon Convention**" to obtain special rate of **\$119** per night plus 13% Broward County taxes.

King or 2 Queen bedroom, up to 4 guests welcome

Free in-room Wi-Fi

Free self-parking

\$16.95 resort fee is being waived for each night!

Enjoy same discounted room rates available 3 days before and 3 days after convention weekend.

Aloha,

"We look forward to seeing you at the Big Island of Serenity during the 31st Florida South Area 10 AFG Convention on August 20, 21 & 22, 2021 at the Bonaventure Resort & Spa in Weston, Florida."

- The Convention Committee



LINK: [2021 Convention Registration Form](#)

Hotel Reservation Info:

Bonaventure Resort & Spa 250 Racquet Club Road, Weston, FL (MAP)

FOR HOTEL RESERVATIONS CALL: 1-800-327-8090

Or Reserve on line. Click [HERE](#)