
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 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION 5

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

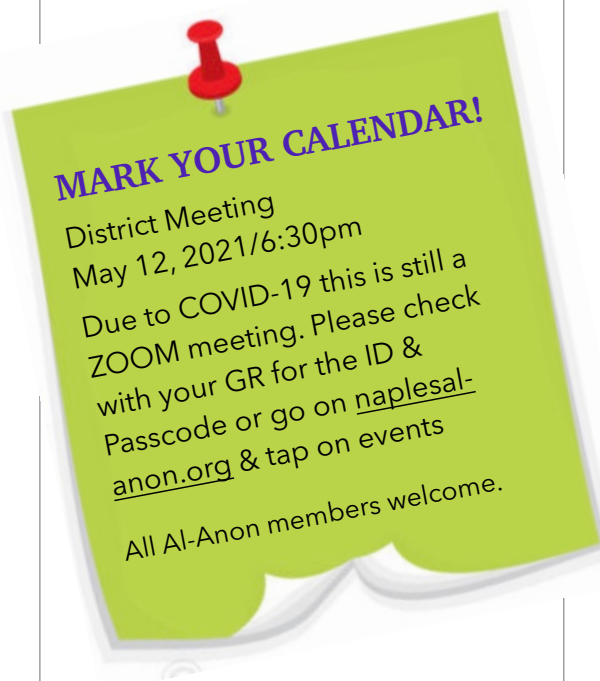
CONCEPT 5

The Rights of Appeal and Petition protect minorities and insure that they be heard.



HAPPY ANNIVERSARY AL-ANON FAMILY GROUPS

Al-Anon started as a grass roots movement in 1939-1940 when families of alcoholics began meeting informally in private homes for many reasons. These meetings over time evolved into a structured program focusing on recovery from the effects of alcohol on the families of alcoholics. By 1951, with the approval and support of Alcoholics Anonymous, 87 known family groups were invited to join in a new fellowship of family & friends of alcoholics. They then voted on and accepted the name of *Al-Anon Family Groups*. And the rest is history!



SPOTLIGHT

SAVE THE DATE

SPEAKER ANNOUNCEMENT

Another super speaker will be presenting his story on Zoom for our District 159. Gene R. from Philadelphia will take a personal deep dive into how alcoholism affects long term mental/emotional health in the entire family with an emphasis on hope and healing.

Join us on **May 18th at noon.**
Zoom ID# 599 988 9899
Passcode #211411



AS WE DEVELOP A WILLINGNESS to be receptive, we find unexpected wisdom and guidance in the words and actions of those around us.

* Having Had A Spiritual Awakening pg 103

Slogans are wisdom written in shorthand.

The Problem In Front Of You Is Nothing Compared To The Power Behind You

Many years ago, my husband and I were in the middle of a situation which caused many 3am heart-pounding moments. I felt small in comparison to the problems we were facing.

I shared my fears with a friend in Program and she said to me: *The Problem in front of you is nothing compared to the Power behind you.* I thought about that image and saw this huge Higher Power standing behind me. I wasn't alone. I felt my heart slow down and my breathing normalize.

Over the years I've had to face even worse fears and realities, I always tell myself: The problem in front of me is nothing compared to the Power behind me. So let go and let God handle it. Things haven't always worked out the way I wanted; sometimes they've worked out even better! Other times I was living my worst fears and HP gave me strength, courage and eventually acceptance and peace.

He never makes me face life alone. He's got my back.

-Naples/NY

LISTEN

When I first came to AI Anon, I couldn't get used to the silence between speakers. It made me very uncomfortable. Once the topic was announced, I spent my time thinking up what I would say...I heard nothing anyone said before me.

Today, years later, I realize what a gift it is to listen carefully to the wisdom accumulated in our rooms. I keep an online file of the nuggets I hear at each meeting and use it as one of my AI-Anon tools.

"Listening is often the only thing needed to help someone"
~unknown

-Estero/Ohio

If you have a slogan that has a special meaning to you, please share it by emailing it to newsletter@naplesal-anon.org



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



LOIS LEAVES TO EACH ONE OF US

the challenge to live the program and carry the message to help others. She reminds us, however “First we must help ourselves, for we cannot give away that which we do not have.” So, the best tribute to Lois is to follow her example of honesty, simplicity, humility, and a loving, vibrant approach to life.

—Hildegard V., Past Forum Editor

The Forum, “Lois W. Memorial Issue,” March 1989, page 9

To read the complete article, go to <https://al-anon.org/for-members/WSO/archives/history>



LOIS'S STORY

I began to wonder why I was not as happy as I ought to be, since the one thing I had been yearning for all my married life had come to pass. Then one Sunday, Bill asked me if I was ready to go to the meeting with him. To my astonishment as well as his, I burst forth with, “Damn your old meetings!” and then threw a shoe as hard as I could.

This surprising display of temper over nothing pulled me up short and made me start to analyze my own attitudes. By degrees I saw that I had been wallowing in self-pity, that I resented the fact that Bill and I never spent any time together anymore, and then I was left alone while he was off somewhere scouting up new drunks or working with old ones. I felt on the outside... My pride was hurt by the fact that a friend, another alcoholic, had been able to do for Bill in a short time what I had tried and failed to do all our married life.

My life's purpose of sobering up Bill, which had made me feel desperately needed, had vanished. As I begin to be honest with myself I recognized how greatly Bill had developed spiritually... I decided to strive for my own spiritual growth. I use the same principles as he did to learn how to change my attitudes.

Several years later, Bill and I found that strained relations such as ours often developed in families after the first starry eyed period of sobriety was over. We were heartsick and puzzled to discover that, though alcoholics were recovering through this wonderful new program, their home lives were often difficult. We began to learn how many adjustments had to be made and that the partner of the alcoholic also needed to live by a spiritual program.

Soon, small groups composed of the family members of alcoholics in A.A. sprang up all over the country. They began to meet informally... for a variety of purposes but eventually evolved into focusing on recovery from the effects of a family member's alcoholism.

Al-Anon cofounder Lois W. passed away on October 5, 1988. She was 97 years old and had worked to help the families of alcoholics for more than 50 years.

—How Al-Anon Works- excerpts pgs 152-154

—Excerpts from- al-anon.org/for-members/WSO/archives/al-anon-timeline

IN-PERSON AL-ANON MEETINGS

- MONDAY NOON, AFG - 12 pm, 24 Hour Club, 1509 Pine Ridge Road, Naples, 34109
- TUESDAY TRANQUILITY, AFG - 7:30pm, St Monica's Episcopal Church, Workroom off main office, 7070 Immokalee Rd., Naples, 34117
- TUESDAY FREEDOM, AFG - 7:30pm St. Peter's Ministry Center, Rm 101, 5025 Rattlesnake Hammock Road, Naples, 34114
- WEDNESDAY NOON, AFG - 12pm, 24 Hour Club, 1509 Pine Ridge Road, Naples 34109
- FRIDAY NOON, AFG - 12pm, 24 Hour Club, 1509 Pine Ridge Road, Naples, 34109
- SATURDAY - Adult Children Survival to Recovery, AFG, 12pm 1509 Pine Ridge Road, Naples 34109
- SUNDAY - Hope for Today, AFG 11am, 1509 Pine Ridge Road, Naples 34109
- If you know of other In-Person Meetings please let me know by emailing: Newsletter@naplesalanon.org
- CDC Guidelines are followed in all In-Person Meetings.

Lois W. and the Pioneers Audio Interview

In June 1982, Lois W., Al-Anon's cofounder, met with Henrietta S., the first General Secretary of the Al-Anon Family Group Headquarters, and Margaret D., the first Editor of The Forum.

They shared their recollections of Al-Anon's early years in an interview that was later excerpted in the Lois W. and the Pioneers DVD (AV-24).

At a running time of 110 minutes, the recording is far more extensive and detailed than the 22-minute DVD version, and is presented here in two parts.

91-year old Lois talks about her early life and the eventful years that led to Al-Anon's beginnings

If you are on the internet click on the link Part I and Part II below to hear an engaging oral history of the early days of Al-Anon told by Lois W. and the Pioneers (early members) in their own words.

Interview links:

[Part I](#) (56 min.)

Lois, Henrietta, and Margaret describe the early days of the WSO Clearing House.

[Part II](#) (54 min.)



HEARD AT A MEETING

Why is God always the last resort?

Anger is usually a cover for what is really going on underneath.

If I'm planning on what I am going to say while someone is talking, then I'm not listening.

You can say what you want once; that's information. Saying it more than once is controlling.

AFFIRMATIONS

I take full charge of my life today.

I treat myself with kindness and patience.

Today I will put all negativity behind me.



Alateen Meetings

For meeting information, days and time and to get the Zoom ID & Passcode, please email:

alateen@naplesal-anon.org



Al-Anon Beginner Meetings

ZOOM

Tuesday/Tranquility 7pm
ID# 85886453920 / 548499

IN-PERSON

Thursday/Al-Anon AFG 12pm
24 Hour Club
1509 Pine Ridge Road
Naples, Florida



To the newcomer, it is suggested they attend 6 different meetings because each one has its own flavor. In 1998, the Serenity Seekers was organized literally around flavor. Karole D. needed a lunchtime meeting close to where she worked and was joined by 4 other working women- Allison, Sherry, Alexis and Jennifer. Initially, they came together as a discussion group meeting at St John's Parish Life Center. They made a flyer, announced its formation at other meetings and registered with WSO in 1999. Later a Beginners meeting was added a half hour earlier increasing attendance to the regular meeting.

The format has changed over the years. Beginning as a discussion group, it evolved into **Serenity Seekers Step and Study, AFG**; not only are the Steps studied but also the Traditions and Concepts. The book, *Paths to Recovery* is used in which each chapter is read in full and the significance of the stories discussed. Only when all the searching questions at the end of each chapter have been answered do they move on to the next chapter. A more in-depth study of the Concepts was added and in the words of a member back in 2010, "it allowed them to get to the 'good stuff' ...where they could really understand how these seemingly dry words have such an impact in our lives".

Today, due to COVID-19, **Serenity Seekers Step & Study, AFG** has suspended their meetings. They look forward to the day when they can come together again, in person, in the Al-Anon Family.

AFIRMACIONES

Soy una buena persona.

Hoy me hago cargo de mi vida

Expreso mis sentimientos



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 Publico Outreach esta disponible. Requisito: El deseo de servir y llevar el mensaje de recuperacion a familiares y amigos de Alcoholicos



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

ACEPTACIÓN

Encuentro que mi vida se ha vuelto mucho más manejable y, a decir verdad, agradable. He dejado de manipular y arreglar. Nunca funcionó y me frustraba cada vez más. Hoy he exceptuado a las personas por lo que son. He exceptuado que tienen su propio camino y mi único trabajo es amarlos. Ahora puedo comer con ellos y reírme o podemos dar un paseo por la playa y disfrutar de la compañía del otro. Todo lo que tenía que hacer era cambiarme.

-Naples / Nueva York

USTED LO VE, LO TIENE

No es mi lema favorito porque cuando necesito usarlo es porque significa que tengo que mirarme a mí mismo y a mis propios defectos de carácter. Me recuerda que debo centrarme en mí mismo y en mi propia recuperación. Si estoy atrapado en los asuntos de otra persona, no estoy viviendo los principios del programa. Y ahí es cuando me meto en problemas

-Naples / Nueva York

ESCUCHADO EN UNA REUNIÓN

¿Por qué Dios es el último recurso?

La ira suele ser una tapadera de lo que realmente está sucediendo debajo

Si planeo lo que voy a decir mientras alguien está hablando, entonces no estoy escuchando.

Puedes decir lo que quieras una vez; eso es información. Decirlo más de una vez es controlador.

QUICK !!

What is the acronym

H A L T* ?



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

ecomm.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.



*Hungry, Angry, Lonely, Tired



One of the spiritual symbols of Al-Anon is the transformative butterfly. It can take a Monarch butterfly 5 generations to make the round trip pilgrimage from the Sierra Madre Mountains in Mexico, north to as far away as eastern Canada and back again. Each generation lives very different lives than their parents, grandparents and great-grandparents and yet it is in their DNA that somehow each generation continues on its primary journey of going back to its origin of safety, renewal and community.*

The members of the **Friday Noon, AFG** meeting are very similar to the Monarch butterfly. Their journey is very different from their parent's and grandparent's. It is a journey to a place they had never imagined where safety, renewal and community are offered because of those who came before them.

When a long time member was asked why she keeps coming back to this particular meeting, she said, "...because of the shares. They are deep and meaningful." Another member remembers hearing the meeting referred to as "like being in God's living room."

There are no records of who started the **Friday Noon, AFG** meeting in May of 1985 and it doesn't matter. What matters is that through working the Al-Anon program today's members discover that it is possible to create a better life for themselves and future generations as long as they keep coming back.

Spiritual Principle of the Month

INTEGRITY - integrity comes when character is tested; keep true and never be ashamed of doing what is right; being conscious of how words and actions impact those around you.

Al-Anon does not tell me how to behave...but encourages me to look searchingly and fearlessly at myself, my feelings, motives and actions. -Courage to Change pg 24



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



HOUSEKEEPING

District 159 Group Records Coordinator is asking each Al-Anon Group to update their current meeting information. If your meeting does not have a Group Representative (GR), then please volunteer to complete a Change Form. To do so, go on Al-Anon.org, click on Group Records, scroll down and click on Face to Face Meetings (for the US and Canada), click on Al-Anon Group Change and download the Printed Form. Fill out the form, scan & send it to grouprecords@NaplesAl-Anon.org or mail it to Cate, 9777 Alabama St., Bonita Springs, FL 34135. It takes 15 minutes.

If you have any problem, please reach out to the Group Records Coordinator by going on our website and emailing grouprecords@NaplesAl-Anon.org.

Why does your meeting need it's information to be current? WSO requires a new change form each year so that new comers and visitors can find your meeting by having it listed on the World Wide Web and in our Naples Al-Anon Where & When.

Fifth Tradition-Each Al-Anon Group has one purpose: to help families of alcoholics...by welcoming and giving comfort to families of alcoholics.



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](#)