

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 6

Were entirely ready to have God remove all these defects of character.

TRADITION 6

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.

CONCEPT 6

The Conference acknowledges the primary administrative responsibilities of the Trustees.



Today I make a sincere effort to roll in the clover, kick up my heels, and celebrate being alive.

Let me make this day a celebration of the spirit. There is a part of me that retains a childlike sense of curiosity, wonder, enthusiasm, and delight...I will set my problems to the side for a little while and appreciate what it means to be vitally alive.

-Courage to Change pg 325

I am discovering that it is fun to be me!

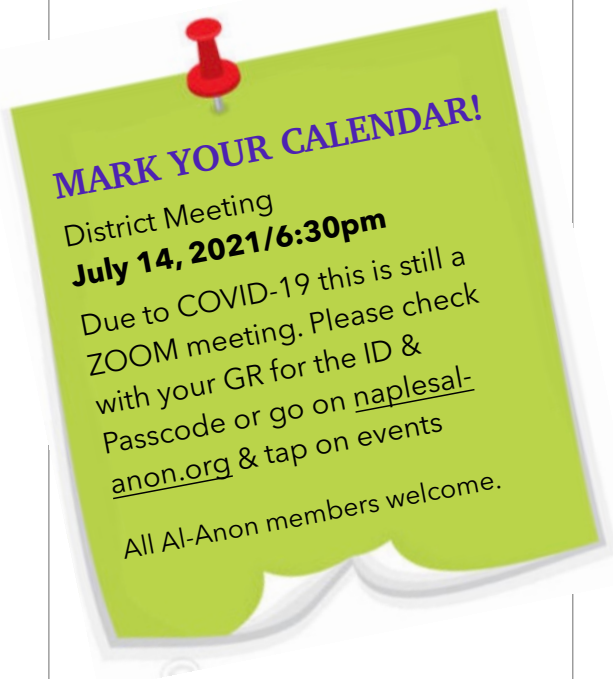
-From Survival to Recovery pg 185

I was able to travel lightly and with a sense of playfulness.

-Hope for Today pg 345

Having fun is part of my recovery one day at a time.

-Hope for Today pg 25



To all GROUP REPRESENTATIVES (GR's) in District 159

Concept 4: Participation is the key to harmony.

Looking forward to seeing you at the next District Meeting!



DO YOU HAVE A SUBSCRIPTION YET ?

Each month *The Beacon* can be delivered to your email address by going online to

Newsletter@naplesal-anon.org

Tap on the contact form. Fill it out and tap SEND.



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.

How Important is It?

Living in the throes of alcoholism in my family, I had a difficult time sorting out the important things in my own life from the chaos of the changing reality of the alcoholic's behavior.

What a relief to find the tools of Al-Anon, to begin to separate my own behavior from that of another; to recognize my feelings as part of my very being; to own my actions as more than just reactions to another.

"How Important is It?" has become a way to center myself, to weigh and balance my feelings, thoughts, and options. I need to consider my own reality and the impacts my actions may have on myself and others. I can move forward, or stand still, based on a clear assessment of importance. "How Important is It?"

I need to consider my own reality and the impacts my actions may have on myself and others. I can move forward, or stand still, based on a clear assessment of importance.

-Naples/Minnesota

ACCEPTANCE

I find that my life has become much more manageable and, truth be told, enjoyable. I have let go of manipulating and managing. It never worked and I would just become more and more frustrated. Today I have accepted people for who they are. I have accept that they have their own journey. My job is not to fix them but to love them. Now, I can laugh with them over a meal or we can go for a walk on the beach or through the park and enjoy each other's company. All I had to do was change me.

-Naples/New York

QUICK !!

What is the acronym

W A I T * ?



AFFIRMATIONS

I am a good person.

I take full charge of my life today.

I express my feelings.



Al-Anon Beginner Meetings

ZOOM

**Thursday/Al-Anon AFG /12pm
ID# 85602937416 / spirit**

ZOOM HYBRID

**Tuesday/Tranquility / 7pm
In-person St Monica's
Episcopal Church, 7070
Immokalee Rd., Naples, 34117
ID# 85886453920 / 548499**

IN-PERSON

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



Many times gratitude has been expressed in the rooms for “the people who came before us.” They are the people who started the meetings and kept them going. They created different formats within the framework of Al-Anon principles and adhered to Al-Anon Guidelines and Suggestions as a road map to pass on to those who kept coming back.

30 YEARS The **MONDAY NOON AFG** meeting began in June of 1991 and while they don't know the names of its founders, the group continues to benefit from the wisdom of its predecessors and to carry the message forward. Even during the pandemic the Zoom meeting is attracting new attendees “creating a good mix of people at different stages of recovery.” The strength of this meeting is that “members share their vulnerability not just preach Al-Anon talk.” “At one time more men came into the Al-Anon meeting at the 24 Hour Club thinking it was AA and decided to stay,” which says a lot about the quality of the meeting.

To join the **Monday Noon AFG** meeting on Zoom email mondaynoon@naplesal-anon.org for the Zoom ID & Passcode.

23 YEARS The **THURSDAY NOON, AFG** meeting on Marco Island began in June of 1997. It has gone through a number of transformations where it's membership has ebbed and flowed. Since the group temporarily meets on Zoom now, it has evolved into a topic/discussion group based on the readings from the 3 daily readers. The members then share their experience, strength and hope on that topic. The strength of commitment to the group, to individual recovery and returning to the adherence of WSO Al-Anon Guidelines will guarantee that the meeting will stay alive and vibrant.

To join the **Thursday Noon, AFG** meeting on Zoom email thursdaynoon@naplesalanon.org for the Zoom ID & Passcode.

AFIRMACIONES

Tengo mucho de qué alegrarme.

Me trato con amabilidad y
paciencia.

Hoy voy a poner toda la
negatividad detrás de mí.



ESCUCHADO EN UNA REUNIÓN

Las palabras hieren. Una vez que
están fuera de su boca, no puede
retirarlos.

Separarse del problema, no de la
persona.

Todo lo que estamos tratando de
controlar tiene control sobre
nosotros.



SERVICIO

Les recordamos que el servicio
de difusión al Público Latino
sigue aun disponible,
requisitos: El deseo de servir y
llevar el mensaje de
recuperación a los familiares y
amigos de los Alcohólicos.



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

¿Qué Tan Importante Es?

Viviendo en medio del alcoholismo en mi familia, tuve
dificultades para distinguir las cosas importantes de mi propia
vida; de la realidad cambiante y caótica del comportamiento del
alcohólico.

Qué alivio encontrar las herramientas de Al-Anon, comenzar a
separar mi propio comportamiento del de los demás; reconocer
mis sentimientos como parte de mi propio ser; reconocer mis
acciones como algo más que reacciones a otro.

"¿Qué tan importante es?" se ha convertido en una forma de
centrarme, de sopesar y equilibrar mis sentimientos,
pensamientos y opciones. Necesito considerar mi propia
realidad y los impactos que mis acciones pueden tener en mí y
en los demás. Puedo avanzar o quedarme quieto en función de
una evaluación clara de la importancia. "¿Qué tan importante
es?"

-Naples / Minnesota

INTERGRUPO HISPANO DEL SUR DE FLORIDA TE INVITA AL

TALLER DE LAS 12 TRADICIONES

Unión en Propósito



Horario 4:00 a 6:00 pm (EST)

Domingos	13 Jun. 2021	18 Jul. 2021
Primera, Segunda y Tercera Tradición	Cuarta, Quinta y Sexta Tradición	
19 Sep. 2021	17 Oct. 2021	
Séptima, Octava y Novena Tradición	Décima, Undécima y Duodécima Tradición	

Plataforma: Zoom
Meeting ID: 81662418045
Passcode: 392166
Para más información comuníquese con María Teresa al siguiente email:
intergrupo@alanonsofia.org

Grupo de Familia Al-Anon y Alateen

"María Teresa / Intergrupo Hispano (954) 593-8949
Este evento se llevara a cabo via zoom, un Domingo al mes,
De Junio a Octubre (con excepcion de Agosto)."

LISTEN & LEARN



One Day at a Time in Al-Anon (eA-6)

Audio edition of Al-Anon's first daily reader. Inspirational readings relate Al-Anon philosophy to everyday situations, helping to make each day better than the one before. Seven hours and 48 minutes long, narrated by anonymous Al-Anon members whose willingness to participate in this service project made the audio book possible.

Courage To Change: One Day at a Time in Al-Anon II (eA-16)

Audio edition of more daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. Nine hours and 15 minutes long.

Available through:

e-commerce.al-anon.com

Category: AV/Audio

Daily Reader

Also through:



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Re-printed from Al-Anon.org/shop



HAPPY 17th ANNIVERSARY !

HOPE FOR TODAY, AFG began with a conversation between two strangers in the restroom of a church where a Saturday morning meeting was being held in June of 2004.

As Katie M. tells the story, “I believe it was an HP moment for both of us to meet when we did. I was in an Al-Anon meeting that I didn’t usually go to. While in the Ladies room, we just started to talk about the need for a Sunday meeting to bridge the gap between the Saturday morning meeting and the next meeting on Monday. I don’t even remember her name. I saw her a few times after and as far as I know she has moved from the Naples area. The plans almost unfolded organically. We both loved the book *Hope for Today* and settled on a format. We agreed a Sunday morning would work and the 24 Hour Club had a slot open at 11am.” No coincidences!!

From the very beginning people started stepping up to do service whether chairing a meeting or being the treasurer or the GR. One member remembers that at times there would be 70-80 people at the Sunday meeting with “a large male presence.” The annual anniversary celebrations were spectacular, drawing people & food from all over! Noteworthy speakers shared from the heart, their experience, strength and hope coming into Al-Anon and working the program.

Katie suggests a moral to the story, “I was used to denying my needs, dismissing them. I had to learn to be open and willing to my needs and obviously other people had the similar needs. I believe this meeting became popular because it offered a safe space where a *gentle* recovery was the focus.”

Hope for Today, AFG has resumed its in-person meetings at the 24 Hour Club on Sunday mornings at 11am and continues to grow weekly with new and returning members.

DISTRICT 159 SERVICE

LETS HAVE FUN WITH BASKETS!

Our annual AFG Florida South Area 10 Convention is scheduled for this August 20-22 and as a fund raiser each AFG group creates a basket for raffling off.

Here's what you need to know:

Each group decides how much money they will donate towards their basket. It's usually \$75 - \$100.

One or two volunteers from your group will shop for the basket keeping a theme in mind. Some ideas are Spa Day, Gardening, ethnic Food, Gift Cards, Games, Selfcare, Crafts, etc. Be as creative as you want!!

Once the basket is created, deliver it to the person from your group who will be attending the convention or to another member from another group who will be attending the convention.

Most of all, **HAVE FUN!**

BIG ISLAND OF SERENITY

It's not too late to register for our Area 10 AFG Convention & book a hotel room. It's a great opportunity to get away with friends and participate in Al-Anon.

See ad/info on back pages.

SERVICE IN DISTRICT 159

HELP WANTED

Each Group Needs a Representative (GR)

QUALIFICATIONS: Willingness to help others

TIME REQUIRED: 2 hours a month. Can be seasonal.

JOB DESCRIPTION: Attend district meeting-via Zoom- and bring back any message to their group. Promote *The FORUM*

BENEFITS: Participation in a worthy cause. Opportunity to grow in unexpected ways. Make friends.

HOW: Volunteer at your meeting during the Al-Anon announcements. Take a group conscience to accept you as their GR. Show up at the next District Meeting by contacting webmaster@naplesal-anon.org for the Zoom ID & Passcode.

See you at the next meeting!!



We hear the 7th Tradition spoken at every meeting
but can you recite it without looking?

Every group...

Spiritual Principle of the Month

Willingness - a state of being ready.

I came to Al-Anon on my knees,
willing to live a different way.
-Hope for Today pg 276

I just had to become willing, and
my willingness allowed me to
move on.
-Hope for Today pg 171

God, please help me be willing to
be willing.
-Hope for Today pg 149



Alateen Meetings

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

alateen@naplesal-anon.org



HOT OFF THE PRESSES !!!

News from Naples...

The 24 Hour Club is now fully open for in-person meetings.
The only requirement is to be respectful of their Guidelines.

There are very few cities that have club houses designated solely for people in recovery where support & comfort, encouragement & understanding can be found unconditionally. All we have to do is follow the Al-Anon principles of responsibility and honesty in all our affairs. We, in the Naples area, are one of the lucky ones!

24 Hour Club Guidelines – Effective May 7, 2021

You are responsible for your own safety. You are using the 24 Hour Club Facility at your own risk. Please take the necessary precautions to protect yourself.

1. If you don't feel well or are running a temperature – **PLEASE STAY HOME!**
2. Wearing of masks is optional – **each meeting shall determine their own policy regarding masks by group conscience.** If you are uncomfortable with the mask policy of a specific meeting, find a different meeting.
3. Hand sanitizer, hand soap and disinfectant wipes are provided for your protection – please use them. Masks are provided for your use at the entry - if you want to use them, feel free to do so.
4. Please do not exceed the seating provided in each room. Do not bring chairs from one room to another, and please do not allow "standing room only". **If all provided chairs are occupied, please use a different room to start a spin-off meeting.**
5. Coffee service will be available as soon as possible – please assign coffee volunteer to clean up after each meeting
6. Outdoor meeting spaces will continue to be available in the smoking area, the patio on the south lawn and in other areas of the lawn for those wanting outdoor meetings.

PLEASE SELF POLICE THESE RULES TO ENSURE CONTINUED AVAILABILITY OF THE 24 HOUR CLUB FOR USE BY YOU AND EVERYONE ELSE

HEARD AT A MEETING

Words hurt. Once they are out of your mouth, you can't take them back.

Detach from the problem, not the person.

Whatever we are trying to control has control over us.

The word crisis, when written in Chinese, is composed of two words- danger and opportunity.

Shame dies when stories are told in safe places.

IN-PERSON AL-ANON MEETINGS

24 Hour Club, 1509 Pine Ridge Road, Naples, Fl. 34109

- MONDAY NOON, AFG
- WEDNESDAY NOON, AFG
- FRIDAY NOON, AFG
- SATURDAY, Adult Child, Survival to Recovery AFG 12pm
- SUNDAY - Hope for Today, AFG 11am

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- MONDAY- Living in the Solution, AFG - 7pm, St Monica's Episcopal Church, enter at office door & follow signs, 7070 Immokalee Rd., Naples, Florida 34117
 - TUESDAY TRANQUILITY, AFG - 7:30pm, St Monica's Episcopal Church, Workroom off main office, 7070 Immokalee Rd., No. Naples, Florida 34117
 - TUESDAY FREEDOM, AFG - 7:30pm St. Peter's Ministry Center, Rm 101, 5025 Rattlesnake Hammock Road, East Naples, Florida 34114
 - FRIDAY - Keep It Simple, AFG 8pm Anchor Christian Church, 11651 E. Terry St. Bonita Springs, Florida 34135

- If you know of other In-Person Meetings please let me know by emailing: Newsletter@naplesalanon.org.

SPOTLIGHT

REVIEW

On May 18, the Courage to Change group, which meets on Tuesday at noon, had the pleasure of hosting, via Zoom, another Speaker Meeting. The guest speaker, Gene R., a member of a Philadelphia Al-Anon group, shared his story of growing up in an emotionally absent alcoholic family where he received, at a very early age, the message that he was not good enough. It affected his ability to communicate in all areas of his life until he found his way to Al-Anon.

35 people from the Naples/Bonita Springs areas as well as Philadelphia listened as Gene R. shared his story of growing up lonely and emotionally abused. "My belief in myself was enmeshed in my self loathing; poisoning every aspect of my life - work, relationships, self care." He credited the support of the people in his first 12 Step meeting which triggered an outpouring of the grief he carried all his life. Entering Al-Anon released him of shame, finding relief in surrendering to a Higher Power. Program offered him two choices, "lead a self-centered life and suffer the consequences or lead a God-centered life and suffer the consequences. Consequences can be bad or good!" He found a sponsor and worked the program in search of serenity.

A short question and answer period followed where the listening members were touched by his message of hope and identified with his experience, strength and hope.

Our heartfelt gratitude and appreciation goes out to Gene R. for his graciousness in sharing his story.

-District 159 Speaker Seeker, Renee W.



The 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](#)