

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 7

Humbly asked Him to remove our shortcomings.

TRADITION 7

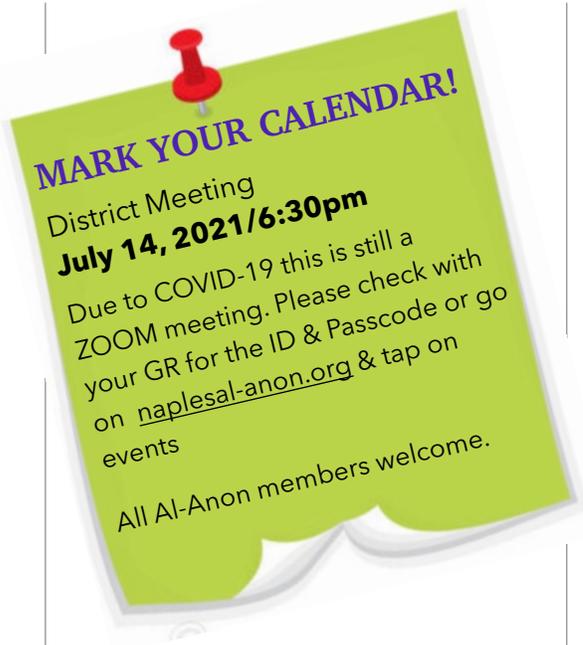
Every group ought to be fully self-supporting, declining outside contributions.

CONCEPT 7

The Trustees have legal rights while the Rights of the Conference are traditional.



- | | | |
|--------|--------|--------|
| A..... | J..... | S..... |
| B..... | K..... | T..... |
| C..... | L..... | U..... |
| D..... | M..... | V..... |
| E..... | N..... | W..... |
| F..... | O..... | X..... |
| G..... | P..... | Y..... |
| H..... | Q..... | Z..... |
| I..... | R..... | |



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

Concept 4: Participation is the key to harmony.

If you can't make the date, please ask someone to Step Up for you.

Looking forward to seeing you at the next District Meeting!



AFFIRMATIONS

I deserve happiness and peace in my life.

I have an excellent mind.

I can choose to have serenity.

I will let go of resentments.



Slogans are wisdom written in shorthand.

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*

Keep Coming Back

When I first entered the rooms I often heard people say “Keep coming back” after someone had shared. It sounded like a good idea since I had an agenda to fix my sons who were struggling with the disease. Once that was achieved was I going to continue to “Keep coming back”? Why would I? I was in Al-Anon to solve the problem not to make friends or fill time. Was I a lifer as was suggested? At the beginning I didn't think so but today the answer is yes.

I have come to realize that the disease has not only infected my loved ones but it has affected me. There lives a monster inside of me, a monster who most of the time I mistakenly believe I have put behind me. This monster wants her way right now.

I often think I have disciplined the monster, made her well behaved, no longer running the lives of others, only to be shown otherwise. Suddenly someone or something triggers me and that monster raises her ugly head. I still want my way. My first ego- reaction is this is what I want, or I know what is right.

I do not take disagreement lightly. I take myself far too seriously. I often wear the world not like a loose garment but like a water-soaked blanket. I still make a big deal out of insignificant things taking other's words and behavior personally.

So I need the program every day. If the monster in me takes over I run the risk of taking back control, of grandiose thinking, wacky perspectives, decisions made out of fear, and the my way at any cost attitude that will only end in disaster.

Maybe the monster rises up to remind me that I am never cured, just given a temporary reprieve. The monster lets me know that I need the program. It sends me back to a meeting to ask for help and reminds me that there is a power greater than me who will be there if I let go.

In fact my monster is really my friend because it reminds me to *Keep Coming Back*

-Naples/Toronto

IN-PERSON & HYBRID 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
- WEDNESDAY - Serenity for Parents & Families II, AFG 10:30am (Zoom/Hybrid)

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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, Fl 34117 (Zoom/Hybrid)
 - TUESDAY - Tranquility, AFG - 7:30pm, St Monica's Episcopal Church, Workroom off main office, 7070 Immokalee Rd., Naples, Fl 34117 (Zoom/Hybrid)
 - TUESDAY FREEDOM, AFG - 7:30pm St. Peter's Ministry Center, Rm 101, 5025 Rattlesnake Hammock Road, Naples, Fl 34114 (Zoom/Hybrid)
 - TUESDAY & WEDNESDAY - Nueva Esperanza, 6:30pm 3673 Prospect Ave., Unit B, Naples, Florida
 - FRIDAY - Keep It Simple, AFG 8pm Anchor Christian Church, 11651 E. Terry St. Bonita Springs, Florida 34135
 - SUNDAY - Steps to Serenity, AFG 7pm Anchor Christian Church, 11651 E. Terry St. Bonita Springs, Fl 34135 (Zoom/Hybrid)

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



In 2007, Susan Kay was browsing in the literature room of an AFG Florida South Convention when she came across the book, *Opening Our Hearts, Transforming Our Losses* and thought it sounded perfect for a new meeting that she and some friends were thinking of starting on Tuesdays at the 24 Hour Club. The **Together We Can Make It, AFG** group was formed using this book as the basis for their recovery.

The first sentence on page 1 in *Opening Our Hearts, Transforming Our Losses* says, "Alcoholism is a disease of many losses." It was important to the members not to be seen as a grief support group but as an Al-Anon Family Group where they could acknowledge and understand that there are many types of losses; the loss of a dream, of a relationship, of a childhood or of self.

The meeting began in the Quiet Room at the 24 Hour Club but quickly outgrew the space thus moving to the much larger Big Room during season. "Our group has benefited by focusing on using all our Al-Anon tools to deal with the many losses experienced by those affected by the family disease of alcoholism," explains Susan Kay.

A passage in the book on page 9 reminds us, "Through our willingness to face our losses openly and honestly, we discover our strength and resilience-not despite it but because of it."

Together We Can Make It, AFG is still a Zoom meeting every Tuesday morning at 10:30 with in-person meetings resuming in the near future.

AFIRMACIONES

Merezco felicidad y paz en mi vida.

Tengo una mente excelente.

Puedo elegir tener serenidad

Dejaré ir los resentimientos.



LA ENCUESTA de MEMBRESIA de AL-ANON 2021 ESTA ABIERTA

Llamando a todos los miembros de Al-Anon con un día a 70 años ¡en el programa!

El Concepto Cuatro establece: "La participación es la clave de la armonía".

Su participación es necesaria para proporcionar información respaldada por datos a los profesionales de la salud mental para que puedan considerar derivar a sus clientes a Al-Anon por su apoyo.

Esta encuesta está abierta desde 16 de junio al 27 de julio de 2021.

La participación es completamente anónima y no se requiere información de identificación personal. La encuesta solo debería tomar entre 10 y 15 minutos.

para completar en cualquier dispositivo conectado a Internet.

La encuesta está disponible en inglés, español y francés.

Visita
al-anon.org/membersurvey
para participar

EL RINCON LATINO de AL-ANON

EL PODER DE LOS LEMAS

En Al-Anon aprendí que los lemas son sabiduría condensada del programa. Los lemas son excelentes estabilizadores emocionales y me permiten presionar el botón de "pausa y respirar" y evitar presionar el "botón de pánico". Los lemas me permiten tomarme un tiempo, verificar y cuidar mi estado de salud antes de reaccionar.

-Naples/Nueva Jersey

ESCUCHADO EN UNA REUNIÓN

El perdón y el cuidado personal me salvaron la vida.

Lo que "haces" habla tan fuerte que no puedo oír lo que estás diciendo.

Todo sucede por una razón.

¿Por qué estoy en Al-Anon?

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

Primera, Segunda y Tercera Tradición

13 Jun. 2021

Cuarta, Quinta y Sexta Tradición

18 Jul. 2021

19 Sep. 2021

Séptima, Octava y Novena Tradición

17 Oct. 2021

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

Grupos de Familia Al-Anon y Alateen

"María Teresa / Intergrupo Hispano ([954](tel:9545938949)) 593-8949
Este evento se llevará a cabo via zoom, un Domingo al mes, De Junio a Octubre (con excepcion de Agosto)."

Spiritual Principle of the Month

Humility - the state of being humble; in regards to one's own importance; often misunderstood for weakness.

Real humility is to see my true relationship to God and to my fellow human beings.

-Courage to Change pg 161

WOW! That word expresses such wonder, excitement, surprise, and humility.

-Hope for Today pg 299

Am I willing to be more humble?

-Hope for Today pg 117

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

HOT OFF THE PRESSES !!!

News from Bonita Springs...

Like so many Al-Anon meetings across the nation, the **Keep It Simple, AFG** group in Bonita Springs found themselves shut out of their meeting place when the pandemic hit. They started a Zoom meeting but was unsuccessful in keeping it going and the meeting became temporarily inactive. It's been almost a year and a half now and the Anchor Christian Church on East Terry Street has opened its doors once again to Al-Anon.

The Friday night 8pm **Keep It Simple, AFG** has now resumed its in-person meetings. It's format is a very "simple" one. A volunteer chooses a topic, shares on it and the meeting is then open for discussion.

While people are feeling a bit safer with vaccinations on the rise, safety guidelines are still being established. For now, if you haven't been vaccinated a mask will be provided-no judgement. The Al-Anon principles of honesty and responsibility are encouraged. We don't want to be closed down again.

"Each week we are seeing more people returning. More than ever, we have come to realize how important human contact is in times of crisis," one member observes. Old and new friends are being welcomed. It's feels good to be back.



The 5:30pm **Monday Happy Hour, AFG** group will be closing their Zoom meetings and resuming its in-person meetings on July 19th at the Gulfshore Church 2530 Bernwood Drive, Bonita Springs, Florida 34135.

This is a discussion meeting where the topic person chooses a reading from Conference Approved Literature, speaks on it and then opens the meeting up for discussion where everyone has a chance to share.

They are looking forward to seeing familiar faces and welcoming new ones as well.

AFG mobile app

The first official Al-Anon mobile app is now available on your devices. Below is an example of what to look for when you go into the App Store.

Always look for the blue triangle with the white circle.



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QUICK !!

What is the acronym for

F E A R *

* False Evidence Appearing Real

70th Anniversary Virtual Celebration

**Al-Anon Family Groups
Serving Members for 70 Years**



On July 10th, 2021 at 2pm people from all over the world will be celebrating together, “virtually”, the remarkable 70-year history of Al-Anon Family Groups.

Audio recordings of the Al-Anon speakers will be played periodically in meetings inside the **free Al-Anon Family Group mobile app** for the remainder of 2021.



HEARD AT A MEETING

Forgiveness and self-care saved my life.

What you ‘do’ speaks so loudly, that I cannot hear what you are saying.

Why am I in Al-Anon?

My sponsor is so loving, so caring.

Sometimes I can be too humble or not humble enough.

Our Three Legacies

The threefold guides of Al-Anon point the way to a normal, useful, life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

RECOVERY: Through the Steps

UNITY: Through the Traditions

SERVICE: Through the Concepts



AN ASSIGNMENT in futility

Here is a list of some of the things we might have done to get the Addict/Alcoholic to stop using/drinking. Now, circle the ones that worked.

Dumped out bottles of alcohol

Pleaded

Humiliation

Anger

Had a friend speak to him/her

Ultimatums

Silent treatment

Biting sarcasm

Paid their bills

Played the victim

Managed the Crisis

Cried



The David Lawrence Center is asking for help

Remember the first time you realized you and your family were in crisis? Remember how you felt; shame, anger, fear, hopelessness. There are families, just like yours, who have just admitted their loved one into the David Lawrence Center and wonder how they ever got to that day. What do they do now?

My visit to a rehab center for a Sunday visitation with my loved one introduced me to Al-Anon. While there, I went to a meeting led by two people from Al-Anon who gave me the opportunity to learn how the disease had influenced my life. They said it was possible to change; to find a better way to live while still loving my loved ones. They gave me hope.

Today District 159 has open service positions for volunteers willing to join Al-Anon's outreach to the recovery community in jails, institutions, rehabilitation centers and hospitals.

The David Lawrence Center in Naples would like to open up the 3:30 time frame for such an intro-meeting on Sunday afternoons following family visitation. Routinely, two Al-Anon representatives conduct the 1 hour meeting by sharing experience, strength and hope and offering Al-Anon literature, a meeting list and answering questions about how Al-Anon works. Can you commit an hour one or two Sundays a month?

As a past Institutions Chair and volunteer, it is personally gratifying to reach out to the families and friends of those trying to turn their lives around. I always get back more than I give.

Please consider paying it forward and volunteering. Email the co-ordinator at institutions@naplesalanon.org or DR@naplesalanon.org for more information.

-Julie B.

Alateen Meetings

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

alateen@naplesal-anon.org



ANNIVERSARIES & CELEBRATIONS

Let us help you celebrate your group's Anniversary! Send your information - time, date, age, & anything else to:

naplesal-anon.org/Newsletter



IS SOMETHING WRONG ?

We are 6 months into the year and there are still positions open in District 159 !! All it takes is a willingness to serve.

- Al-Anon Information Services (AISL)-Co-ordinates various committees with the purpose of carrying the same message.
- Alternate AISL-Supports the above position.
- Alateen-Co-ordinates activities, meetings, sponsors and ensures compliance with Area 10 Safety & Behavioral Requirements.
- Latino Public Outreach-Brings awareness to the Latino community via public media, libraries, professionals, etc.
- Literature-Provides information to the group's GRs on new literature developed by WSO. *The Forum* is promoted & submissions encouraged.

*These volunteer positions take less than a few hours a month!
Contact DR@naplesalanon.org for more information.*



The 2021 Al-Anon Membership Survey Is Open

Calling all Al-Anon members
with one day to 70 years in the program!

Concept Four states, "Participation is the key to harmony."

Your participation is needed to provide data-supported information to mental health professionals so that they might consider referring their clients to Al-Anon for support.

This survey is open from June 16 to July 27, 2021.

Participation is completely anonymous, and personally identifiable information is not required.

The survey should only take about 10-15 minutes to complete on any internet-connected device.

The survey is available in English, Spanish, and French.

Visit al-anon.org/membersurvey to participate.

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, Self-care, Crafts, Al-Anon, etc. Be as creative as you want!!

Once the basket is created, deliver it to a person from your group who will be attending the convention or to a 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 & book a hotel room for our Area 10 AFG Convention. 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

BIG ISLAND OF SERENITY CONVENTION WORKSHOPS

The annual AFG Florida South, Area 10 (which is us) Convention, aptly named *The Big Island of Serenity*, is coming up fast- August 20 to the 22nd. The venue takes place at the beautiful Bonaventure Resort & Spa in Weston, Florida - an easy ride to the east coast from the Naples area.

Our District 159 has been assigned three workshops.

Ho'okahi: Topic: **STEP 1** Saturday 8:00 - 8:45 a.m.

School of Fish: Topic: **PARENTS & GRANDPARENTS**
Saturday 10:00 - 10:45 a.m.

Volcanos: Topic: **GRIEF** Saturday 12:00 - 12:45 a.m.

This is a wonderful opportunity to participate in service; share your experience, strength and hope with those in such need; and practice Tradition 5. Remember you don't have to do this alone, you can always share this topic with someone else.

Contact our District Representative, Mike S. at 239-404-2580. Leave a text or a message and let him know you are going to the convention and would like to volunteer, or email him at drmcshaffer@gmail.com or dr@naplesal-anon.org



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.