

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 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION 8

Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.

CONCEPT 8

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.



Today I can practice appreciating myself, my world, and my Higher Power.

-Courage to Change pg 264

I will start each day with prayers and gratitude...

-ODAT pg 64

Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.

-ODAT pg 64

Gratitude is in itself a wholesome and healing force and it becomes all the more real when we make it a regular part of our prayers.

-ODAT pg 319

What would I include in my alphabet of gratitude?

-Having Had A Spiritual Awakening pg 166



MARK YOUR CALENDAR!

District Meeting

September 8, 2021 6:30pm

Due to COVID-19 this is still a ZOOM meeting. Please check with your GR for the Zoom ID & Passcode or go on naplesal-anon.org & tap on events

All Al-Anon members welcome.



Do you know someone who would enjoy reading The Beacon?

The Beacon can be delivered to any email address each month 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.



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*

THE POWER OF SLOGANS

In Al-Anon I learned that slogans are condensed wisdom of the "we" program. Slogans are great emotional stabilizers and empower me to push the "pause and breathe" button and stay away from pushing the "panic button." Slogans empower me to take time out, check and take care of my health status before reacting.

In doing so I am empowered to use the 4 R's of the informed decision making process - retreat, rethink, regroup and re-enter. And then I am empowered to use the 7T's - take time to think the thing through. This is responsibility in action. This thought out, informed decision making process is my first line of defense against the stinking thinking and sickening life style of shoot first and aim later or react first and regret later.

-Naples/New Jersey

LET IT BEGIN WITH ME.

Several times a week, I join others in saying the Al-Anon Declaration, Let It Begin With Me and I've usually applied it to *my* helping or companionship another person in need of Al-Anon's sanity. Today I see I missed the message for myself. The "It" in the slogan means that *I* work the program, never as anyone's rescuer, but solely for *myself*.

I have belonged to Al-Anon for many years, but I am still learning how to care for *myself*. I am too often like a child who shirks the grown-up responsibility of doing the soul searching work of the 12 Steps: to see myself as I am, claim myself as a beloved child of God, and give myself God's love and affirmation.

Each day let dependence on God be my focus and priority. Let dependence on God Begin With Me.

-Naples Winter Resident

Spiritual Principle of the Month

Responsibility - a moral obligation to behave respectfully toward another and to oneself.

...letting go of my *exaggerated* sense of responsibility.

-Courage to Change pg 101

Am I taking responsibility for my choices today?

-Courage to Change pg 299

I thought I had to be responsible for everything and everyone.

-Hope for Today pg 63

Am I failing to respond to my own needs?

-Blueprint for Progress

Al-Anon Beginner Meetings

ZOOM

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

ZOOM HYBRID

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

IN-PERSON

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

GET CONNECTED

Along with Facebook and Twitter, Al-Anon is now on Instagram in English, Spanish and French. Members are invited to follow and 'like' the Al-Anon posts. Please remember to protect your anonymity on social media by not making comments or using screen names that would reveal your Al-Anon membership, i.e. @alanonbob.

English: http://www.instagram.com/alanon_wso

Spanish: https://www.instagram.com/alanon_osm

French: https://www.instagram.com/alanon_bsm

(Remember to use the underscore between alanon and the last three letters in the address or just click on the above link)

Members can also use the links located on the [Spanish](#) and [French](#) websites.

If you have any questions, please send them to Beth Rodriguez, Social Media Specialist, beth@al-anon.org.

This announcement is informational only. Al-Anon does not endorse any specific social media provider. Always look for the blue triangle with the white circle to know that it's truly the Al-Anon Family Group



HEARD AT A MEETING

Happiness is fleeting; joy comes from within.

Never miss an opportunity to say nothing.

Compare and despair.

Feelings aren't facts, but it's a fact that I'm feeling them and I need to acknowledge them.

I am not responsible for my first thought, but I am responsible for my second thought and my first action.

QUICK !!

What is the acronym for
P A U S E *

AFFIRMATIONS

- I can be counted on to be there when you need me.
- I know my Higher Power is with me.
- I can do whatever I set my mind to.
- I deserve peace & happiness.



ARE YOU 'IN' IT OR SITTING ON THE SIDELINES ?

A man shared enthusiastically that he belonged to a bike club. People began to question him, "What kind of a bike do you ride? How many miles do you ride on a given day?" "Where do you ride?" He replied, "Oh! I don't ride! I just belong to the club!"

In a way, this story is an allegory for District 159. We show up at the meetings, love the fellowship but don't really participate in keeping Al-Anon current and responsive to its members.

Our District 159 welcomes your participation in service.
For more info email me at newsletter@naplesal-anon.org



"We don't remember exactly what was said, or who said it, but we do remember how we felt," pinpoints exactly what a newcomer shared recently, "When I first walked into the room I felt so anxious, but by the end of the meeting I felt like I belonged; I was getting hugs from people I didn't know."

Formed in August, 2003 the **Saturday Morning Lifesavers, AFG** chose *The Forum*, (the monthly magazine of Al-Anon Family Groups) as their prompt for discussion and developed a format around it. The group opens their meeting with individual introductions and in a word or two of how they are feeling. "It is such a beautiful way to own our feelings," said one member.

Each week the chairperson chooses a sharing from *The Forum*, reads the article and shares briefly about the reading. Then they go round the room as each member shares their experience, strength and hope. There is also a Legacy meeting the first Saturday of each month based on a Step, Tradition or Concept corresponding to that month.

"Coming to this meeting was like walking into a room full of friends even though I knew no one. I could feel the experience, strength and hope emanating through the circle," offered one member. A long-timer observed, "Through the years, I have seen many newcomers 'keep coming back,' grow in their recovery and then serve in many of our group service positions."

The support and friendliness felt during the meeting is extended through the fellowship that follows in the 'meeting after the meeting'. The many genuine expressions of affection expressed about the group and its members is a true testament to the group's continuing health and vibrancy in the Al-Anon family.

The **Saturday Morning Lifesavers, AFG** has now transitioned to Hybrid. They are on Zoom and meeting in person. They have gone back to making people feel welcomed with real hugs.

AFIRMACIONES

Se puede contar con que estaré allí cuando me necesite.

Sé que mi poder superior está conmigo

Puedo hacer lo que me proponga.

Merezco paz y felicidad.



INVITACION

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



ESCUCHADO EN UNA REUNIÓN

Al-Anon se trata de relaciones.

Ama profundamente, sostén sin apretar.

No pierdas la oportunidad de no decir nada.



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

QUE EMPIECE POR MÍ.

Varias veces a la semana, me uno a otros para decir la Declaración de Al-Anon, Déjalo comenzar conmigo y por lo general la aplico a mi ayuda o compañía a otra persona que necesita la cordura de Al-Anon. Hoy veo que me perdí el mensaje. El "Eso" en el lema significa que trabajo en el programa, nunca como el salvador de nadie, sino únicamente para mí.

He pertenecido a Al-Anon durante muchos años, pero todavía estoy aprendiendo a cuidarme. Con demasiada frecuencia soy como un niño que elude la responsabilidad adulta de hacer el trabajo de introspección de los 12 Pasos: verme a mí mismo como soy, reclamarme como un hijo amado de Dios y darme el amor y la afirmación de Dios.

Cada día, deje que la dependencia de Dios sea mi enfoque y mi prioridad. Que la dependencia de Dios comience conmigo.

-Naples

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@alanonsofla.org

Grupos 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)."

**THE
DAVID LAWRENCE
CENTER
-
CROSSROADS
PROGRAM**

Remember the first time you realized you and your family were in crisis? Remember how you felt - shame, fear, anger, 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 this day. What do they do now?

The David Lawrence Center in Naples would like to re-open the Al-Anon intro-meeting on Sunday afternoons beginning in September. The meeting would be from 3:30-4:30 following family visitations.

Routinely, two Al-Anon representatives conduct the 1-hour meeting by sharing their experience, strength, and hope and answering questions about how Al-Anon works. Al-Anon literature and a meeting list are also provided to the families.

Please consider paying it forward and volunteering. Email the coordinator for more information at institutions@naplesal-anon.org or DR@naplesal-anon.org

ARE YOU A PEOPLE PLEASER?

What's wrong, you might ask, with being kind, helpful or considerate of the wants, needs or feelings of others. This approach to fitting in or making people happy can cross over to neglecting your own needs or wants. Mounting resentments may start filtering in, creating problems in your relationships and prompting remarks like, "I never have enough time for myself" or having feelings of not being appreciated.

Before committing to anything, there are three questions I need to ask myself:

1. Do I want to do it? (or am I feeling pressured?)
2. Am I available? (or will I have to sacrifice my limited time?)
3. How will I feel after? (happy or resentful?)

Here's an example: my husband asked me to drive him to his 1 o'clock luncheon. My meeting was from 12 noon to 1pm and I had a lunch date myself at 1:30.

This is how I answered the three questions:

1. I wanted to help him out.
2. I was not available within his time-frame.
3. If I cancelled or postponed my lunch to another day I would feel resentful.

Finding a way to make the situation a "win-win" is the objective. As a people pleaser, I want to find a way to say yes and if we can compromise on the second question-the timing-I can turn the situation into a "win-win".

People pleasing becomes destructive when I ignore my own needs and continually sacrifice my well-being for the sake of others. Al-Anon helped me find a compromise that allows me to respond to my feelings, including my desire to belong, and still take care of myself.

- Courage to Change pg 261

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, Steps from Survival to Recovery, AFG 12pm
- SUNDAY - Hope for Today, AFG 11am
- WEDNESDAY - Serenity for Parents & Families II, AFG 10:30am (Hybrid)



- Monday - Happy Hour AFG, - 5:30pm, Gulf Shore Church, 25300 Bernwood Dr., Bonita Springs, Florida 34135
- 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., Naples, Fl 34117 (Hybrid)
- TUESDAY FREEDOM, AFG - 7:30pm St. Peter's Ministry Center, Rm 101, 5025 Rattlesnake Hammock Road, Naples, Fl 34114 (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, Fl. 34135
- SATURDAY Morning Lifesavers, AFG -10am Vanderbilt Presbyterian Church, 1225 Piper Blvd, Naples, Fl (Hybrid)
- SUNDAY - Steps to Serenity, AFG 7pm Anchor Christian Church, 11651 E. Terry St. Bonita Springs, Fl 34135 (Hybrid)

- If you know of other In-Person Meetings please let me know by emailing: newsletter@naplesal-anon.org

IT'S NOT TOO LATE TO HELP



Aloha Area Area 10 The Convention Team needs your help!

HOSPITALITY ROOM

We are looking for homemade cookies, loaf cakes, fruit, and any sweet/salty snacks. All must be individually wrapped. Bottled water and monetary donations will be gladly accepted.

Contact Arlene at: rwilow22@comcast.net

PINEAPPLE BOUTIQUE

We are curating a variety of Al-Anon themed crafts for your convention shopping pleasure and need your help!! Get crafty with Al-Anon! Please limit the quantity of each item to 20 and please abide the Traditions.

Boutique Wish list:

Alateen Happy / Crappy dolls
Journals

Painted rocks with sayings

Instant Meeting packets

Beaded jewelry with slogans/acronyms

Contact RoseAne at: biosboutique2020@gmail.com

RAFFLE

We are asking for baskets that include: Conference Approved Literature, hand-made items, items relating to the spiritual concepts of the program, and non-religious/holiday items. Please include a printed list of items in the basket and the district/group that it's from. Baskets can be brought to the convention.

For any questions, please call Don at 561-964-3744 or text 561-393-3940.

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.

FRIDAY AUGUST 20 - SUNDAY AUGUST 22

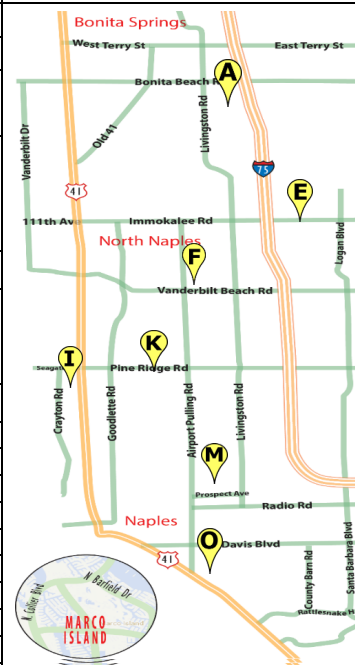
**Bonaventure Resort & Spa,
250 Racket Club Rd. Weston, Fl 33326**

JULY WHERE AND WHEN

Marker	Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Group Name
A	Anchor Christian 11651 E. Terry St. Bonita Springs, 34135	7:00 PM					8:00 PM		Keep It Simple (FFO)
B	ELECTRONIC MEETING			Noon					Steps to Serenity (FFO,SS,Beg)
D	Gulf Shore Church 25300 Bernwood Dr. Bonita Springs, FL 34135		5:30 PM						Courage to Change (FFOW)
E	St. Monica Epis.: Lib. 7070 Immokalee Rd Naples, 34109 in-person & ELECTRONIC MTG. Mon. in-person only			7:00 PM					Tranquility (FFO, Beg)
				7:30 PM					Tranquility (FFO)
			7:00 PM						Living In The Solution (FFO)
F	Vanderbilt Presbyterian Church 1225 Piper Rd. Naples, FL 34110 in-person & ELECTRONIC MTG							10:00 AM	Lifesaver (FFO)
H	ELECTRONIC MEETING			12:00 AM					Let It Begin With Me Alateen (FFO)
I	United Church of Christ 5200 Crayton Rd (Nelson Hall Rm 207) Naples 34103						Noon		11th Step (FFOW)
J	ELECTRONIC MEETING							10:00 AM	Saturday (FFO)
K	24-Hour Club 1509 Pine Ridge Rd Naples, 34109 Sat. noon, Sun. 11 is in person. All others are ELECTRONIC MEETINGS Thurs. 10:30 & 12n are both in person & electronic	Noon		10:30 AM					Monday Noon (FFO)
					10:30 AM				Together We Can Make It (FFOW)
					Noon				Serenity for Parents & Families II (FFO)
									Wednesday Noon(FFO)
						10:30 AM			Discovering Choices (FFOW)
						Noon			Al-Anon Beginners(FFOW,Beg)
							Noon		Friday Noon(FFOW)
		9:45 AM						Noon	Survival to Recovery(FFO,*,~)
		11:00 AM							Serenity for Parents & Families(FFO)
									Hope for Today(FFOW)
L	ELECTRONIC MEETING					5:30 PM			12-Steppers(FFOW)
M	Unit B 3673 Prospect Ave. Naples, 34104			6:30 PM		6:30 PM			Nueva Esperanza(FFOW,EE,*)
									Nueva Esperanza(FFOW,EE,*)
N	District Mtg ELECTRONIC MEETING until further notice								District Mtg. Monthly 6:30 PM
O	ELECTRONIC MEETING Tues. 7:30 both electronic & in person: St. Peter Ministry Ctr Rm 101 5025 Rattlesnake Hammock Rd. Naples, FL 34113			7:30 PM					Tuesday Freedom(FFO)
						10:15 AM			Serenity Wednesday(FFO,SS)
P	ELECTRONIC MEETING		11:00 AM						M&M(FFOW)
						Noon			Thursday Noon(FFOW)
	ELECTRONIC MEETING					7:00 PM			Step & Study (FFO, SS)
	ELECTRONIC MEETING					Noon			Al-Anon Beginners(FFOW,Beg)



Al-Anon/Alateen
Where & When
July 2021



LEGEND

- District 159/Info Serv. Meeting (Monthly)
- FFO Family & Friends Only
- FFOW Family, Friends Observers Welcome
- A Alateen Meeting
- Beg Beginners' Meeting
- EE En Espanol
- SS Step & Study Meeting
- * Simultaneous AA Meeting
- ** Simultaneous Alateen Mtg.
- ~ Adult Children

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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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



How Al-Anon Serves Your Group and You

Have you ever wondered, when we get the World Service Office (WSO) quarterly appeal letter, what exactly does WSO do for us? We know that our meetings give us support in our recovery. District 159 keeps us up-to-date with local events and issues and SWFL Area 10 coordinates their messages to the Districts. But, what does WSO do?

In general, WSO provides necessary Group Service programs, administrative and digital strategies and manages the operations including financial/customer service to the Al-Anon family all over the globe. But how does WSO specifically affect our groups and us individually?

Through *Group Services*, WSO answers questions about group issues. For example; cross talk or quoting outside literature. They also maintain group records which was recently helpful to us in District 159 because two of our groups WSO #'s were incorrect thus making them non-existent.

Through the *Public Outreach/Professionals Program* WSO attends professional conferences (lawyers, doctors, mental health, police, judges) to share the Al-Anon message which makes a difference to us and our loved ones when we need their help.

The *Literature Program* develops, prepares and edits CAL and provides leadership & support to *The Forum* and our local newsletters, which I have taken advantage of so many times.

The *Digital Strategy & Communications Division* was so helpful in supporting our electronic meetings during the pandemic and getting the word out as to where people could find us, locally, nationally and internationally. It was fun going to a meeting in Ireland or having people from Germany join us here!

These are just a few examples of how WSO works in supporting our groups. For more information about the various programs WSO provides, you can go online to al-anon.org and remember to respond as generously as possible in the quarterly appeal.

**The Alateen Meetings
have been suspended
indefinitely.**

This group is in need of a volunteer Chairperson who coordinates Alateen activities regarding Alateen meetings, current and new, group sponsors, and ensures compliance with the Area 10's Safety and Behavioral Requirements.

The position requires a willingness and organizational skills.

Email
DR@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

SERVICE IN DISTRICT 159

Every Group Needs A GR

QUALIFICATIONS: Willingness

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

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

BENEFITS: The fun of participating. Opportunity to grow.
Make new friends.

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

See you at the next meeting!!

PS: Without a GR, your group misses all the informative
messages and wonderful events going on in our district.



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.
