
THE BEACON

Al-Anon Family Group I District 159 I 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 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION 9

Our groups, as such, will never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT 9

Good personal leadership at all service levels is a necessity. In the field of world service the board of trustees assumes the primary leadership.



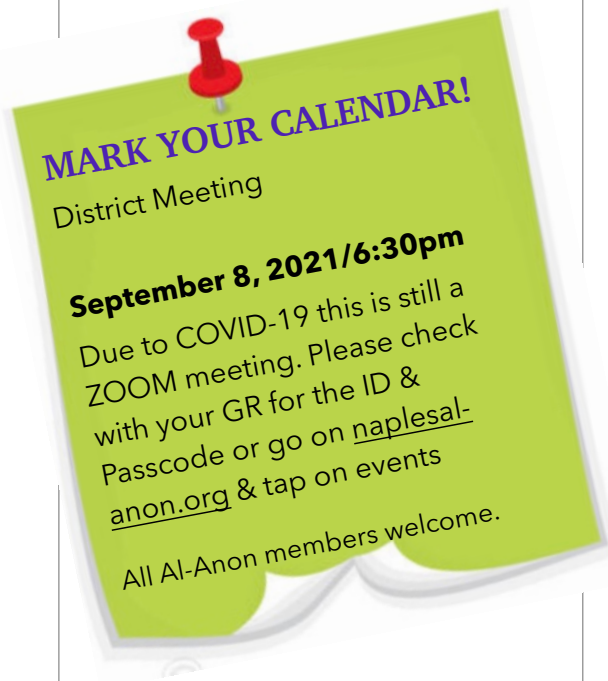
SEPTEMBER
is



Recovery is a journey not a destination. -*Paths to Recovery pg 73*

Recovery continually reveals new aspects of our personalities to us until we come to fully know ourselves. When we use the tools found in the Steps, we become resilient, able to laugh at our humanness and to love ourselves for it. -*Paths to Recovery pg 74*

In order to keep our recovery, we learn we have to apply it to our lives and pass it on to others. -*Paths to Recovery pg xiii*



To all GROUP REPRESENTATIVES (GR's) in District 159, if you can't make the meeting please ask someone to step in for you.

Concept 4: Participation is the key to harmony.



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.



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 It Simple

Slogans are simple.

Uncluttered statements that can be absorbed by the heart; the effort and the focus being directed to what really matters; constantly paring down until the meaning carries only what is essential.

This was demonstrated to me the other day when a good friend called and we decided to see each other face to face for the first time since the pandemic. We both had been vaccinated and we were eager to be with each other. As we discussed time, place, should we eat, not eat, inside, outside, we started getting frustrated with the plan until my friend said: "Let's just keep it simple, all I want to do is see you." Planning is essential in life, but this reminded me that sometimes I get so bogged down with the plan that I lose sight of the purpose. I'm so grateful to the AI-Anon program. The focus is so clear. We are "simply" gathered together to help each other as we maneuver through the disease of alcohol and addiction. The plan never gets diluted in the planning, there's no hidden agendas, we simply have but one purpose.

Easy Does It

I recently heard in a meeting about "family" slogans: "After all I've done for you!" and "I'll give you something to cry about!" and "You shouldn't feel like that," and "What are you smiling at?" among other destructive phrases.

In *Hope for Today*, "[these slogans]... left me feeling hurt, guilt ridden, and miserable. Soon I began to wonder. If these little phrases had such power to destroy, then maybe the AI-Anon slogans had the power to rebuild." pg 126

"The slogans are supplied by my Higher Power to help me break the cycle of the negative attitudes I learned in my alcoholic family." pg 75

-Naples/New York

Do you know?

What's the acronym for

T H I N K *

Looking for another way
of getting to a meeting?



The Forum features timely sharing 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 online at

ecomm.al-anon.org
or al-anon.org/Forum.

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.



*

T - Is it Thoughtful?
H - Is it Honest?
I - Is it Intelligent?
N - Is it Necessary?
K - Is it Kind?

HOT OFF THE PRESSES !!!

The **11th Step Meditation, AFG** Friday noon meeting is planning to switch from a Zoom meeting to a Hybrid meeting which is a combination of in-person and Zoom. The United Church of Christ on the corner of Seagate and Crayton has offered the group the pre-COVID room in Nelson Hall. The question then was, "Do they become an in-person meeting "only" or use the church's offer of setting up the meeting to become hybrid."

A group conscience was taken in which out-of-state members expressed their concerns about losing the connection with the group and the opportunity of joining in the weekly meeting if the in-person only option were to be adopted. There were also concerns about following CDC guidelines for vaccinations and masking. In keeping with the spiritual principles of honesty and responsibility to the group's safety, masking up and social distancing will be adhered to.

It was decided that two members would work with the church to transition to a hybrid meeting as well as protecting the anonymity of its member. The **11th Step, AFG** will officially become a hybrid meeting on October 1.



A NEW AL-ANON MEETING

- **DATE:** MONDAY - SEPTEMBER 13TH
- **TIME:** 1:15 PM
- **PLACE:** ST. PETER'S THE APOSTLE CHURCH
5130 RATTLESNAKE HAMMOCK RD. 34113
ROOM 102 IN THE MINISTRY CENTER

STEPS:



SOLUTIONS:



CONECTARSE

Junto con Facebook y Twitter, Al-Anon ahora está en Instagram en español. Se invita a los miembros a seguir y dar "me gusta" a las publicaciones de Al-Anon. Recuerde proteger su anonimato en las redes sociales al no hacer comentarios ni usar nombres de pantalla que revelen su membresía de Al-Anon, es decir, @alanonbob.

www.instagram.com/alanon_osm

(Recuerde el subrayado entre alanon y osm)

Si tiene alguna pregunta, envíela a Beth Rodríguez, especialista en redes sociales, beth@al-anon.org.

¡Gracias por participar en este proyecto de divulgación pública!

Este anuncio es solo informativo.
Al-Anon no respalda a ningún proveedor de redes sociales específico.
Siempre busque el círculo blanco en el triángulo azul para saber que realmente es Al-Anon.

ESCUCHADO EN UNA REUNIÓN

Ser honesto conmigo mismo es como una oración.

Intento escuchar con mi corazón.

Cuando te despiertes por la mañana, sonríe.

El dolor está en la resistencia.

La vergüenza muere cuando se cuentan historias en lugares

EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

Hazlo con Calma

Uno de los maravillosos beneficios que recibo al asistir a las reuniones de Al-Anon es que encuentro nuevas formas de trabajar en mi programa. En una de mis reuniones favoritas, el presidente repartió una canasta llena de lemas de Al-Anon y sugirió que cada uno de nosotros cogiera uno y tratara de aplicarlo al día de hoy. ¡Fue notable cuántos de nosotros parecíamos tener el eslogan perfecto!

Al día siguiente me encontré en una situación estresante ... En mi mente, me imaginé una vez más metiendo la mano en una canasta llena de consignas. Nuevamente obtuve exactamente lo que necesitaba: la hoja de papel que imaginé me recordó que "Hazlo con Calma". Dejé de intentar forzar una solución y esperé hasta que pude abordar el problema con más suavidad. Me sentí mucho mejor, mi pensamiento fue más claro y con el tiempo apareció una solución.

-extracto de *Courage to Change* pg 68

AFIRMACIONES

- Me trato con amabilidad y paciencia.
- soy bueno escuchando

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	Séptima, Octava y Novena Tradición
19 Sep. 2021	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@alanonsofla.org

Grupos de Familia Al-Anon y Alateen

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

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 APOLOGY vs An AMENDS

There is a difference between an apology and an amends. In making an apology, we usually say, "I'm sorry," expecting a response of acceptance, pardon or forgiveness. In making amends, we may state our errors, our role in the incident, and that we will correct our behavior for the future.

"I learned that my amends needed to carry with it a commitment for better behavior in the future."

-Paths to Recovery pg 90-91 & 98



AL-ANON WORD SEARCH

Can be solved horizontal, diagonal, vertical, & backwards

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r e x p e c t a t i o n s b d l l
l p r e c o v e r y i s y v e y r
l d p y y t s e n o h r h y v r a
t a o v v m g r a t i t u d e o p
n l o v e e e d u t i t t a n t i
y t i l i b i s n o p s e r s n h
y i r m p r i n c i p l e s e e s
s g n i t e e m x t i m p a i v r
l b x e h i e i u y m o i b r n o
a d c m p l p d c t d x v v a i s
l o n e u u o o u i e d u l d n n
v t s u r t h x u m x p b m n d o
s t p e c n o c v y a c s x u p p
l g b n r n y e e n n l t d o r s
y s t e p s a i y o c o o b b g c
s p i r i t u a l n b a l a n c e
u s e r e n i t y a v s n a b e a
  
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ANONYMITY
BOUNDARIES
GRATITUDE
INVENTORY
PRINCIPLES
SERENITY
STEPS

ATTITUDE
CONCEPTS
HONESTY
LOVE
RECOVERY
SPIRITUAL
TRUST

BALANCE
EXPECTATIONS
HOPE
MEETINGS
RESPONSIBILITY
SPONSORSHIP



Affirmations

My needs are as important as anyone else's.

Other people benefit from me being open about my needs.

I can enjoy leisure without guilt or anxiety.

I care about myself enough to speak up about what is best for me.

I can meet new opportunities without fear.



THE DAVID LAWRENCE CENTER, beginning in September, would like to open the 3:30-4:30 time frame on Sunday afternoons for an Al-Anon intro-meeting.

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 available to the families.

Please consider paying it forward. Attend this month's District Meeting and volunteer or email the co-ordinator for more info at institutions@naplesal-anon.org or DR@naplesal-anon.org

National Recovery Month Can Include Families In Recovery

In September, the US and Canada celebrate recovery at the national level by highlighting the benefits of prevention and treatment for alcohol use disorders (AUD).

When alcohol addiction or an alcohol use disorder are present in families, everyone is affected, including the children.

Although professionals in fields such as psychiatry, psychology, and education may be able to see the signs of a family dealing with an alcohol or substance use disorder, those affected may not.

The goal is to help the patient realize that although they are not the one with the alcohol use disorder, they have been adversely affected and they can experience recovery even if their loved one continues to misuse alcohol and/or drugs.

Al-Anon Family Groups, which includes Alateen for teenagers, provide support to anyone affected by someone else's problem drinking. Ninety-three percent of members report that their lives have been very positively affected by Al-Anon Family Groups and forty-two percent that receive professional services and attend Al-Anon meetings feel that since coming to Al-Anon, they have seen an improvement in their treatment, counseling, or therapy.

-Excerpts Reprinted from Al-Anon.org

CELEBRATE YOUR RECOVERY BY SPREADING THE MESSAGE

Al-Anon and Alateen members can participate in National Recovery Month activities by "sharing" the WSO's social media posts and including #NationalRecoveryMonth. It only takes seconds, but can have a global impact!

Visit all the [WSO social media channels](#) and please remember to protect your anonymity on social media by not making comments or using screen names that would reveal your Al-Anon membership.

-Reprinted from Al-Anon.org

**LISTEN TO
DEAR ABBY RECOMMEND
AL-ANON FAMILY GROUP**

Welcome to "First Steps to Al-Anon Recovery" from Al-Anon Family Groups. This podcast will discuss a professional's concern for families and friends who have been affected by a loved one's drinking.

"Dear Abby is with us today. Abby is also known as Jeanne Phillips, who writes the most popular and widely syndicated newspaper column, 'Dear Abby'."

Click on the link below (while on your computer) and the window will open to a link to the podcasts.

Audio Player

https://content.blubrry.com/alanon_recovery/Dear_Abby_recommends_Al-Anon_Family_Groups.mp3

-Reprinted from Al-Anon.org



**JUST A REMINDER to update
and distribute your Al-Anon
Meeting's phone List.**

**Husband's Alcoholism
Now Pits Him Against Teenaged Son**

August 10, 2021

DEAR ABBY: Sometimes when my husband, "Tom," drinks, he becomes volatile. A month ago, after being out drinking, he came home very late. I made a joke that upset him and he started yelling and calling me names. I have learned that when Tom gets like that, it's best to just agree with him.

On that occasion, it didn't work, and he began breaking things. Our teenage son "Eric" was so scared he called the police. When the police arrived they told my husband who had placed the call and interviewed each of us separately. After they left, Tom called Eric ugly names, told him he was done with him and hasn't spoken to him since. If they are in the same room, my husband won't look at him or talk to him.

I don't know how to fix this. I worry about how this will affect Eric. He tries to avoid his dad now and goes to his room when he hears his dad come home. -- BAD BEHAVIOR IN TEXAS

DEAR BAD BEHAVIOR: Your husband may blame his abusive outbursts on his drinking, but as you can see, he's well aware of what he did after he sobers up. Eric was right to call the police because, after "breaking things," his father could have gone after you.

This unfortunate situation will not improve until Tom faces the fact that he's a problem drinker, swears off the sauce and gets help. By not insisting upon it, you have cast yourself in the role of his enabler. For your sake and Eric's, draw the line. (The healthiest person in your household appears to be your son.)

Talk to Eric. Let him know he did nothing wrong. There are programs for families of alcoholics that can be accessed by visiting al-anon.org/info. Attending Al-Anon meetings would be beneficial for you and Eric, regardless of what your husband decides about drying out.

-submitted by Elysee A.

-Reprinted from DearAbby.com daily newsletter

Spiritual Principle of the Month

Forgiveness - brings the forgiver peace of mind; a conscious, deliberate decision to release feelings of resentment.

Forgiveness can be just a change of attitude.

-Courage to Change pg 178

I know that the more I forgive,
the better my life works.

-Courage to Change pg 289



The Alateen Meetings have been suspended indefinitely.

Alateen is in need of a volunteer Chairperson who coordinates 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 or
show up at the next district
meeting.**

Consider a Phone Meeting

An Al-Anon member recently shared that she has been listening to one particular Saturday Al-Anon phone meeting for almost a year now and she LOVES it. She loves that she “can work around the house or garden while listening.” Another member said they begin their day with a 6 a.m. phone meeting every morning “even before getting out of bed.”

Does this appeal to you? If so, you can go on

naplesal-anon.org. Click on the 3 menu bars in the upper right hand corner. Click on Meetings and follow the links to Telephone Meetings. A whole list of meeting options with days, times, phone numbers and the ID number will appear. You have Choices!



HEARD AT A MEETING

Forgive the past, allow the present, let go of the future.

Service helps my recovery.

The only person I can work on is myself and I'm a full time job.

To listen is to grow. To share is to heal.

Happiness is a choice. I choose happiness.



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.**
