

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 10

Continued to take personal inventory and when we were wrong promptly admitted it.

TRADITION 10

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

CONCEPT 10

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.



Serenity opens my mind to new ideas.

-Hope for Today pg. 360

I felt utterly at peace with life and at the same time filled with joy. At that moment, I realized this was Serenity, and I laughed out loud for the sheer, glorious pleasure of it!

-From Survival to Recovery, pg. 268

Serenity isn't freedom from the storms of life. It's the calm in the middle of the storm that gets me through.

-Hope for Today pg. 196



MARK YOUR CALENDAR!

District Meeting

November 10, 2021/6:30pm

Due to COVID-19 this is still a ZOOM meeting. Please check with your GR for the ID & Passcode or go on [naplesal-anon.org](https://www.naplesal-anon.org) & tap on events

All Al-Anon members welcome.

To all GROUP REPRESENTATIVES (GR's) in District 159. If you can't make the meeting, ask someone from your group to step in for you and bring back the message.

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](https://www.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

Let Go and Let G-D

This is one of my favorite slogans. However, I did not understand it and did not know how to practice it for the first several years of my Al-Anon journey.

It took me quite a while as I was learning the concepts of detachment, compassion and that alcoholism/addiction is a disease before I knew how to let go and let G-d.

One of the best tools I use is to make a list of everything I have ever done to help my children and next to it, write down how successful it has been in attempting to help them achieve long-term sobriety. That way before I choose to do something else, I can ask myself if I want to add another potential action or choice to that list. That does not mean I may not do something, but I am much more aware of what I do and why I do it.

By realizing I do not have all the answers or solutions to my childrens' disease, I now practice turning them over to my HP. When I start thinking about a new problem with one of them and I know that I can't help them or fix them, I just ask my HP to help them or take care of them. I have learned to have trust in my HP even if I do not know the outcome, which of course I always wanted to know with certainty beforehand. I also visualize wrapping my children up in a soft, cuddly blanket, with love, before I turn them over to my HP.

I now feel relief and comfort as I let go of my children and their disease and trust my HP as I "let go and let G-d".

-Naples



If you have a slogan that has a special meaning to you, please share it by emailing it to [naplesal-anon.org/newsletter](https://www.naplesal-anon.org/newsletter)

Do you Know?

What are the words that make
up this acronym?
Qtip*



AFFIRMATIONS

- I am a good listener.
- I am in charge of my life.
- I am not alone. I am one with God and the universe.
- I treat myself with kindness and patience.



HEARD AT A MEETING

Don't cry because it's over, smile
because it happened.

When some things change, it
makes room for something good.

I learn lessons from my mistakes.

No one has the perfect life.

What you dislike in others
is what you dislike in yourself.



Answer

*Quit Taking It Personal



It has been heard in a meeting that people come into our lives for a reason or a season. This can be said about Georgia and Helen, founders of the Tuesday noon, Bonita Springs **Courage to Change, AFG** meeting in 1987. They came together, saw a need, got the meeting registered and then went their separate ways.

From the beginning a very simple format was created-whoever chairs the meeting chooses the topic and then opens up the meeting for discussion. Once a month they discuss the Step and Tradition of the month. At times they have invited inspiring speakers, drawing a large interstate Zoom crowd.

Recently one member reminisced about the special people she had met over the years who kept the meeting healthy & vibrant. People who demonstrated patience & flexibility, creativity, positive attitudes, uncommon service and carried unbelievable sorrows.

Another member appreciated how even though it's a "We" program where we recover together, people in this meeting used "I" when sharing their experience, strength and hope, reinforcing for her, "I'd rather see a sermon than hear a sermon".

It was noted that "the meeting has always been well attended. We have more men than usual; a nice mix of long timers with lots of recovery as well as double winners who bring a different perspective to our discussions thus creating a unique meeting".

Courage to Change, AFG continues on Zoom.

AFIRMACIONES

Yo soy suficiente.

Puedo enfrentar mis miedos y trabajar para superarlos.

Puedo ser vulnerable con alguien en quien confío.

Merezco amor, paz y prosperidad.

Mi cuerpo está sano; mi mente es brillante; mi alma está tranquila.

INVITACION

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

ESCUCHADO EN UNA REUNIÓN

La verdad te hará libre (pero primero te enojará).

Sentimientos. A veces estoy triste y está bien.

Como mamá, pensé que tenía poder.

Aprendo lecciones de mis errores.



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

JUNTOS PODEMOS LOGRARLO

Estaba desayunando, leyendo las lecturas diarias y pensando en una situación que sucedió ayer en la que recaí y le hice un comentario desagradable a alguien que me llamo de una manera abrupta y dura. Hice una pausa de 5 minutos para pensar en ello y tratar de resolverlo después. Ambos nos disculpamos y luego lo dejamos ir. La negatividad no duró mucho y volvimos a reanudar nuestra larva y alegre amistad.



SÓLO POR HOY

Ejercitaré mi alma de tres maneras: haré un buen favor a alguien y no seré descubierto; si alguien lo sabe, no cuenta. Haré al menos dos cosas que no quiero hacer, solo para hacer ejercicio. No le mostraré a nadie que mis sentimientos están heridos; pueden estar heridos, pero hoy no lo mostraré.

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	Cuarta, Quinta y Sexta Tradición
13 Jun. 2021	18 Jul. 2021
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

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 Update

The David Lawrence Center has asked the Naples Al-Anon Family Groups to help in spreading the message of hope by introducing the Al-Anon program to the families who find themselves in crisis.

Susan D. has graciously stepped up to be the co-ordinator of the Sunday afternoon volunteers. The meetings will begin **October 10th**. If you can volunteer one hour, once a month, or would like more information please email Susan D. at dunnsed7@gmail.com or institutions@NaplesAl-Anon.org.

Routinely, two Al-Anon representatives begin the meeting at 3:30 pm, and share their experience, strength, and hope. Questions about Al-Anon are then answered. Al-Anon literature and a meeting list are available to the families.

PLANS CHANGED

The Friday noon **11th Step, AFG** Meditation meeting has decided to postpone the move to a hybrid meeting until January, 2022.

The meeting will continue on Zoom. Check the "Where & When" meeting schedule on naplesal-anon.org

SCENES FROM THE 31st FLORIDA SOUTH AREA 10, AFG CONVENTION

The 31st Florida South Area 10, AFG, Convention in August was in the word of one attendee, "awesome!" More than 300 people gathered together for a weekend of fun and fellowship at the Bonaventure Resort & Spa in Weston, Florida. The days were

"My attendance at this year's "Big Island of Serenity" was definitely a wonderful experience filled with serenity, sharing, laughter, learning, and "safe" fellowship". Anonymous

jam packed with meetings, topic workshops and fund raising with delicious dinners, captivating speakers and socializing rounding out the evenings.

There were Step meetings every hour along with topic workshops throughout the day. Maryanne C. remembers feeling transformed by what she heard at two workshops; one on "Life's Purpose" which focused on giving and receiving love and the other workshop on "Miracles" focused on *recognizing* a miracle.

The Program featured a variety of speakers: four from Al-Anon, one of which spoke Spanish; one from Alateen, and one from AA. The speakers were powerful, mixing humor and life on life's terms. Cindy S. remembers that the Saturday night speaker, Larcene G., "...had me crying because I so related and laughing because she animated her story so well. It was her story of life before Al-Anon, what brought her to Al-Anon, and how much better her life is with Al-Anon".

Fund raising was successful with delicious home made goods, wonderful creative arts & crafts and over 75 gorgeous raffle baskets to choose from. Ticket sales were brisk. The 50/50 raffle paid out over \$700- not bad for 300 attendees!

It was noted "how the hotel has a beautiful tropical setting. All the workshop rooms and ballrooms were much larger than any locations of previous conventions allowing for social distancing and each room was outfitted with a good sound system. The site worked so well for one attending member that she said, "Before leaving on Sunday I signed up for next year's convention & then carried home the raffle basket I wanted."

Spiritual Principle of the Month

Acceptance - recognizing reality
without trying to change it.

Acceptance brings relief from
impossible responsibilities.

-Paths to Recovery pg. 9

Acceptance doesn't mean I have to
like it.

-Heard at a Meeting

Acceptance means simply admitting
there are things we cannot change.

-ODAT pg 76



**INVITATION to All GR's
Florida South Area 10
FALL VIRTUAL ASSEMBLY
October 8-10, 2021**

Registration is required for ALL
MEMBERS. Click the LINK in the
Zoom Invite below or copy and
paste into your browser.

<https://us06web.zoom.us/join/join?from=invite&meetingId=tZwpcOCspzqwH9yIXhDlytli4FlbWdgs6kkl>

More information is available in
your Al-Anon group's email on

NaplesAl-Anon.org

Choosing Happiness

Acceptance

Some members describe acceptance as “living life on life's terms.” In one of Al-Anon's Conference Approved Literature, *DISCOVERING CHOICES*, page 169 says “Acceptance means putting a side the wish that our situation could be different from what it is. It's a costly luxury to worry, obsess, criticize, or pine for something that we can't have. We pay for this luxury with what we could have: the peace of mind that is available to us today. To reach acceptance of our present circumstances, it is important to come to peace with our past and to heal old wounds. This work in turn assures us that we won't re-create our past relationships in the future”.

One Al-Anon member shared that one day, while she was journaling, she asked herself, “What am I willing to accept in order to be happy.” She then wrote:

- I accept that alcoholism is a family disease, and that allows me to stop wasting time fighting a hopeless battle.
- I accept that I have been affected by the disease.
- I accept that I can display symptoms similar to the alcoholic among them obsession, anxiety, anger, etc.
- I accept that each life has its share of conflict.
- I accept that disputes come up even when everyone is doing their best.

Acceptance has given me the freedom to live my life happily and peacefully most of the time.

“Acceptance doesn't mean that we will live happily ever after. With acceptance comes a little pain and sometimes a sense of loss but Acceptance can be empowering because it makes choice possible.”

-Courage to Change pg 256

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

Looking for another way
of getting to a meeting?



The Forum 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 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.

The Forum Needs Your Sharings about Our Three Legacies!

Everyone has something to share about the Al-Anon program, whether you are a newcomer or longtime member. Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives. There are tears, fears, joys and laughter. We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life.

Recovery is a journey.

You don't have to have all the answers, and your story doesn't have to be perfect. The World Service Office staff will edit for grammar, punctuation and spelling. All you need to do is to share from your heart.

It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for you and those who read your sharing.

Please consider writing about one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service, as your World Service Office receives very few sharings about them. Submissions should range from about 200 to 400 words. Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to wso@al-anon.org; or submit online.

-Reprint from In The Loop, News from WSO; Al-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.
